

Ashtangasana Studio Training Program Catalog

Volume I: November 7, 2018

Mission Statement

We invite yoga practitioner of all levels to dive into the love of yoga. Our program is designed for the yogi who is looking to deepen all aspects of their personal practice as well as completely prepare and support those who wish to teach yoga.

Facilities and Equipment

All facilities are common Yoga studios with capacity to hold a minimum of 10 practitioners. All studios are required to have yoga mats, blocks, blankets and straps.

School Name and Address

Ashtangasana Yoga Schools (AYS) is a wholly owned entity of Blackstone & Forest LLC. AYS franchises it's teaching methods, curriculum and administration to local Yoga studios. Ashtangasana has been teaching Yoga Instructors since 2010. The business resides at:

Ashtangasana Yoga Schools
Blackstone & Forest LLC
448 High Pointe Circle
Grand Junction, CO 81507

Governing Body

The school governing body is under the guidance of Blackstone & Forest's Managing Director, Adriana Elmes. Ms. Elmes has nearly 25 years of Yoga and Yoga training experience. She has a Master's in Integrative Healthcare from DePaul University and a BS in Biopsychology from Simmons College.

AYS allows each franchisee to set calendars for the Yoga Teacher Training Programs. These programs do not have any full-time students and schedules are set to accommodate small class sizes. Average class sizes are 4 students and the max is 15 students.

Calendar Dates

No classes are held on legal state and federal holidays. Further, holding classes on Christian, Muslim, Jewish, holy days is discouraged.

Faculty and Qualifications

Each franchisee, is a Yoga Studio Owner. All faculty meet the requirements of being 200 hr. Yoga Alliance Registered Yoga Teachers, who hold the qualification of E-RYT (Experienced Registered Yoga Teacher) for the Lead instructor. Assisting instructors must hold a qualification of RYT (registered Yoga Teacher).

School's Self Evaluation Process

We host an annual Eka Summit that brings together Studio Owners who use the Ashtangasana Yoga Studio Training Curriculum. One of the sessions is dedicated to discussing improvements to the curriculum. Changes are made accordingly.

Ashtangasana is constantly evolving and growing the depths of this program. The studios will receive free new editions on Course Manuals and Books. Ashtangasana follows the guidelines of Yoga Alliance. Ashtangasana's program is a Registered Yoga School through Yoga Alliance. Registration will always be current with Yoga Alliance, thus meeting continued requirements for standards in the profession.

II. ADMISSIONS AND ENTRANCE REQUIREMENTS

School Admission Policy and Entrance Requirements

Enrollment and Admission Requirements

1. Submit application
2. Sign Agreement to Expectation of Program
3. Sign Enrollment Agreement
4. Include \$100 Application deposit.
5. Minimum 2 years consistent yoga practice

Description of Training the School will Provide

To prepare students to be qualified to teach Yoga, granting them a certificate of 200 hour trained Yoga Teacher, which qualifies them for Yoga Alliance Registration. Yoga Alliance Registration gives them a qualification that gives them credentialing, which Yoga Studio Owners recognize as having come from a credible Yoga Teacher Training.

Acceptance and Notification of Acceptance

A contract or enrollment agreement will be presumed to be effective on the date of that the institution notifies you that you have been accepted into the institution and you have signed the contract or enrollment agreement with Liability Release, Acknowledgement and Acceptance Agreement. Notification will be done via email. If the notification of acceptance into the institution is sent by mail, then the effective day of being accepted is the postmark on the acceptance letter.

Application Deadline

Determined by the Yoga Studio Franchisee. As the Franchisees set their own dates throughout the year, they will decide on application deadlines. Dates will be stated on their website and advertising/marketing material.

Beginning and End Dates of Session

To be determined by each Yoga Studio Franchisee

III. ADVANCED STANDING

This is a professional training curriculum that does not need prior educational standing to enroll. Credits will not transfer from another Yoga

Teacher Training. This is an entry training program, thus prior credits or transcripts, letters of reference, etc., are not needed.

