



95 Yoga House Teacher Training Catalog

200 Hour Yoga Alliance RYT Certification

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95 Yoga House Teacher Training School 200 Hour RYT Program

Vision

A Fox River Valley yoga community that celebrates the practice of self-study and reflection to live our most powerful lives.

Mission

With a spirit of diversity in mind, yoga will be taught from a variety styles with an inclusive and trauma informed perspective, while honoring all bodies and histories. We foster a careful study of human anatomy, subtle body and postures. This program reaches beyond the House, by bringing qualified yoga instruction to the community.

Our Battle Cry

Bold and Inclusive

Program Description

95 Yoga House School meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Yoga Alliance requires 180 contact hours (classroom) and 20 non-contact hours. 95 Yoga House's program consists of 180 hours of contact study and 60 hours of non-contact hours of homework and self-study. Contact hours are earned through regular attendance, non-contact hours and are substantiated by satisfactory completion of all required assignments. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours.

Educational Objectives

- Learn fundamental poses, functional anatomy, and effective sequences for teaching a class that is safe for all body types
- Improve personal practice
- Create an awareness around inclusivity, personal trauma, and collective trauma
- Instill yoga values as a way of life to help support others, the community, and facilitate service work

School Facilities and Location

The 95 Yoga House Teacher Training School Utilizes the 95 Yoga House Studio

95 Yoga House
2400 Kensington Dr Suite 300
Appleton, WI 54915
www.95yogahouse.com

Located on the east side of Appleton, just off of Hwy 441, 95 Yoga House offers 32 classes a week in its 2400 square ft. space with two studios. The studio is fully equipped with mats, blocks, straps, bolsters, and blankets. There is plenty of free parking provided in the studio lot.

Training Schedule and Weekend Format

Session: October 8, 2024 - April 27, 2025 **Approx Class Times:** 9:00 am - 4:00 pm

October 8 (1hr kickoff - Zoom meeting), **2024**

October 12 - 13 (1 day retreat - either 12th or 13th) and 26 - 27

November 9 - 10 and 23 - 24

December 7 - 8 and 21 - 22

January 4 - 5 and 18 - 19, **2025**

February 1 - 2 and 15 - 16

March 1 - 2, 15 - 16, and 29 - 30

April 12 - 13 and 26 - 27

Sample weekend agenda:

Saturday

9:00 - 10:15 75 min Vinyasa Practice
Break
10:45 - 12:00 Lecture - Intro Subtle Body
Lunch
12:45 - 2:00 Topic: Asanas - backbends
(demos, small groups, and discussion)
Break
2:30 - 4:00 Topic: Subtle body practical -
Chakras

Sunday

9:00 - 10:15 Reflection and Pranayama lecture
Break
10:30 - 12:00 Class - Adaptations
props/modifications
Lunch
12:45 - 1:30 Lecture: Anatomy - Spine with
demos and discussion
Break
1:45 - 3:00 Break-outs - Practice teaching
Break
3:15 - 4:00 Pranayama and Meditation

About the Instructors



Craig is the lead teacher and oversees the 95 Yoga House program. A 500hr E-RYT and yoga therapist in training (towards an 800 hr certification), he has taught the entire curriculum, but specializes in posture alignment, anatomy, philosophy, and hands-on

adjustments. He is currently enrolled in the Inner Peace Yoga Therapy program in pursuit of becoming a certified yoga therapist serving the Fox River Valley community.

The spark to study the ancient yoga texts thirty years ago has guided me on a journey of self-inquiry that continues today. I owe a lot of my spiritual and professional growth to yoga, as it has helped me to cultivate a genuine voice and confidence to navigate a complex world. There is nothing that excites me more than seeing students make similar connections in their practice. It amazes me how much our body and breath have to teach us if we only listen.



Danita Nelms 300 / 200 RYT

My yoga journey began in June 2009 when my neighbor invited me to join her for yoga class. I had wanted to attend a class for quite some time but found myself nervous and loaded down with excuses. I was not connected to my body or grounded in my heart. After that first class, I joyfully returned three times a week feeling lighter, stronger, more balanced, and more grounded with each visit. My body began to change, as did my relationships with my family and my very self – all for the better. I consistently find connection to my way of being in this world (my rhythm) through my regular practice.

