



HEALIUM HOT YOGA TEACHER TRAINING

200 HOUR YOGA TEACHER TRAINING

TRAINING DATES SEPTEMBER 2024-JUNE 2025

Robyn Lucks, School Owner and Operator / Teacher Training Co-Director
Sarah Filzen, Lead Teacher at Healium Hot Yoga / Teacher Training Co-Director
Meg Lucks, Lead Teacher at Healium Hot Yoga / Teacher Training Co-Director

HEALIUM HOT YOGA

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Milwaukee, Wisconsin 53207

www.healiumhotyoga.com

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WELCOME TO HEALIUM HOT YOGA

We are so happy you are here! Healiium Hot Yoga is a spirited yoga studio with a variety of classes aiming to serve our community. We are passionate about what we teach and that is a big part of what makes Healiium Hot Yoga so special. We open our arms and hearts to anyone interested in learning a little more about yoga. We are truly excited to offer this unique Yoga Teacher Training at Healiium. Our lead trainers have a combined 40-plus years of experience teaching yoga and over 20 years of experience running Yoga Teacher Training, so we are confident that you are in the best of hands. Please read on to learn more about our program.

MISSION STATEMENT:

Our mission for Healiium Hot Yoga's 200 Hour Yoga Teacher Training Program is to prepare our trainees to lead intelligent, well rounded, and thoughtful yoga classes for a dynamic range of students through course work focusing on yoga theory, anatomy, asana, alignment, meditation, pranayama and Ayurveda, taught in an intimate and nurturing environment with great attention to individual growth.

AREAS OF FOCUS:

- Asana
- Meditation
- Yoga Philosophy
- Yoga and Ayurveda
- Yoga for Pregnancy
- Adaptive Yoga
- Yoga Business and Community
- Pranayama Anatomy
- Yoga Nidra
- Energy/Pranic Balancing
- Kids and Family Yoga
- Sanskrit
- Teaching Yoga in a Heated Environment
- Sequencing/Cueing/Effective Communication

CALENDAR:

September 13th-15th
October 11th-13th
November 8th-10th
December 13th-15th
January 12th-14th
February 7th-9th
March 7th-9th

April 11th-13th
May 2nd-4th
June 6th-8th

TIME:

Fridays 5:30-9 PM Saturdays 8 AM-5 PM
Sundays 8 AM-5 PM



HEALIUM HOT YOGA: 200 HOUR YOGA TEACHER TRAINING

WHAT STUDENTS CAN EXPECT TO GAIN:

- A deeper understanding and connection to their own personal yoga practice including asana, pranayama, and meditation.
- A greater comfort with the foundations of anatomy and how it relates to various bodies in yoga asana.
- A more in-depth knowledge of yoga principles, history, and philosophy.
- Tools and experience to create and teach thoughtfully sequenced yoga classes with specific intentions both in a live studio and a virtual environment.
- Ability to demonstrate and instruct pranayama and asana using proper alignment and cueing as well as show modifications and make adjustments suited for a range of student needs.
- An understanding of the many different styles of yoga available today including Yin, Restorative, Prenatal, Meditation, Heated Yoga, Kids and Family, with a focus in Vinyasa Yoga.
- A deeper understanding of Ayurveda and how it relates to yoga and each individual body.
- A familiarity and understanding of Sanskrit and the ability to apply it appropriately to each posture.
- Thoughtful ideas and a personal plan to build your profession after teacher training and continue to grow as a teacher in your community.
- A well rounded training experience with several accomplished teachers offering great variety, complexity, and individualized attention to each trainee.
- Meet the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200).