Previous Credit & Transfer Credit

The structure of this program is binary and thus does not recognize individual credits. Further Yoga Alliance Certification is very strict about the curriculum so credit transfer is not accepted.

IV. STUDENT PROGRESS

GRADING SYSTEM

This is a pass/fail program.

0 % - 69% Fail

70% - 100% Pass

Attendance, assignments, tests, quizzes, outside requirements, practical hours are all required to pass and gain certification. In the event the student is not able to maintain the required PASS standing, the student will meet with the Studio Lead Teacher to discuss the circumstances that prevented them from maintaining satisfactory expectations. For individual test & quizzes, if a fail occurs, they will be required to re-take the exam. Homework Pass/Fail grading will be an accumulation of homework and assignment grades. If at the end of the course, the average is a Fail grade, there will be an extra exam to take.

If the Trainee does not meet the agreed requirements, they will have the opportunity to repeat the Training and be charged a repeat fee.

All test and curriculum are approved by Yoga Alliance. To reach certification by Yoga Alliance each student must pass a final exam with an 85% accuracy.

Academic Probation: If you fail to turn in homework, have 3 or more excused absences; 5 or more unexcused absences, or chronically late,

Trainee will be put on academic probation. Once Trainee has turned in homework, made up all required work and tests, Trainee will meet with the Lead Teacher. They can be removed from probation upon approval by Lead Teacher.

Termination: If a Trainee is to be terminated due to failing to meet requirements and not rectifying the situation, they can be terminated by the Studio, in writing.

Graduation Requirements

To obtain your Certification you must meet all requirements below.

1. Must have passing grades in homework assignments, tests and quizzes.
2. Completed Assisting, Teaching and Private Sessions
3. Completed Workshop Requirement
4. Paid for Program in Full
5. Fulfilled Attendance requirements

Grades will be provided when homework, quizzes and tests are returned upon grading. Upon request, they can ask for a status of their grades, via email. Lead Teacher will provide the current standing upon request.

Attendance Policies

The US national recognized standard for Yoga is governed by Yoga Alliance. Yoga Alliance sets the standards for Registered Yoga Teachers (RYT). To this end, Yoga Alliance has strict policies to register Yoga Teachers.

The courses offered by the Ashtangasana Franchisee, upon completion, will register students for a 200-hour Yoga Teaching Certification. The 200-hour program is comprised of 135 hours of class room study and 65 hours of practice and class experience. These 200 hour courses are required objectives.

Illness Procedure

Must contact Studio at least 60 minutes before class begins.

Excused absences are legitimate issues such as illness, work conflict, family issues. 1 excused absence does not require a make-up session. 2 -5 require a meeting with Lead Teacher. After 5, Trainee will be put on probation. There are no refunds due to extended absences. After 3 unexcused absences, trainee will be put onto academic probation. There are no refunds under these circumstances.

V. STUDENT RECORDS

Student records will be maintained at the Yoga Studio Franchisee's offices. They will be kept on a secure computer, accessed by unique password and kept for 6 years. Student grades and transcripts will permanently stored by the Yoga Studio. Should the Yoga Studio close, the original owner of the Yoga Studio will continue to store the transcripts for their graduated students.

VI. ACADEMIC PROBATION, DISMISSAL AND READMITTANCE

Academic Probation

If you fail to turn in homework, have 3 or more excused absences; 5 or more unexcused absences, or chronically late, Trainee will be put on academic probation, via email. Once Trainee has turned in homework, made up all required work and tests, Trainee will meet with the Lead Teacher. They can be removed from probation upon approval by Lead Teacher.

Termination

If a Trainee is to be terminated due to failing to meet said requirements and not rectifying the situation within a 2-week timeframe, they can be terminated by the Studio, in writing (email is acceptable form of notice). 2-week timeframe starts at the date email was sent, notifying of academic probation.

Readmittance

This is at the discretion of the Lead Instructor, Franchisee.

VII. STUDENT CONDUCT

Policy Statement

The Ashtangasana Code of Conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga.