Within my yoga and meditation practice, I connect and engage with an endless supply of tools to create possibility and guidance for my life. I share those practices with you during class. They each mean something different every time you roll out your mat. Yoga will change you. The lessons you learn in your practice will become part of your life. Unload your excuses for not taking time to be on your mat. Find places and times to practice, find openness, and find the gifts. You are always warmly welcome!

(Here Comes the Sun LLC is the controlling entity of the 95 Yoga House Teacher Training School)



95 Yoga House Teacher Training

Admission Requirements

To be considered for the program, applicants should have a regular yoga practice and have practiced for at least 3 years. Applicants should be able to physically perform the techniques they will teach. This does not mean they must perform all the techniques covered in the training, only those they will teach.

There is a \$100 fee to be submitted with the application. The applicant must submit an application form and satisfactorily complete an admissions interview with either of the co-directors. Most program correspondence will occur electronically, so applicants should be computer literate and have access to email.

Upon acceptance, applicants must sign the Agreement & Liability Release and the Yoga Teacher Code of Ethics forms.

How to Apply

Please submit a completed application form, questionnaire, and a \$100 fee:

Application available via e-mail: beth@95yogahouse.com

Once your application is received, an interview will be scheduled with one of the co-directors. The interview is an ideal time to have any of your questions regarding the program answered. Application to the program does not guarantee acceptance.

Please submit your application early, as spaces are limited and filled as qualified applicants are approved. Please apply at least 2 weeks prior to the start of the program to provide time for receiving textbooks and training materials. Applicants will be notified of acceptance by e-mail.

Non Discrimination Policy

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

Advanced Standing

The school does not offer advanced standing for any previous training programs or course work. Graduation from the program does not guarantee employment.

Housing

95 Yoga House does not provide housing. If you require housing, names and locations of accommodations will be provided upon request.

COSTS (2024/25)

\$2,500 Total Tuition Costs INCLUDE

- \$100 application fee
- Cost of unlimited yoga for duration of yoga teacher training at 95 Yoga House (\$480 value)

PAYMENT SCHEDULES

- \$2,400 due at the start of program
(plus costs of textbooks and online anatomy class)
- \$2,200 for early admission - (deadline Sept. 1)
(\$2,300 total with \$100 application fee)
- Payment Option: Three \$850 payments (Oct, Jan, Mar - \$2650 total)

REQUIRED TEXTBOOKS AND ONLINE COURSES

(Approximate Costs for Learning Materials is \$150)

- *Yoga Toolbox for Teachers and Students*, LePage and Abiom
- *Meditations From The Mat - Daily Reflections On The Path Of Yoga*, Gates
- *Yoga and Ayurveda*, Frawley

- *Functional Anatomy of Yoga*, Keil
- *Anatomy for Yoga TT 200-hour (20 hr)*, Keil www.yoganatomy.com
 - (online class to supplement book - 95 Yoga House will set up the account)

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within three business days.

Students who withdraw, or are dismissed, after attending at least one class/day, but before completing 60% of the instruction in the current enrollment period, are entitled to a pro rata refund based on their last date of attendance:

After completion of at least:	But prior to completion of:	The refund will be:
	The first day of class	100%
1 unit/class	10% of the program	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%		No refund

A written notice of withdrawal is not required. Students are encouraged to withdraw by phone or in person, but any form of communication will be recognized. Students will be administratively withdrawn after missing three consecutive sessions without notice.

As part of the cancellation and refund policy, the school will retain the 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 the termination date. If a student withdraws after completing 60% of the instruction, due to mitigating circumstances, the school will refund a pro rata amount.

Certification

To graduate and receive a certificate of completion from The 95 Yoga House Teacher Training School, students must pass all exams, complete all reports satisfactorily, and meet course contact hour requirements as required by Yoga Alliance. This certificate will make students eligible to apply for a Yoga Alliance 200 hour recognition.