YOUR TEACHER TRAINERS



ROBYN LUCKS, School Owner and Operator

Owner of Yoga Ginger LLC, DBA Healiium Hot Yoga
Teacher Training Co-Director
eRYT
Yoga Alliance Continuing Education Provider

Robyn first trained at Bikram Choudhury's 500 Hour Hot Yoga Training Program in 2009, where she studied the foundations of Bikram's 26/2 series working on yoga asana, form and alignment, dialog, cueing, and the basic elements of heated yoga. In 2013 Robyn studied with Marietta Pucello and Tammy Limbach in Milwaukee for her second Teaching Certification, qualifying her for 200 Hours through Yoga Alliance. In her years of teaching yoga, Robyn has created an organic blend of Bikram and Vinyasa Yoga in the classes she teaches and her classes are often woven with unique fitness elements to challenge and inspire her students. In 2016, Robyn studied with Kidding Around Yoga earning a special certification to teach children's yoga. While she specializes in teaching heated yoga classes, Robyn's main goal is to bring many different forms of yoga to her community, offering classes for adults, children, and families.

"Robyn has helped me work through various back and hip injuries, and most recently a broken pelvis. She creates a space filled with love and healing, and her classes and teaching methods reflect that." -M.L.



SARAH FILZEN, Lead Teacher at Healium Hot Yoga

Teacher Training Co-Director

eRYT 500

Yoga Alliance Continuing Education Provider

Sarah trained in 2000 at the Temple of Kriya Yoga in Chicago for her 200 hour certification and received her 500 hour certification from the Asheville Yoga Center in North Carolina, where she studied with renowned teachers like Leslie Kaminoff, Gary Kraftsow, Doug Keller and Bryan Kest. She is influenced by the precise alignment of Iyengar yoga, the breath and strength of Pataji Jois' Ashtanga yoga, and the flow and grace of Vinyasa yoga. Sarah is also a Certified Ayurvedic Educator and incorporates the wisdom of health and balance through Ayurvedic principles in her yoga classes. As the Yoga Director at Kanyakumari Ayurveda and Yoga Wellness Center, she developed and taught the 200 Hour Yoga Teacher Training course, which graduated close to 150 students between 2004 and 2016.

"Sarah is extremely knowledgeable about yoga, especially the asanas. When I began this journey I thought I was an experienced Yogi. Now that I've completed my training I can say with confidence I know more about yoga because of the well-rounded educational experience." - L.P.



MEG LUCKS, Lead Teacher at Healium Hot Yoga

Teacher Training Co-Director

eRYT 500

Yoga Alliance Continuing Education Provider

Meg is an Experienced and Registered Yoga and Dharma Teacher. She has been a practitioner of both Tibetan Buddhism and Himalayan Yoga for almost 20 years. She has completed over 1000 training hours; RYT-200 (Hatha) with Samadhi Center in Denver, CO and RYT-500 (Ashtanga) with the Himalayan Yoga Center in Goa, India via Lalit Kumar. Her Tibetan Buddhist studies have been primarily supported by Acharya Ani Pema Chodron. Meg is the founder and core shastri of The Heart Revival Center for Yoga and Buddhism. Meg's teaching is a direct expression of the many devoted masters and practitioners who have preceded her on this path. She is passionate about upholding the deepest respect for indigenous, traditional wisdom and contemporary neuroscience alike. Each practice is designed to foster compassion and connection and calls upon the traditions that inspire and gift us the opportunity to express the magical alchemy of the meditative arts, not just in practice, but in every moment of our waking lives.

"Meg puts thought and care into creating a comfortable space that has made it easy for me to explore and share deep parts of myself and to further appreciate others on that level. I am forever grateful for her guidance and motivation to build my own sense of spirituality based on my experiences." -D.H.



JERRY BECKER

HTCP/I
QM CAE

Jerry is a Healing Touch Certified Practitioner (2002/Instructor, Qualified Mentor for Healing Touch Apprentices, Certified Ayurvedic Educator). Jerry was the Energy Therapy Director at Kanyakumari Ayurveda and Yoga Wellness Center in Milwaukee for 12 years. He has been practicing energetic healing arts since 1990 with Chi Kung Healing methods in relation to his Martial Arts training since 1981. He teaches Tai Chi for health and relaxation, Chi Kung for health and vitality, and Push Hands for energetic balance, expansion and enhancement. Using Ayurvedic principles, Jerry empowers clients of all ages to learn about themselves and helps them understand their unique place in the universe. He tailors diet, lifestyle, self-care techniques, meditation, energy therapy and exercise to each client to achieve a balanced and healthy life. His intention is for you to be well.