Student Responsibilities

- 1. Individuals will fulfill their academic responsibilities in an honest and forthright manner.**

All students have a responsibility to maintain the academic integrity of the Ashtangasana Program and each student must at all times keep in mind that his or her behavior reflects not only upon him/herself, but upon other students, the faculty, and the Ashtangasana Program, as a whole. Each and every student is responsible for becoming familiar with and abiding by the Ashtangasana Program policy on plagiarism and academic honesty as well as the guidelines and policies established by their instructors and programs of study.

- 2. Individuals will respect and foster the academic endeavors of others.**

The Ashtangasana Program exists to promote learning, and as such, students must behave in such a way so as to allow the process of learning to take place by group or individual.

Examples of violations include, but are not limited to: harassment of a faculty member; disrupting teaching or learning; excessive noise that

disrupts classes, studying, or Ashtangasana Program activities; other activities that seriously disrupt the educational process.

3. Individuals will respect the integrity of the academic and administrative records.

Those records are the property of the Ashtangasana Program and must be treated as such.

Examples of violations include, but are not limited to: acting alone or with others to misrepresent academic status, performance, awards, or graduation material; omitting material from or manipulating records; falsifying, altering, stealing, or destroying Ashtangasana documents; altering, forging, or misusing Ashtangasana academic records; obtaining grades, course access, awards, or endorsements dishonestly; computer fraud.

4. Individuals will adhere to all policies and regulations of the Ashtangasana Program and the Wisconsin State system along with federal, state, and local laws that govern individual actions and relationships among community members.

When students accept admission to the Ashtangasana Program, they accept the responsibilities that go along with membership in the Ashtangasana community. The Ashtangasana Program complies with federal, state, and local laws, and expects students to act in accordance with the law. The Ashtangasana Program holds students to high standards of conduct and ethical behavior, which may exceed legal obligations.

5. Individuals will demonstrate civility towards others in all their interactions.

As a member of the Ashtangasana community, all students owe to their fellow students, as well as to the faculty, staff and other

members of the community, a basic level of respect; and students have a right to be treated with respect as well. Ashtangasana respects and protects the right of students, faculty, staff and visitors to engage in argument, to advance their opinions and beliefs without fear of reprisal or punishment, and to disagree with one another provided that the exercise of those rights takes place within a context of civility and respect for others.

6. Individuals will show respect for personal, all franchisees and Ashtangasana Program property.

As a member of the Ashtangasana community, all students will recognize, value, and appropriately regard personal, franchisee and Ashtangasana property.

7. Individuals will contribute to a safe environment within the Ashtangasana community.

The Ashtangasana is a community and requires the active participation of all members in keeping the community peaceable and safe. Students are encouraged to respect and be proactive about their own safety and the safety of others.

8. Individuals will comply with the Ashtangasana Program in enforcing its administrative responsibilities.

Successful operation of the Ashtangasana Program requires adherence to policies and procedures by its members. It is the responsibility of all Ashtangasana Program students, staff, and guests to cooperate at all times with the Ashtangasana Program in order to maintain a safe environment.

9. Individuals will conduct themselves in a professional and conscientious manner.

This includes, but is not limited to, ensuring that one lives up to any commitments that are made to other students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself out as a yoga practitioner who adheres to certain precepts.

- 10. Once certified as a Yoga Teacher, the individual will acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.**
- 11. Individual will encourage diversity by respecting all students regardless of age, physical limitation, race, creed, gender, ethnicity, religion or sexual orientation.**
- 12. Respect the rights, dignity and privacy of all classmates.**
- 13. Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.**
- 14. Individuals will adhere to traditional yoga principles as written in the yamas and niyamas.**
- 15. Individuals will follow all local government and national laws that pertain to learn and teaching yoga and its business practices.**

The student conduct system promotes and enforces the "Statement of Student Responsibilities" policy following a philosophy of educational discipline. Through involvement in the adjudication process, students have an opportunity to learn new ways of resolving difficulties and relating to others while strengthening their comprehension of rules and regulations

necessary to maintain a safe environment conducive to learning and growth.