Graduation Requirements

Graduates will meet the program requirements as outlined below:

- 180 contact hours - in the physical presence of a faculty member
- 60 non-contact hours – time for reading, homework, book report/personal reflection, sequence writing and final exam assignments
- 2 written class sequences demonstrating an understanding of vinyasa principles, themes, basic poses, and class peak poses
- A social media class promotion and personal bio (2-3 paragraphs)
- Passing grade on written final exam
- Completion and passing grade in teaching practicum
- Completion of one community-based class at 95 Yoga House or other location

If a student has not met the required hours, she/he will need to discuss and document an agreed upon plan with program faculty to make-up for the missing content and fulfill the required hours. This could include individual make-up sessions with faculty at a cost of \$75 / hour.

Program Curriculum

The full teacher training program consists of 240 hours. As defined by Yoga Alliance, 180 of the program hours will be contact hours in which the student will be physically present with a faculty member. The remaining 60 hours will be non-contact hours.

The 60 non-contact hours include: reading, homework, book report/personal reflection, sequence writing, and final exam assignments.

The 95 Yoga House Teacher Training program consists of five disciplines.

1. Techniques, Training, and Practice (TTP) - 76 hours - study through practice of asana (postures), pranayama (breath) and bandha (locks)
2. Teaching Methodology (TM) - 44 hours - sequencing, cueing, trauma informed class strategies and assists to create an effective yoga class
3. Anatomy and Physiology (A&P) - 30 hours - key muscles and functional movement principles of yoga for body awareness, safety, and strength
4. Yoga Philosophy, Lifestyle and Ethics (YPLE) - 20 hours - history of the yoga tradition, the 8 fold path, and how to live a yogic lifestyle
5. Practicum (PR) - 10 hours - practice teaching classes in small and large groups

Program Goals

Asana: Upon completion of the program, the student will be able to perform the following asanas, or will be able to guide a student into the asanas. For each posture listed below, the student will be able to describe how to enter and exit the posture. The student will demonstrate knowledge of the benefits, cautions, and contraindications of each asana. Knowledge of proper alignment and how to perform hands-on adjustments will be exhibited by the student.

Postures / Asana

Downward Dog	Adho Mukha Svanasana
Handstand	Adho Mukha Vrksasana
Crescent Lunge	Anjaneyasana
Knees to Chest	Apanasana
Happy Baby Pose	Ananda Balasana
Half Moon	Ardha Chandrasana
Half Splits	Ardha Hanumanasana
Half Bow	Ardha Dhanurasana
Halfway Lift	Ardha Uttanasana
Half Hero Pose	Ardha Virasana
Bound Angle	Baddha Konasana
Crow	Bakasana
Child's Pose	Balasana
Cobra	Bhujangasana
Four Limbs Staff	Chaturanga Dandasana
Staff Pose	Dandasana
Bow	Dhanurasana
Double Pigeon	Dwi Pada Rajakapotasana
Eagle	Garudasana
Plow	Halasana
Reclined Torso Twisting	Jathara Parivrttasana
Head to knee	Janu Sirsasana

Pigeon	Kapotasana
Swing	Lolasana
Yogic Squat	Malasana
Fish	Matsyasana
Dancer	Natarajasana
Toe Stand	Padangusthasana
Boat	Navasana
Revolved Half Moon	Parivrtta Ardha Chandrasana
Revolved Hand to Toe	Parivrtta Hasta Padangusthasana
Revolved Head to Knee	Parivrtta Janu Sirsasana
Revolved Side Angle	Parivrtta Parsvakonasana
Revolved Wide Legged Fold	Parivrtta Prasarita Padottanasana
Revolved Triangle	Parivrtta Trikonasana
Revolved Chair	Parivrtta Utkatasana
Pyramid	Parsvottanasana
Seated Forward Fold	Paschimottanasana
Wide Legged Fold	Prasarita Padottanasana
Locust	Salabhasana
Shoulder Stand	Sarvangasana
Corpse	Savasana
Bridge	Setu Bandhasana
Headstand	Sirsasana
Reclined Bound Angle	Supta Baddha Konasana
Reclined Big Toe Pose	Supta Padangusthasana
Mountain	Tadasana
Scale	Tolasana
Seated Angle Pose	Upavistha Konasana
Wheel	Urdhva Dhanurasana
Upward Dog	Urdhva Mukha Svanasana

