

THE YOGA ROOM

The Yoga Room Eau Claire 235 Hour Yoga Study/Teacher Training

June 2023 , Volume 7

Welcome to The Yoga Room Yoga Study & Teacher Training!

The Yoga Room's 235-Hour Yoga Study/Teacher Training program blends multiple yoga traditions and is taught by several master teachers from The Yoga Room and beyond. This program is welcoming to all those curious about the philosophy, history, anatomy and physiology that make up the art and science of yoga. It upholds the 5,000 year old tradition by blending several styles of yoga in an authentic, safe and meaningful program.

Our mission is to provide each student with the necessary skills to teach a wise and effective class with compassion, confidence, safety, and integrity by using their authentic style while allowing each student to find their own personal growth and transformation with the highest quality training.

Each student who successfully completes all required hours will be able to register as a nationally recognized 200-Hour RYT with Yoga Alliance. Whether you join us to become a teacher or simply to deepen your own practice, this training will transform you. Are you ready for more?

We teach with joy, compassion and respect for what yoga means on and off the mat, so that each student can use the tools of yoga to create a kinder world and more joyful life.



OUR 235-HOUR TEACHER TRAINING CURRICULUM INCLUDES:

- Advanced study of Asana (alignment, benefits, energetics)
- How to transform your own practice
- Principles of anatomy
- Chakras, Bandhas Nadis, Subtle Body
- Trauma Informed and Sensitive Techniques
- Meditation, Pranayama
- How to teach a yoga pose
- The Art & Science of sequencing a yoga class
- How to use props to improve or modify a posture
- Cultivating your voice
- Ayurveda - The Science of Yoga
- Yoga history and philosophy
- Sanskrit names of postures
- The Business & Ethics of Yoga

Required Reading to purchase on your own:

Heat of Yoga TKV Desikachar

Living Your Yoga Judith Hanson Lasater

Light on Yoga BKS Iyengar

Yamas and Niyamas Deborah Adele

Yoga Anatomy - Leslie Kaminoff

Chakras (choice)

Sutras (choice)

Includes:

Core Sessions

Technique, Training & Practice Sessions

5 Workshop Intensives

Reports

Karma Yoga

Mentorship



Yoga Alliance Approved Curriculum

Breakdown of the 235 hours, which exceeds the standards set by Yoga Alliance.

Techniques, Training and Practice: 100 Hours

Topics in this category include: Asanas, Sun Salutations, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques.

Teaching Methodology: 30 Hours

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.
- How to address the specific needs of individuals, special populations,
- Principles of demonstration, observation, assisting and correcting.
- Teaching styles. Qualities of a teacher. The student learning process.
- Business aspects of teaching yoga* (including marketing and legal).

Anatomy and Physiology: 29 Hours

Topics in this category include: human physical anatomy & physiology (bodily systems, organs, etc.) as well as energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement)

Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers: 40 hours

- The study of yoga philosophies and traditional texts
- Yoga lifestyle, Yamas & Niyamas,
- Ethics for yoga teachers, teacher – student relationships and community
- The value of teaching yoga as a service & being of service to others (seva)

Practicum: 35 Hours

- Practice teaching as the lead instructor * minimum of 5 hours
- Receiving and giving feedback & observing others teaching.
- Assisting students while someone else is teaching.
- Teach 1 Karma Yoga class open to the public, group teaching and presentations

Program Details

Location

The training is held in The Yoga Room's state of the art yoga studio located at 2839 Mall Dr Eau Claire, WI 54701.

Ownership Information

The Yoga Room is owned by Teletek, LLC., organized in Wisconsin in 2014. Teletek LLC., is owned by Wendy Oberg

Facilities

The Yoga Room is comprised of 3 studios (2 heated and 1 non-heated). There are also 4 private shower rooms available to use anytime. Maduka props are used including but not limited to straps, bolsters, blankets, blocks and more.

Dates & Times

Sunday Night Session

Start Date: September 24th, 2023

End Date: May 26th, 2024

3:00-8:00 pm Weekly with a 30 minute dinner break 4:30-5:00

Does not meet the weeks of Christmas, New Years, Thanksgiving, July 4th or Easter.