- A Student who is in violation of the Codes of Conduct will meet with the Lead Teacher of the Franchisee Program. The Student will have the opportunity to explain their actions. If found they were in violation, depending on the severity of the violation, they will either have a warning and return to the program. If, severity is significant enough, the student can be expelled.
- Schools have 48 hours upon becoming aware of the violation, to in writing, contact the Student that there was a violation. Within 7 days, there must be a meeting between owner of Franchisee, Lead Teachers and Student to determine severity of the violation and its consequences.
- Each student is responsible for knowing and adhering to the prescribed community standards. A student found to have violated the "Statement of Student Responsibilities" policy will receive a maximum disciplinary sanction of expulsion, or any sanction not less than a warning.
- Disciplinary action is cumulative and progressive resulting in more serious consequences if the student engages in repeat violations or fails to follow through with sanctions from a previous hearing.
- Any violation of the "Statement of Student Responsibilities" policy is aggravated in severity when bias motivation is involved.
- Appeals process and conditions for readmittance procedures are discussed above in the Grievance Procedure section.

VIII. LEAVE OF ABSENCE

Student must meet with Lead Teacher and Owner to discuss the reasons for a Leave of Absence. There must be a request in writing. Written agreement on how the Student plans on completing the Training will be created.

Readmittance will be at the appropriate place where they left in the curriculum, in the next Teacher Training session.

If they do not make up within the next session, they will have to re-attend the entire 200-hour Yoga Teacher Training Program. There will be an additional fee of \$200. If there are new materials needed, it will be at the Student's cost.

If the student does not attend at the next scheduled Training, does not re-attend the entire training at the subsequent scheduled training, they forfeit their training. If they want a certificate of completion, they must re-attend the entire training and pay for it in full, for a second time.

If the Leave of Absence is in the middle of the curriculum, they must attend those missed classes at the next scheduled Yoga Teacher Training.

The student will not be granted a Certificate of Completion until they make-up the classes they missed in the following scheduled Training.

X. TARDINESS

Tardiness is defined as 15 minutes or later. 5 tardies will be considered an absence.

XI. STUDENT COMPLAINTS

Academic Student Grievance, Concerns, and Complaints

The start of any grievance procedure is informal and at the lowest level between the parties directly involved. If a resolution is not found following the informal process, then the grievance may move to the formal process until resolution is achieved.

Grievances involving an instructor's judgment in assigning a grade based on academic performance may be resolved only through the informal resolution procedures described below. In other instances, if a resolution is

not achieved, the matter may be pursued as a formal grievance in accordance with the *Regents' Policy on Student Academic Grievance*.

Examples of items involving instructor's judgment would include course grade questions/concerns, graded work, grade calculation, and extra credit. Examples of items that do not involve instructor judgment would include class or instructor conduct; course content, procedures or accommodations; grade error, grade discrimination, or grade inconsistencies.

Grievance Procedure

Informal

1. Visit with your instructor.
2. Submit a written request to the instructor. State specifically what your concern is and what action you are requesting be taken to address the concern.
3. Instructor is to respond in written form in a timely fashion (generally within one week during fall and spring semesters) to the written request of the student.
4. If a resolution is not found, submit a written request to the Franchisee Owner.
5. Visit with the Franchisee Owner.
6. Franchisee Owner is to respond in written form in a timely fashion (generally within two weeks) to the written request of the student.

Understanding Ashtangasana's Policies

Academic grievances are complaints brought by students regarding the provision of education and academic services affecting their role as students. Academic grievances must be based on a claimed violation of a rule, policy, or established practice. This policy does not limit Ashtangasana's right to change rules, policies, or practices.*

1. All academic grievances will follow the procedures as outlined above.
2. Ashtangasana will be considered to be one collegiate unit.