Standing Split	Urdhva Prasarita Eka Padasana
Camel	Ustrasana
Chair	Utkatasana
Standing Forward Fold	Uttanasana
Extended Side Angle	Utthita Parsvakonasana
Extended Triangle	Utthita Trikonasana
Thunderbolt	Vajrasana
Side Plank	Vasisthasana
Legs Up	Viparita Karani
Warrior 1	Virabhadrasana I
Warrior 2	Virabhadrasana II
Warrior 3	Virabhadrasana III
Hero	Virasana
Tree	Vrksasana

Pranayama and Bandha: Upon completion of the program, the student will be able to perform, guide, and describe the benefits, cautions, and contraindications of pranayama and bandhas.

Pranayama: Diaphragmatic, Dirgha (Three Part), Ujjayi, Nadi Shodhana, Kapalabhati, Sama Vritti (1:1)

Bandhas: Mula, Uddiyana and Jalandhara bandhas

Meditation: Upon completion of the program, the student will be able to engage in a seated meditation practice and describe the benefits and cautions of these practices.

Meditations: Awareness, Movement, Breath (So Hum), Silent Mantra

Philosophy: Upon completion of the program, the student will be familiar with the eight limbs of Yoga as defined by Patanjali, the classic texts of yoga, and the relationship between Yoga and Ayurveda.

Anatomy and Physiology: Upon completion of the program, the student will be able to correctly identify the major bones and muscles of the body, understand movement, and know how to prevent injuries from occurring during asana practice. The student will also understand the primary physiological systems and the corresponding energetic body (Chakras).

Teaching Methodology: Upon completion of the program, the student will be able to properly sequence, construct and instruct a safe class. She/he will be able to incorporate themes, philosophy, trauma informed perspective and assists where appropriate.

Personal Growth: In addition to the skills directly related to teaching yoga, the student is likely to enhance her/his own personal yoga practice, improve her/his communication skills, and understand personal and business ethics.

Social Media Post and Bio

The student will create a social media post and write a 1-2 paragraph bio highlighting their personal style and story. This could be used as a promotion tool for a free community class hosted at 95 Yoga House.

Written Class Sequences

The student will submit two class sequences, one will be for the final class (performance based assessment), as part of the program requirements. The sequence will support power vinyasa principles respecting the physical capabilities and best practices, and will be a guide for the teacher to lead her/his class. (written class rubric pg 21)

Course Manual and Syllabus

Students will receive a teacher training manual as part of the course curriculum. This manual will have a program syllabus with detailed information regarding dates, course topics, reading, and homework assignments. It will also include articles, pictures, and sequencing to be used and discussed in the training program.

Assessments

Performance assessment rubrics (see pp 20-21) will be used to evaluate student progress and expectations. If a student is not meeting the criteria, the student must meet with one of the co-directors and develop a written plan to make corrections or improvements. Included in the written plan will be the required improvements, and a time frame upon which the improvements must be made. This period of academic probation will last no longer than one month. Should extensive additional training be required, an additional charge of \$75 per hour will be assessed.

After submitting the second written class sequence, final exam, and performance based assessment, students will be notified of the results within two weeks of the completion

of teacher training. Both written and performance based assessments will be based on a pass/fail grade. If results are not satisfactory, and do not meet the rubric requirements, students will meet with the instructor(s) privately for consultation on areas of improvement. Following consultation, students will be able to retake the final, and/or the performance based assessment, to have another opportunity for success.

Students may continue to attend classes, regardless of their performance, however, they will not receive certification unless meeting the requirements stipulated in the rubrics.

Student Attendance and Tardiness

To gain maximum benefit from the program, attendance at all sessions is required. Students are encouraged to attend at least two yoga classes per week, and are welcome to utilize their unlimited yoga pass at 95 Yoga House.

If you anticipate missing or arriving late to class sessions, please notify one of the program directors. Formal attendance will be taken at each class. Please arrive fifteen minutes early to adequately prepare for the class. Once a scheduled session commences, and the student is not present, that is considered tardy. If a student is more than fifteen minutes late for a session, one hour will be deducted from their total contact hours.