"Without Jerry's teachings and insight, I don't know where my life would be today. The breadth and depth that he added to my teacher training is unbelievable... but it will only help if you practice, practice, practice (and get out of your head). Intention is everything and of course "Relax, Breathe, Flow." -K.F.



SHELLEY CARPENTER

PT

eRYT

YACEP

RM/T

Yoga Anatomy Instructor

Shelley has been a practicing Physical Therapist for 25 years, is an Experienced Registered Yoga Teacher listed with Yoga Alliance, a Yoga Alliance Continuing Education Provider, Reiki Master/Teacher, and is owner of Pure Energy Yoga. She graduated from Marquette University with a BS in PT in 1992. After healing a back injury through the combination of PT and yoga, she wanted to share the benefits of yoga with her patients and the community. She received her yoga training in 2006 from Kanyakumari and has been teaching group and individual classes since that time. Her yoga training opened her up to the entire world of prana/life energy. This life-changing understanding led her to become a Reiki Master/Teacher in 2009, and she offers energy healing sessions and teaches Reiki classes. Her emphasis both in her PT and yoga practice is on breath, energy, postural alignment and safety. She is skilled in teaching modified poses with emphasis on listening to the inner wisdom of the body. Her passion is in supporting and promoting healing of mind, body and spirit through combining her PT knowledge with yoga wisdom. At Healium, she teaches the yoga anatomy portion of the yoga teacher training program.

"When I attended Shelley's yoga classes I was so appreciative of her attentiveness to all of the small ways that changing certain movements could make positions easier to hold and more beneficial." -C.P.

LOCATION, FACILITIES, AMENITIES

HEALIUM HOT YOGA - BAY VIEW

Healium Hot Yoga is located in Milwaukee, WI. We are conveniently located on Kinnickinnic Ave, the main drive through the lovely neighborhood of Bay View. We are just about one mile East of 1-43 and one mile West of 794. We are right next to, and share a parking lot with, our neighborhood library. There is also plenty of free parking in the neighborhood. Healium Hot Yoga's studio space offers two yoga rooms: one larger room where we conduct mostly heated yoga classes and one smaller yoga room where we offer a variety of intimate classes and specialty training.

HEALIUM RESTORE

Healium Restore is also located in Milwaukee, WI at 435 E. Lincoln Ave. We are conveniently located on Lincoln Ave at Kinnickinnic Ave, one of the main intersections in the neighborhood of Bay View. We are right next to Centraal, Colectivo and Sugar Maple. There is a metered city parking lot across the street. There is also plenty of free parking in the neighborhood. Healium Restore is a cozy yoga studio offering non-heated yoga classes: Restorative, Yin and more! All levels are welcome. Healium Restore invites you to slow down, take a deep breath and restore your busy mind and spirit with us.

We have blocks, straps, blankets, and bolsters for use during training sessions. Feel free to bring any seat, cushion, bolster, blanket, or props of your own to make your training experience more comfortable. We will be seated on the floor for long hours at a time. There are several restrooms, a changing area and lockers for personal belongings (please leave valuables at home.)

Healium Hot Yoga offers classes 7 days per week on most days throughout the year. There are a few exceptions. We are often closed, or have a reduced class schedule on holidays. Trainees in our teacher training program receive free unlimited classes at Healium Hot Yoga-Bay View, Healium Hot Yoga-West Allis + Healium Restore as well as classes at Healium HIIT from their first weekend of training in September through their last weekend of training in June as long as they are in good standing in our yoga teacher training program.