3. The Ashtangasana's Managing Director may, but is not required to, constitute an Academic Grievance Committee and seek their review and recommendation on an academic grievance. At such times, Ashtangasana's Managing Director will appoint a faculty or staff member who has no direct involvement in the grievance as the Academic Grievance Officer and chair of the Academic Grievance Committee. Members will be drawn from faculty, students, and academic staff. The Committee will be appointed and convened as needed to properly consider the grievance.
4. The Academic Grievance Committee will hear all matters which may be properly brought before it under the conditions stipulated in the policy.

Ashtangasana is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.

XII. TUITION AND FEES

Schedule of Fees

This is at the discretion of the Franchisee. Demographics across Wisconsin effect what can be charged in each area. The 200-hour, Yoga Alliance teacher training program offered by Ashtangasana cost \$3,000. These fees include all course materials, such as the Student and Pose (Asana) Manual.

Most programs will offer an early registration discount, installment payment breakdown. There is no additional fee for installment payments. The schedule of installment payments will be made at the discretion of each Franchisee.

Student Manuals and Asana Manuals will be provided by the Franchisee. The additional textbooks will be purchased by the students.

- ✓ Special Discount: \$XXXXXX if paid in full 6 weeks before registration deadline

- ✓ Early Bird Discount: \$XXXXXX if paid in full 4 weeks before registration deadline
- ✓ Regular Tuition: \$XXXXXX if paid in full 2 weeks before registration deadline
- ✓ Payment Plan: \$XXXXXX if paid partial or full after registration deadline

XIII. CANCELLATIONS AND REFUNDS

Refund Policy

If your application is rejected, you will receive a full refund of all tuition, fees, and other charges.

You will be entitled to a full refund of tuition, fees, and other charges if you give notice that you are cancelling your contract within three business days after the contract or enrollment agreement is considered effective. A contract or enrollment agreement will be presumed to be effective on the date that the institution notifies you that you have been accepted into the institution and you have signed the contract or enrollment agreement and Liability Release, Acknowledgement and Acceptance. If the notification of acceptance into the institution is sent by mail, then the effective day of being accepted is the postmark on the acceptance letter.

This three-day refund policy applies regardless of when the program starts. If you give notice more than three days after you signed the contract, but before the start of the program (or first lesson for an online distance education program), you will receive a refund of all tuition, fees, and other charges minus 15%, up to \$50, of the total cost of the program.

You will be provided a prorated tuition, fees, and other charges refund minus a 25%, up to \$100 administrative if you provide written notice of your withdrawal after your program has begun, but before 75% program has completed. If you withdraw from your program after 75% of the program has completed, you are not entitled to a refund of tuition, fees, and other charges.

You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other within 40 days after notice of withdrawal or dismissal. Written notice is effective of the date of the postmark if sent by mail or the day it has been hand-delivered to the institution. If you do not withdraw in writing or contact the institution about your absence, and you have not attended your program for 21 consecutive days, you will be considered to have withdrawn from the school as of your last date of attendance. Institutions must include this clause if your institution's student catalog, contract, or enrollment agreement includes a separate statement on the fair market of the equipment and any of the equipment can be reasonably resold.

You may be entitled to a refund of your equipment and supplies costs if you return your equipment and supplies within 10 days of withdrawing if your supplies in a condition suitable for resale. If you do not return your equipment and supplies or the supplies are not in a condition suitable for resale, this cost will be deducted from your tuition, fee, and other charge refund that you may be eligible for.

Wis. Admin. Code s. SPS 408.05 (partial refund).

Wis. Admin. Code s. SPS 408.05(3).

XIV. PROGRAM CURRICULUM

Course Outline

There are 12 main modules to this curriculum. This is a general yoga curriculum. Each studio has their own style and approach to yoga and that can be reflected in how you teach the curriculum. Upon completing this program, Trainees will gain an understanding of the 8 Limbs of Yoga, how to develop an effective and safe class, understand what it means to be a Yoga Teacher, exposure to Ayurveda and Chakras, and much more!

Each class includes mediation and pranayama practices. The 5-hour day includes an opening Asana practice. This in time, will be the timeslot for Trainees to practice teaching. This curriculum allows for Trainees to get in front of the class very quickly, to start vocalizing and hearing their voice as

a teacher. This will include rotating thru students, leading meditation, pranayama and asana.