If a student does miss a class, she/he must meet with the class instructor(s) to develop and agree upon a plan to learn the missed content, and fulfill the required hours. It is required, and to the student's benefit, that all missed material be made-up prior to attending the next scheduled class. Lectures and other classes unique to the training may be made-up during the next training session. All missed hours must be made-up in the approved manner to receive certification.

If the student is absent for more than 40 hours during any time of the program, the prorated refund policy will take effect (see cancellation and refund policy).

Leaves of Absence

Leaves of absence from the Teacher Training Program will be reviewed with the program co-directors on a case by case basis.

Student Code of Conduct

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at the 95 Yoga House Teacher Training School. The ethics statement outlines our behavioral expectations. Please review the statement and be

familiar with its content. During the program, the importance of ethics will be discussed. Students are expected to follow all school rules and policies as outlined in the catalog.

Students are expected to behave as mature adults. Any disruptive student may be terminated from the program at the school's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, oral or written defamatory statements about any student, teacher, or the school; breach of confidentiality, possession of, or being under the influence of, drugs or alcohol during school sessions; destruction of school property, behavior creating a safety concern, and abusive language. The school will provide a student with one written warning. Continued disruptive behavior will result in termination from the program.

Probation, Dismissal and Re-Admittance

Students who are not following Student Conduct Codes (see Student Code of Conduct) will receive a written warning. Should a second incident of conduct policy violation occur, termination from the program will result. The School Co-Directors will make this decision. Students may apply for readmission to a future class, however admission is not guaranteed.

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. The decisions by the School co-directors on all complaints are final.

If the complaint can not be resolved, the student can call or email the Wisconsin Education Approval Program for further assistance at 608-266-1996, or dspseap@wisconsin.gov

Formal complaints should involve issues relating to school policies, and not personal grievances. Personal grievances should be submitted to the co-directors of the teacher training in writing.

Employment Assistance Services

95 Yoga House does not offer employment assistance services or guarantee employment. We do devote class time to pursuing a career in yoga, the business aspects of operating a yoga studio, and your personal branding.

Student Records

Student records are considered private and are maintained in computer files (google docs/icloud). The records maintained include the application, attendance records, book review or personal reflection, a completed final exam, teaching practicum evaluation with feedback, and a copy of the certificate of completion. Records will be stored for a period of six years from the date of graduation. Certificates of completion will be kept permanently. Students must contact 95 Yoga House in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant; and there is a \$25 replacement fee for certificates. The co-directors will oversee these records and both will have equal access to them.

Program Curriculum Development and Evaluation

Upon completion of training, students will complete an online exit survey with their feedback to help improve the training program.



Business Objectives of 95 Yoga House School

- Part of the financial profit will be given back to the community through volunteering time in outreach, assistance for low cost yoga classes, and providing for continuing education
- Invest in our teachers' continuing education so they can offer a variety of workshops and trainings
- Offer teacher training scholarships for individuals coming from marginalized populations
- Build the community of teachers to satisfy the growing interest in yoga

Organizational Management

- **Management**

The management of the 95 Yoga House School will be governed by a three to four member panel of current 200 RYT individuals. This includes Craig Woolley, the director of 95 Yoga House School. The panel will meet annually to review current practices, strategies, and policies. It will make recommendations on improving the effectiveness of the school's training program.

As part of supporting the operations of the school, at least one of the panel members will be in attendance for 90% of the program

- **Professional Relationships**

95 Yoga House will establish relationships with Yoga Alliance, Northeast Wisconsin Yoga Teachers, YMCA, local yoga studios, and other applicable professional organizations.

- **Communications**

The same 95 Yoga House panel will be responsible for communication on pertinent aspects and advise on issues regarding effectiveness of education and training. Meetings will be held every other month that include all teachers to discuss current practices and upcoming trainings and workshops for furthering education as well as organizational protocols within the studio. We will discuss feedback on making sure our best practices are in alignment with the teacher training school and to ensure client services reflect our ethical principles. Minutes will be taken by a staff member and then emailed out to the staff.