"I can't say enough about Healium Hot Yoga. The space that Robyn has created is not just a place to exercise your body. It is an open welcome energy for your mind and heart."
-S.K.

Healium Hot Yoga is surrounded by a variety of wonderful restaurants and coffee shops, and our neighborhood co-op grocery store is just a few blocks away. Some of our favorite places to frequent are:

Honeypie Cafe
Palomino Bar
Corazon Cafe
Small Pie
Colectivo Coffee

Anodyne Coffee
Cafe Central
HiFi Cafe
Gropi's Market
Outpost Grocery

There are several places nearby to lodge, including Kinn, a boutique hotel right across the street from Healium Hot Yoga and several hotels close to the Milwaukee Airport just miles south of our location.



PROGRAM DESCRIPTION

Healium Hot Yoga's 200 Hour Teacher Training Program meets the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 level (RYT-200.)

- Techniques, Training and Practice: 102.5 hours total, 87 of these are contact hours. Teaching Methodology: 38 hours total, 27.5 of these are contact hours. Anatomy and Physiology: 30 hours total, 15 of these are contact hours.
- Yoga Philosophy/Lifestyle Ethics: 30 hours total, 21 of these are contact hours. Practicum: 39.5 hours total, 34.5 of these are contact hours.
- Supplemental Training Hours: 16 total, 7 of these are contact hours.

COURSE SYLLABUS:

Healium Hot Yoga's 200 Hour Teacher Program, Registered as a 200 Hour Teacher Training Program through Yoga Alliance, is a classical, well-rounded educational program that focuses on the rich tradition of yoga studies. It is intended for all serious students of yoga, especially those wishing to share their passion for practice with their communities and students of all backgrounds, abilities and levels. Trainees will gain significant practical guided experience during the program, working actively outside of the studio walls so that upon program completion, all will have the knowledge and confidence to teach. Our program consists of the following topics, many of which will be woven organically throughout the entire course:

ASANA:

Over 100 yoga postures are covered in detail, including preparatory postures, standing poses, forward folds, back bends, inversions, twists, abdominal strengtheners, arm balances and restorative postures. All asana instruction includes precise alignment and anatomical instruction, variations and modifications, and a discussion of the benefits and possible contraindications. Students will also explore the best way to practice each pose for their individual bodies. As part of the asana study, an extensive exploration of Vinyasa is included, consisting of many variations of Surya Namaskar (Sun Salutations) and other forms of asana flow. Restorative and Yin Yoga will also be explored as both have an enormous capacity to heal physical and mental symptoms that are stress related. When the body and the mind relax, we literally become softer and apt to create space to get in touch again with our natural qualities of compassion and understanding. Trainees will learn how to cultivate a personal restorative practice and will come to understand how to guide students through adaptive cues with the use of props. Finally, trainees will learn and practice Hands-On Adjustments to help students move safely and effectively into yoga postures. This section includes a community-workshop with attendees from outside of the teacher training program in order to get "real-world" experience.

PRANAYAMA:

Pranayama practice focuses on the manipulation of breath to produce shifts, changes and benefits in our physical, mental and emotional states. In the pranayama modules, both basic and more advanced methods will be explored so that trainees can build upon their personal practice and also safely teach and guide students to experience the power and benefits of pranayama. Students will explore contraindications and will come to understand when and how to use or instruct the use of specific techniques to compliment asana and meditation. Techniques to be covered include Aum, Nadi Shodhana, Bhramari, Surya Bheda, Plavini, Sheetal, Sheetkari, Chandra Bheda, Ujjayi, Kapalabhati and Bastrika. Students will also learn the Anatomy of the Breath to prepare for pranayama. Trainees will come to understand the way in which we breathe and move prana through the resiliency of the diaphragm. Trainees will study the form or shape that the body takes while breathing to better grasp how we can actually breathe ourselves to better health.