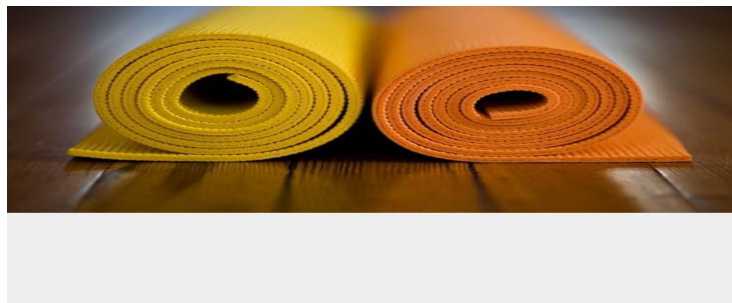
Contact Information

www.theyogaroomec.com

(715) 833-1121

Wendy Oberg, Director of Training

theyogaroomec@gmail.com



School Policies

Admission Policies and Entrance Requirements

Admission is open to all those at least 18 years old looking to dive deeper in their yoga study. All applicants must have at least 6 months of a yoga practice and hold a high school degree or its equivalent. Most program correspondence will occur electronically, applicants should have access to a computer, facebook and email. Applicants must have a willingness to develop a regular practice and be in good health. It is always advised to have a medical evaluation to determine what is appropriate for their own health and needs. Applicants must fill out and sign the application form.

Enrollment Process

To enroll in the program simply fill in the enrollment form, application form and make a deposit or payment in full. Once the application is received and accepted and payment is made you will receive a welcome email notifying you of your acceptance and enrollment in the study. You will receive this email within 5 days. To ensure the entry of students who are ready and fully committed to transformation, deep self study and the process of participation in the study, an application deposit of \$299.00 is due when applying for the program. You are refunded within one week should you not be admitted to the program.

Deadline for Enrollment

Application deadline is the day the program starts. Or as soon as the program has met full capacity

Advanced Standing

The Yoga Room Does not grant advanced standing for previously completed coursework, transfer credit or prior experience.

Employment Services

The Yoga Room does not offer employment services, nor do we guarantee employment placement.

Student Complaints

All complaints or concerns should be brought to the attention of the director. A decision by the school Director is final on all complaints. If they are not able to be resolved the student should contact Educational Approval Program (608)266-1996 email at: dspseap@wisconsin.gov. Located at: 1400 E. Washington Ave Madison, WI 53703.

Self Evaluation Process

The Yoga Room is committed to always finding ways to improve and continue the self evaluation process. There will be 2 optional evaluation forms to submit where you are encouraged to provide feedback so that we may continue to exceed the expectations of our students in the program. Feedback is of course always welcome anytime.

Student Records

Student attendance logs, progress logs and a copy of their 230 Certificate of Completion will be kept at The Yoga Room indefinitely. Records are private and available by request to the Director. Records will only be released to a 3rd party upon written consent of student. The Certificate of Completion will be emailed upon completion of the program hours.

Non-Discrimination Policy

The Yoga Room does not discriminate on the basis of age, gender, race, religion, national or ethnic origin, sexual orientation, marital status or color

Student Progress, Expectations & Policies

Student Progress

Any student not meeting requirements and standards will be given written notice and opportunity to improve. Student progress will be reviewed two times prior to 60% of the program being completed.

Students must complete all requirements and achieve a grade of 70% or higher to graduate. Should student progress fall below 70% they will be notified in writing and will meet with the director to find ways to make up past assignments, retake quizzes and develop a plan to improve performance. Satisfactory progress includes turning in assignments and attendance logs, receiving 70% or higher on quizzes and exams, maintaining good standing in attendance and following the Student Code of Ethics.

Missed Sessions:

Life happens and this program is designed for your busy wonderful life! So that means you will most likely miss sessions. No worries. If you know you are missing a session let us know as soon as possible this helps us find an appropriate make-up session. **When you miss a session email theyogaroomec@gmail.com with the Title: YS Missed Session (Topic and Date) all in the subject line. When you make up that session email us with the Title: YS Made Up Session (Topic and Date) all in the subject line.**

MakeUps for Missed Sessions

Workshops are to be used for missed sessions with the facilitators approval to ensure they line up with actual content missed. Students will have 6 months past graduation date to make up missed sessions without any additional fees or costs. After 6 months there will be a \$100 fee that will cover 90 days of make-ups. After 1 year it will be based on what makeup options are available.

Graduation Requirements:

90%-100% = A

80%-89% = B

70% - 79 = C

69% and lower = F

Requirement to receive Certificate of Completion

Must attend all 235 hours or make up any missed contact hours and be paid in full. Contact hours can be made up during another Yoga Room session at no charge for a period of 6 months following the end the study. After the 6 month "make up" period all contact hours will need to be scheduled with Wendy Oberg at a rate of \$100 per hour.