Module 1. Yoga History

- Who was Patanjali?
- Explore what is meant by classical yoga and the timeline of Yoga in history
- What are the origins of Yoga
- Introduction to the studies of the Yoga Sutras and how they relate to the 8 Limbs of Yoga
- Trainees will read Desikachar and Iyengar's texts to gain a deeper understanding of the philosophy and history. As this module can be studied for years to gain true understanding, the text books are an important support to the lead teachers!
- Who are some of the great master's of Contemporary Yoga?

Module 2. Yoga Philosophy

- What are the different types of yoga: Hatha, Raja, Bhakti, Jhana and Karma
- Western vs Classical Yoga
- What are the 8 Limbs of Yoga
- What are the various forms of Hatha Yoga? : Ashtanga, Bikram, Partner, Iyengar, Kundalini, Kripalu, Sivananda, Vinyasa, are discussed yet not an all inclusive list as that list keeps growing each year with the popularity of Yoga in the U.S.!
- Understanding the Teacher-Students Relationship and what it is to be a Yoga Teacher

Module 3. Meditation

- We will learn and practice meditation
- There are many forms of meditation: breath, mantra, movement, transcendental, Buddhist forms, prayer, mindfulness, guided imagery, and creative visualization.
- What is the difference between meditation and relaxation and how it effects the brain/mind.
- Learn various styles- it's not just a blank mind!! Thank goodness
- What are mala beads and mudras used for?

Module 4. Pranayama

- Discussion on the importance knowing how to use your breath in effective ways
- Self Quiz: How do you breathe?
- What are common breathing patterns?
- Explore the 10 different exercises of breath control
- What is the Darth Vader Breath?
- How do yogis make their stomach move in a wave???!?
- What are Nadis and how do they relate to breath work?
- What are bandhas? How are they integrated into a yoga practice? Why are they used?

Module 5. Asana

- The study of the poses (over 100 poses)
- What makes up a pose?
- Adjustments vs. assists
- Cueing – specific cueing skills are so important
- Be aware of contraindications of poses
- Category of poses
- Alignment is essential to keep poses safe
- Asana manual includes Independent Worksheet on the breakdown of poses such as benefits, description, directions, counterpose, contraindications, cautions, etc. The Group Worksheet is to be completed as a class during the Workshop of poses.
- Sanskrit Posters are included and can be posted up upon completion of pose.
- Pose exercises to facilitate learning such as “Name the Pose” game and “Talk Thru Poses” exercise.

Module 6. Teaching the Poses

- Learn the different kinds of poses that make up a rounded sequence
- There are many components of a pose...learn what makes up a pose
- How do I use cues to help direct a pose?
- What is the objective of my pose?
- What is the focal point of a pose?
- How do I create a level 1 versus level 2 class?
- How do you prepare the class for more challenging poses?

- Variations and modifications are essential for mixed classes
- Adjustments- learn how and know when!
- Includes Worksheets and exercises such as: Focal Point, Level of Pose, Objective of Pose and Category Sort Pose game.

Module 7. Class Creation

- Sequencing and Construction of Poses
- How do I think about the Progression of a Class?
- What are the 3 Elements of a Pose?
- Why do creative transitions make a better class?
- How to develop a class
- How to create a style that is an expression of you?
- What, there is a logic to the sequence of a class?
- How do you build a class to a “peak pose”?
- Excite your class by creating theme classes
- Let’s develop opening and closing sequences!
- You will have a Toolbox of various sequences upon completion of program

Module 8. Qualities of a Yoga Teacher

- What qualities make a good yoga teacher?
- Boundaries in the classroom
- Discuss Code of Ethics
- What are your Personal Parameters on Your Teaching?
- Teacher/Student Relationship
- Your role as teacher
- Role play Questions & Answers you may get as a Teacher
- Private sessions and how to prepare for them
- Agreement and liability Release for your Students

Module 9. Anatomy

The Anatomy Coloring book is a very effective way to expose Trainees to Anatomy. The process of coloring gives them time to look at the layers and origins/insertions of muscles. This anatomy coloring book includes the study of bones, muscles, nerves, etc. It is an effective learning tool!