MEDITATION:

Trainees will learn the path and philosophy that has led beings to practice and study the art and science of meditation for thousands of years. Various methods and styles of mindfulness and meditation practices will be experienced by trainees to develop a deeper personal practice. Teaching guidelines and methods will give students a framework of which to teach individuals both on and off of their mats as the need for these methods increases within modern society. Also included is the study of mantra as meditation. Chanting mantras is a central aspect of traditional yoga and meditation. Trainees will learn the history of the mantra and through active practice will find their voice. This course will empower trainees to teach their students the physical and mental benefits of an ongoing mantra and meditation practice. This module includes a fully integrated yoga practice (mantra, meditation and asana).

ANATOMY:

Instructing the detailed anatomy portion of the program is Physical Therapist and eRYT, YACEP Shelley Carpenter. Trainees will learn about the mechanics and anatomy of breathing, the spine and its movements, the musculoskeletal system as it applies to yoga practice, common postural issues that impede proper breathing and how to address it, and common muscle imbalances and postural compensations and how to bring these back into alignment. There will also be instruction on how to keep the spine and nervous system safe for all, including those with osteoporosis, arthritis and after-spine surgery. 15 hours of online content is included in the program which includes detailed lecture and asana practice videos on the spine, nervous system, pelvis, diaphragm, psoas, knee, shoulder, cardiovascular, endocrine and digestive systems.

PHILOSOPHY:

Students will learn the fundamentals of yoga philosophy, including the Eight Limbs of Patanjali, Vrittis, the Paths of Yoga, and the Hatha Yoga Pradipika which explores how yoga techniques like purification, asana, pranayama, chakra, instinct/kundalini, bandhas, kriya, shakti/force, nadis and mudras can be used as a tool to purify, strengthen and heal the body as alternative medicine.

YOGA NIDRA:

In this module students will practice the ancient art of Yoga Nidra and will learn how to deliver the method to their students. Yoga Nidra is an ancient form of meditation. It means yogic sleep or conscious deep sleep. In Nidra, one leaves the waking state, goes past the dreaming state, into deep sleep, yet remains awake to experience deep healing benefits.

YOGA AND AYURVEDA:

Ayurveda, the Science of Life, is the ancient sister-science to yoga and is the traditional medicine of India. Students will learn the foundations of Ayurvedic philosophy and put their knowledge into practice by practicing Ayurvedic lifestyle routines, learning how to generally determine their own and others' Doshas (constitutions) and create individually-tailored asana routines based on Ayurvedic knowledge.

ENERGY/PRANIC BALANCING:

Taught by Jerry Becker, this topic includes instruction on astral anatomy: the chakras, nadis, marmas and koshas. Students will learn energy balancing techniques to balance their own and others' energetic fields.

YOGA FOR PREGNANCY:

Designed for trainees to learn how to support pregnant students to enhance their yoga experience during pregnancy and beyond. Understand how to create a safe and nurturing environment through adaptive asana, pranayama and meditation. This session also dives deeper into anatomical shifts and common sensations experienced by expecting students.

KIDS AND FAMILY YOGA:

In this module trainees will learn the important fundamentals of teaching kids' yoga and what teachers can expect from different age groups. Fun and creative yoga techniques such as games, arts & crafts, and song & dance are included in order to teach kids asana, pranayama, and meditation.

ADAPTIVE YOGA:

Students will learn how to work with students who have mobility limitations through the use of props such as chairs, walls, blocks and other assisting tools. Trainees will learn how to develop a well-rounded yoga practice to work with populations that may not be able to participate in a "traditional" yoga class.

EMBRACING SANSKRIT:

This module offers trainees access to learning how to read and pronounce the sacred seed sounds of Sanskrit with precision and guides students through yoga chants with rhythm, tone and pronunciation. Trainees will better understand how to breakdown asana names for deeper understanding, study and teaching delivery. This course reinforces the importance of honoring the source of yogic tradition by making asana names accessible to every student.