Homework, Quizzes, Exams, Teaching Assessments

- 2 Book reports
- 2 Group Teaching Presentations: Asana/Pose & Yama or Niyama
- Anatomy Homework
- Anatomy Quiz
- Midpoint Progress Quiz on Key Concepts
- Final Written Exam
- Final Teaching Lab Anatomy Presentation
- Final Teaching Assessment

Within the last 4 weeks of the program students will teach a 60-minute class that follows the sequencing blueprint and demonstrates an understanding of safety and alignment principles. They must incorporate all the elements needed in a well rounded class, including but not limited to: intention setting, centering, pranayama, vinyasa krama, cool down poses and savasana. The class must be taught from the modification up teaching style. They must not practice while teaching in order to have their eyes on their students. If a demonstration is needed they need to know how to stop and demo. Doing their own practice while teaching is not allowed. Should the student not pass the final teaching assessment exam they will be given a written evaluation

detailing the areas that were not met and how to correct the issues. They will be given the opportunity to re-teach within 2 weeks.

You will receive your Certificate of Completion Via email within 2 weeks of completing all required hours. Payment in Full is needed in order to meet completion requirements

Recommendations to get the most out of the Yoga Study:

DO YOGA. Get on your Mat.

Practice at least 3x per week. - If you're not accustomed to a daily practice of yoga, teacher training can feel like a somewhat abrupt confrontation with yoga poses! While every class in our training will be suitable for all, however to participate fully, now is a good time to dedicate time to practice. It does not require hours of your day. 10 Sun Salutations in the morning and a restorative pose at night, or a 45 minute class at The Yoga Room can easily find their way into your daily routine if you make the commitment. The program is designed to accompany your own Yoga practice. Our Yoga Room staff knows what you are working on each week and incorporates the teachings into their weekly classes. This allows for a nice layering of the content you are working on in your yoga study. This is the BEST way to digest the teachings.. Your practice informs your teachings. *"Yoga is 99% Practice & 1% theory."* Sri K. Pattabhi Jois

Keep a Journal - We highly recommend having a dedicated place to reflect on your practice, your experiences in yoga study, your teaching goals, and beyond! Spend time contemplating your goals, your hurdles, your vision, your successes, and your challenges.

5 min per day of Meditation - Or more. We are all programmed to be busy, we have become human doings rather than human beings. Practicing stillness sends the signal to yourself that you have time. Much like asana, it does require practice. You will receive plenty of guidelines and experience with this in training, so if this is a new pursuit for you, simply set a timer, sit comfortably, and observe your natural breath. Fear not if your mind feels full and chaotic that means it is working!

Get Excited! - You are exactly where you need to be. The stakes are low, but the potential for positive transformation is high! Yoga is a complex, beautiful, powerful, and inevitably evolving field of study, just like you. You will receive from this experience exactly what you are meant to, and as with anything, the more you put in, the more you will get out.

Student Code of Conduct

The Yoga philosophy of Patanjali begins with the sutra *Athah Yoga Anushasanam* which means Now, the study of yoga begins. It is one of the important aspects in the study of Yoga as it requires the practice of discipline to maintain the inner harmony, balance with self and society. The yoga teacher training program expects students to follow certain basic code of conduct which are repeatedly taught in the classical texts of Yoga in the form of Yama, the social code of conduct and Niyama the rules of personal observances to achieve the maximum benefits of the teacher training course as well as to make the experience of the students most rewarding and memorable.

The students are encouraged to follow this code of conduct during their course time:

Respect and sincerity is important in the tradition of yoga particularly for the tradition and to the teachers. Unnecessary arguments, misbehavior, disruptions and disrespect in the training are not allowed.

Hygiene: Students should always come to class showered and in clean clothing (Saucha). We will be in a room together for a very long time. Please consider how your personal hygiene affects others and wear effective deodorant. Some organic deodorants are not effective. Be aware of any yoga mats or towels that may need to be cleaned as well (especially if you practice HOT Yoga) ***If you practice Hot Yoga please have a different Yoga Mat for Yoga School.***

Restriction: Smoking, use of alcohol, and others drugs are strictly prohibited

Payments: Students are required to pay their complete course fees before the final session and follow any arranged monthly payment plans.

Yoga Alliance Teacher Code of Ethics: I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

Attendance

100% of the hours are needed for graduation.