I also encourage the use of Ray Long's various books to help support the Lead Teacher in the presentation of poses. Long is an orthopedic surgeon who spent a few years in India studying with Iyengar. He loves yoga and found that many yoga teachers were speaking/cueing/sequencing without a true understanding of anatomy.

Cues that we often learn to use often do not make anatomical sense. Or teacher ask students to do things with their body without giving them effective directions...how does one root through their feet? How does a new yoga practitioner even understand what that means?

Why do teachers cue you to soften your hip flexors when folding forward? We need the hip flexors to help fold us forward. That is their job! Open your hip in triangle...we need to cue them to tighten their top gluteal muscles to help make that happen...otherwise the cueing means nothing. He makes you understand how to use your muscles to help get you into the pose.

Having these books while talking through the Group Pose work during the Workshop, can help Lead Teachers discuss the poses more effectively. True integration of Anatomy and Pose.

Module 10. Wellness

As yoga teachers we exemplify to our students health, balance and wellness. This can be a hard role to live up to. We need to be able to enter a studio grounded and calm, no matter what is going on in our personal life. If we are able to maintain a flowing level of balance, this comes more easily. You will have them Trainees fill out the Wellness Wheel and assess what things are or are not in balance in their lives. A discussion will follow on the various aspects of the wheel.

Module 11. Business Planning Workshop

As a soon to be Yoga Instructor, you need to start thinking about how you will use this investment. What niche do you want to create for yourself? What population would you like to work with? How are you

going to promote yourself? How are you going to keep track of your finances? These are all things you should be thinking about now, not once you complete your training. Create a strategy and plan and start implementing today.

Module 12. Bonus Workshop- Ayurveda and Chakras

- **Ayurveda - A full day with four yoga sessions and lunch**
- 4 Yoga classes centered around the Chakras, building from Root to Crown.
 - What is this form of Medicine?
 - What type am I? Trainees will be asked to fill the questionnaire out before class to determine their predominant Ayurvedic Dosha Type
- Chakras
 - What are Chakras?
 - How can we use our yoga practice to balance our chakras
 - Through the yoga sequences, the emotional and physical manifestations of imbalances will be explored.

As per Yoga Alliance's Standards for a 200 Hour Yoga Teacher Training Curriculum the following categories of learning are required:

1. Techniques, Training and Practice: 100 hours
 - a. Asana, pranayams, kriyas, chanting, mantra, meditation and other traditional techniques.
2. Teaching Methodology: 25 hours
 - a. Communication skills
 - b. How to address needs of specific individuals and special populations
 - c. Principles of demonstration, observations, assisting and adjusting
 - d. Qualities of a teacher

- e. Student learning process
- f. Business aspects of teaching yoga
- 3. Anatomy and Physiology: 20 hours
 - a. Applying the understanding of anatomy to pose work
- 4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours
 - a. Study of yogic philosophy and traditional texts
 - b. Yoga lifestyle
 - c. Ethics for teachers
- 5. Practicum: 10 hours
 - a. Practice teaching as the lead teacher
 - b. Receiving and giving feedback
 - c. Observing others teaching
 - d. Assisting students while someone else is teaching
- 6. Remaining Contact Hours and Elective Hours:
The categories above detail that all trainees of this 200-hour program receive instruction and training in 5 educational categories for at least 185 hours, of which are 125 contact hours with a Lead Instructor. All remaining non-contact hours (which is defined by outside course work chosen by trainee or self-study) are to be allocate by the discretion of the student.

XV. EMPLOYMENT SERVICES

Ashtangasana nor Franchisee offer employment services and employment is not guaranteed upon completion of the Yoga Teacher Training Program, 200-hour. Student referrals to prospective employers are not based on direct contact with the employer regarding current job openings.