YOGA BUSINESS AND COMMUNITY:

Taught by Meg Lucks, these modules gift trainees the space to dream about what comes after completion of the 200 hour program. From workshops to retreats, subbing to studio ownership, we will cover it all based on student interest and desire for exploration. Beyond her role as a yoga facilitator, Meg will share her insights as a Business Consultant, guiding trainees to create a Business and Marketing plan to reinforce the importance of having a road map to achieve aspiring goals. Trainees will gain insight into creating their vision, completion of a SWOT analysis, consideration of areas of specialization, marketing concepts and more. Above all we explore the fostering of safe, inspired and healthy community, as this is the heart of the Healium mission and vision.

TEACHING YOGA IN A HEATED ENVIRONMENT:

After a guided 60 minute heated class, students will discuss the benefits of heated yoga, the precautions for practicing in the heat, and the proper language usage, ensuring students are practicing in a safe and effective manner. Also covered will be instructions to properly heat a practice space, what to watch out for, and tips to ensure that students have a great experience.

SEQUENCING, CUEING AND EFFECTIVE COMMUNICATION:

Trainees will learn and practice how to properly sequence a class, learn precise cueing language and be guided on the various ways to communicate their knowledge, energy and intention to yoga students. These modules give the tools to create and teach a great class, empowering trainees to effectively use their voice as a vehicle for skills and knowledge. Trainees will develop greater awareness about the need for teachers to possess effective verbal and non-verbal communication skills in order to motivate, coach and develop students. Trainees will also come to learn about the various learning styles of students so that they may reach a wider audience of students.

HOMEWORK:

Each month students will receive homework assignments that can include but are not limited to the following: reading, Anatomy online content, designing and teaching classes to peers and fellow students, Ayurvedic assessments, and take-home quizzes. We require trainees to practice a minimum of 3 times per week at a yoga studio of their choice or Home Practice. Students will be expected to submit written critiques of classes they have taken on a monthly basis.

FINAL EXAM AND PRESENTATION:

A final written exam will be administered at the end of the course and students will develop and teach a final project based upon a topic of their choosing. This final presentation will include a lecture, discussion and guided asana class.

SAMPLE WEEKEND FORMAT:

(applies to most weekends, but not all.)

- Friday 5:30-9 PM Asana Practice/Lecture/Discussion
- Saturday 8 AM-5 PM Asana Practice/Lecture-Techniques/Lunch Break/Experiential Activities
- Sunday 8 AM-5 PM Asana Practice/Lecture-Techniques/Lunch Break/Experiential Activities

MAJOR CONTENT AREAS:

SEPTEMBER - classes will include an introduction to yoga history and philosophy, yoga bandhas, pranayama, meditation and anatomy. Guided asana classes to be taught by teacher training leaders. Detailed asana instruction will focus on warm-up postures and standing poses.

Homework: Begin to establish a regular meditation practice, a take-home quiz and minimum 3 per week asana practice (studio or home practice, this homework will be required all 10 months of the program), online Anatomy homework.

OCTOBER - classes will include the in-depth exploration of standing postures, pranayama and meditation techniques and an introduction to astral anatomy and energetic healing. Students will be introduced to Sanskrit in "Embracing Sanskrit." Guided practices in asana, pranayama and meditation will also be included. Homework: attend two yoga classes and critique, take-home quiz. Read Iyengar's "Light on Yoga" pp. 31-53. Read "Yoga Anatomy" 2nd edition Intro, Chapters One and Two. Online Anatomy homework.

NOVEMBER - classes will include in-depth anatomy study focusing on the skeleton, the body's connective tissue and the respiratory system, a review and continuation of standing asanas, hip opening postures and restorative poses. Students will learn the Eight Limbs of Patanjali. The yoga

classes students critiqued as homework will be discussed. Homework: online Anatomy homework, Read "In Your Elements" by Monica Bloom and a take-home quiz.