Administrative Responsibilities

- **Personnel Management**

Craig Woolley will decide on the presenters for the yoga teacher training topics. Presenters will be certified yoga teachers and/or professionally recognized experts. We will evaluate and provide feedback for the presenters concerning their effectiveness and alignment to the curriculum.



Yoga Class Teaching Rubric

Verbal Cues

- 3 - Clear, concise, and purposeful verbal directions for pose alignment and set up
- 2 - Somewhat clear, could use more precision in the directions for pose alignment and set up
- 1- Lacking in clarity in giving verbal directions for pose alignment and set up
 - Too wordy and not enough meaning behind the cues

Delivery

- 3 - Audible and appropriate natural voice inflection
 - Well paced and timed with no filler words
- 2 - Somewhat audible and appropriately natural voice inflection
 - Pace was rather fast and/or uses filler words
- 1 - More voice inflection and audibility needed with a more natural cadence
 - Too many filler words

Presence/Body Language

- 3 - Makes great use of appropriate, relevant, and inspirational anecdotes
 - Body language displays attentiveness to students
- 2 - Makes some use of appropriate relevant and inspirational anecdotes
 - Body language somewhat conveys attentiveness to students
- 1 - More improvement needed in making use of appropriate, relevant and inspirational anecdotes
 - Body language should show more attentiveness to students

Knowledge of Content

- 3 - Highly proficient in naming and giving the benefits of the poses, integrating the correct anatomical terms, using proper hands-on adjustments and describing their function throughout the sequence
 - An excellent understanding of kinesthetic movement and adjustment to different body types
- 2 - Somewhat proficient in naming and giving the benefits of the poses, integrating the correct anatomical terms, using proper hands-on adjustments and describing their function throughout the sequence
 - Could use more in depth study in their understanding of kinesthetic movement and body types
- 1 - Needs to name more benefits of the poses and as well as demonstrate a more in depth knowledge of hands on adjustments, kinesthetic movement and body types
 - Not conveying an anatomical understanding of the function nor the terms through the sequence

Written Sequencing Rubric

Purpose

3 - It is very evident that the sequence was created with either a theme, anatomical part of the body, alignment focus, peak pose, or other poignant topics that were covered in the training

2 - It is somewhat evident that the sequence was created with either a theme etc., but could have contained more clear evidence of purpose behind the sequencing

1 - More evidence needed overall in showing that there was a thoughtful purpose behind the sequencing

Transitions

3 - Sequence contained very visible, seamless transitions with sufficient time for self alignment, while maintaining the link between breath and movement

2 - Sequence needs more seamless transitions and time for self alignment to maintain the breath and movement synchronization

1 - Transitions require too drastic of movement for healthy alignment and balanced breath and movement

Yogic Components

3 - Sequence follows a logical progression and contains the necessary components of a Power Yoga class from an integrative warm-up, Sun A, and Sun B, a peak pose, transitions from standing to balancing postures, core work, backbends, and finally deescalating to Savasana

2 - Sequence follows a logical progression but is lacking in some of the necessary components of a Power Yoga class

1 - Sequence is a bit too disorderly and does not follow the logical progression of a Power Yoga class

95 Yoga House Code of Ethics: As a Yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and to uphold the integrity of yoga teachings. I fully acknowledge that this agreement is intended to support the best interests of my students and the yoga profession, therefore, I agree to abide by the following ethical codes:

Relationships with Students: In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students’ personal beliefs and values
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation
- Avoid any action that I know will conflict with the highest interests of my students
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise
- If circumstances arise where an appropriate course of action is unclear to me, I agree to first discuss the issue openly and honestly with one of the 95 Yoga House co-directors before becoming involved with a student, and thus violating the spirit and letter of this provision

Professional Conduct: In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide
- Not attempt to diagnose a student’s physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician’s advice
- Take continuing education in yoga teaching on a regular basis
- Be honest, straightforward, fair, and conscientious in all business dealings
- Manage my business finances according to accepted business and accounting practice
- Avoid speaking negatively about other teachers, styles, and/or yoga traditions other than my own

Advertising: In all written and verbal advertising of my services, I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously
- Not falsely imply sponsorship by, representation of, or endorsement by an organization

I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature_____

Date_____

Print Name_____