The required hours in the program are Technique, Methodology, Philosophy, Anatomy and Practicum. You will receive an attendance log to log the hours you spend in classes as well as the reading and preparation you do outside of the classroom. The classroom hours are also available online in your account in the schedule tab “visits” At the end of your program you will turn in your attendance log so we can provide a final tally of your hours and let you know if you need to make anything up.

Attendance is recorded at the start of each session and will be kept on file electronically and at the studio. Be sure to sign the attendance log for each session. Periodically check your online visits to ensure that nothing is missed. You may miss any session for any reason you need, however you will need to make those hours up.

Tardiness

Students are expected to arrive on time and be prepared for the start of class. If a student misses more than 25% of a class (ex: 15 minutes for a 1 hour session) they are welcome to stay for the lesson however they will not receive credit for that session/hour and will need to make up that hour.

Leave of Absence

Should a student need to discontinue participating in the yoga study the refund policy will apply.

Probation/Dismissal/Re-Admittance

Failure to stay in good academic standing will result in a written warning-notification. The student will be in a probationary period and can meet with the director to create a corrective action plan. Students will be given 2 weeks to meet standards: retake tests, quizzes or correct anything else deemed below satisfactory. Failure to complete work or re-take any failed exams by the end of this probationary period will result in an "incomplete status" for the program and they will not be eligible for a certificate of completion. The student will be dismissed and/or refunded based on the refund policy. The student may choose to stay in the training and participate in continuing the study if desired, however they will not be granted a certificate of completion. This arrangement should be arranged and mutually agreed upon with the director.

Students that violate the student code of conduct will receive a written warning and dismissal from the study may result. You may appeal dismissal to the director. Refunds will apply per the refund policy.

Any criminal activity will result in immediate dismissal.

Appeals Process

All appeals should be in writing and brought to the attention of the director within two weeks of dismissal. A decision by the Director is final on all appeals. If they are not able to be resolved the student should contact Educational Approval Program (608)266-1996 email at: dspseap@wisconsin.gov. Located at: 1400 E. Washington Ave Madison, WI 53703.

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Tuition, Fees, Refund, Cancellation and Waivers

Tuition/Deposit Information

Tuition for the 230-Hour Yoga Study Teacher Training is \$3,495. A monthly payment plan is available. We require a \$299 deposit and 8 monthly payments of \$399.50. If you select this option you will need to have an active credit card on file for us to use for these payments. If you pay your tuition in FULL on or before the program start date you will receive a discount of \$250 for a total price of \$3,245. A deposit of \$299 is required to hold your space in the training. Please call (715) 833-1121 to register by credit card or send check via the mail. You can always stop by our studio to register in person.

Tuition:	\$3,495
Application Fee:	\$100 No worries this is applied to your tuition
Deposit:	\$299 Due to hold your space in the program
Early Payment Discount:	\$250 If tuition is paid in Full by the start of the program

Payment Plans

We offer payment plans to help make yoga study more accessible. You can work with the director to set up a plan. Select a Payment Option:

- Payment in Full \$3,245 on or before: _____
- \$299 Deposit and I will pay in full on or before: _____
- \$299 Deposit and I do the monthly payment plan starting: _____
- \$299 Deposit and Custom Payment Plan: _____

Your place is only reserved once a deposit has been received. Tuition must be paid in full by the completion of the study in order to receive a certificate of completion. Failure to make monthly agreed upon payments will require you to drop out of the program.

Cancellation and Refunds

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under SPS 406.03;
2. Accepted was unqualified and the school did not secure a disclaimer under SPS 409.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	no refund

As part of this policy, the school may retain a one-time application fee of no more than \$100. The school will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rata amount.

Constructive Notice of Withdrawal:

A student may withdraw at anytime for any reason by contacting the director by any method (no written notice required). Once the withdrawal is processed, an email confirming the process is complete will be sent within 5 days. A refund will be issued based on the refund policy.

Students are encouraged to withdraw via email however any mode of withdrawal will be recognized. Students will be administratively withdrawn after missing 5 consecutive sessions and refunded based on their last date of attendance.

Photo & Video Release

The Yoga Room does take photographs and or video for use in marketing. If you do not wish to be photographed or filmed, please advise the Director.

Liability Release

I release The Yoga Room, Teletek LLC and its owner, employees, and agents, and will hold them harmless from any and all liability arising out of any personal injuries or damages foreseeable or unforeseeable, which may occur as a result of my participation in any class or program or activity sponsored by The Yoga Center, LLC. I hereby declare myself physically and mentally sound and capable of participation in those activities, programs and classes.

I have read and understood the Cancellation Policy and Liability Release.

Signature: _____ Date: _____



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