DECEMBER - classes will include back bending poses, a review of restorative postures and an introduction to Yin Yoga; mantra and meditation; and an in-depth introduction to Ayurveda, including Ayurvedic philosophy, dincharya, diet and how to determine Ayurvedic constitutions. Anatomy topics covered include the major muscular groups and their functions, muscle anatomy and alignment. Students will also begin to practice teach warm-up and standing postures in class. Homework: conduct two Ayurvedic interviews, take a minimum of one Yin Yoga class and record insights, online Anatomy homework, take-home quiz.

JANUARY - classes will include Yoga for Pregnancy, forward folding postures, twists and abdominal strengthening poses. Students will learn about and experience Yoga Nidra. Students will learn the relationship between asana and Ayurveda and learn. postures and styles of practice best suited to Ayurvedic constitutions. Practice teaching will include back bends and hip openers. Homework: Read "Yoga For Your Type" and design a one-hour asana practice based on Ayurvedic principles, online Anatomy homework. Assign Meditation and Pranayama teaching due in March. Take-home quiz.

FEBRUARY - classes will include inversions, the anatomy of inversions and arm balancing postures. Students will learn guidelines for effective asana instruction and communication techniques for yoga classes as well as the fundamentals of yoga class sequencing. Pranic Energy Healing techniques such as chakra balancing, nadi and marma clearing techniques will be learned and practiced. Students will practice-teach a portion of the class they designed as homework due in February. Homework: design, teach and record a beginner-level class to friends/community. Online Anatomy homework.

MARCH - classes will include extensive exploration of the vinyasa style of yoga: surya namaskar variations, standing and seated sequences. Students will also begin to learn and practice hands-on adjustments, corrections and assists as well as learn to teach virtual classes. They will gain practical teaching experience by teaching portions of their beginner-level classes to the training group. Phone call/in-person meetings will be scheduled to happen between March and April's classes. Homework: attend two different yoga classes and write a detailed critique of each. Read the Hatha Yoga Pradipika. Online Anatomy homework.

APRIL - classes will include a community-attended Adjustments, Corrections and Assists workshop where students will bring in friends and family members to practice hands-on adjustments. Students will have an in-depth discussion of the Hatha Yoga Pradipika. Students will also learn about Kids and Family yoga, practice teaching. pranayama and meditation, learn to sequence classes focused on back bends and begin to learn about business principles as they relate to establishing a yoga business. An in-depth discussion of Yoga Ethics as it relates to

teaching yoga will be included. Homework: design, teach and record a one-hour intermediate level yoga class, a portion of which will be taught virtually during May's session, work on final projects. Online Anatomy homework. Optional: schedule community Karma classes to be held in May.

MAY - classes will include Adaptive Yoga - teaching asana to students with mobility limitations. Students will learn and practice sequencing classes for hip openers and forward folds. Students will virtually practice teach a portion of their intermediate class to their fellow students. Students will learn about teaching in a heated environment and experience a heated asana class as well as more targeted core abdominal work. Homework: prepare for the written final exam and the final project to be presented in June.

JUNE - Final Exam Part 1-Take-Home Written Exam. Exams will be due one week prior to June's class.

Final Exam Part 2-Final presentations and practice, times and students TBD. Graduation Ceremony.

HOW THE PROGRAM WORKS AND HOW WE WILL ASSESS YOUR PROGRESS:

Scheduled Weekends

Each scheduled weekend will include a combination of lectures, integration practices, and experiential exercises in key content areas. Attendance at each scheduled weekend is mandatory since the curriculum, integration work, and progression of the training are carefully sequenced to maximize learning and retention. Participation in each session is a prerequisite for attending the next session.

If you have an extenuating circumstance that results in missed hours, you will be required to make up direct contact hours with one of the lead instructors or a designee at an additional expense (\$45/hour) in advance of the next scheduled weekend. If you anticipate missing an entire weekend, please talk with Sarah Filzen, Meg Lucks, or Robyn Lucks in advance of applying for/or enrolling in this program. If you miss a weekend and do not call or notify an instructor, you will be dismissed from the program. Unused tuition will be refunded per our refund policy.

Personal Practice

Our expectation is that you will have a regular, personal yoga practice throughout training. We require that you practice a minimum of 3 times per week either at a studio or home practice. Your yoga practice is your most important learning tool in this program. You will use your own personal yoga practice to deepen your understanding of:

- The biomechanics of the foundations of Vinyasa Yoga
- The directions of movement
- Principles of breath and movement
- Alignment and cuing in asana
- Breath adaptation in asana in preparation for cueing breath
- Meditation and how it applies to movement as well as stillness.

In the midst of these investigations continue to work mindfully and keep your practice nourishing. It is highly encouraged, but not required, to journal your experiences after classes or personal practice as your understanding of deeper yoga principles and philosophy relate to you in the moment of practicing. Trainees will have access to regularly scheduled classes at Healium Hot Yoga at no extra charge during the duration of the Yoga Teacher Training Program.

Home-Study

There will be several home-study assignments: some written theoretical class sequence, some reading, take home quizzes, and other forms of "home work" throughout your training. Home-study in this training:

- Helps you integrate what you read, learn, and practice in the scheduled weekends.
- Sharpens your focus in your personal practice.
- Prepares you for more refinement and advanced study in specific content areas. Provides our lead instructors with an assessment of your progress in key content areas.

Grading

Home-study will be reviewed within 1 month and students will be graded on a percentage scale or Pass/More Refinement Needed. Feedback will be provided either in written or verbal form. If a student does not pass an assignment or does not receive a grade of 70% or higher, they will be expected to redo their work and turn in by Sunday of the following training session. It is important to keep up with courses as each session leads up to our next. Failure to do course work will result in termination from the program. Students will have 2 attempts to pass or get a grade of 70% or higher on course work in order to stay in good standing.

After 2 attempts, if course work is still not satisfactory, a meeting will be scheduled with a lead instructor to offer guidance and determine what steps need to be taken to facilitate a better understanding of the material. Lead teachers will work with any student that is struggling as long as they demonstrate a desire to learn course material and work to the best of their ability to complete course study. If the student continues to struggle with coursework, even after teacher assistance, the student could be dismissed from the program. Lead teachers will work to the best of their ability to ensure students understand course material and will be available throughout training to answer questions and offer assistance.

HOMEWORK ASSIGNMENTS:

- September - Establish meditation practice and journal; QUIZ: at-home quiz on material covered in Month I, online Anatomy homework
- October - Continue Meditation practice and journal, ASANA HOMEWORK: Attend 2 yoga classes and critique; ANATOMY HOMEWORK: Yoga Anatomy, 2nd Edition by Leslie Kaminoff and Amy Matthews, Introduction, Chapter 1: Dynamics of Breathing, Chapter 2; Yoga and the Spine; Online Anatomy homework; QUIZ.
- November- Read In Your Elements by Monica Bloom; Anatomy homework: Read Chapters 3 and 4 of Yoga Anatomy 2nd Edition; Online Anatomy Homework; QUIZ
- December - Conduct 2 Ayurvedic intakes, Take Yin Yoga class and record insights, Online Anatomy homework, QUIZ
- January - Read Yoga For Your Type; Design a Yoga Practice based on Ayurveda principles, Online Anatomy homework; QUIZ
- February - Design and teach a beginner level yoga class; Meditation and Pranayama practice teaching assignments; Online Anatomy homework
- March - Attend 2 yoga classes and critique; Mentor phone call/meetings; Online Anatomy homework
- April - Read Hatha Yoga Pradipika; design and teach intermediate level class; optional: schedule/teach Karma (free) public classes at Healium Hot Yoga in May
- May - Design final area of interest or specialization and prepare a class presentation: pick an idea (i.e. yoga for pregnancy, a point of philosophy, a meditation technique, Ayurveda, etc.), prepare a formal presentation including a lecture and a full yoga practice to coincide
- June - Final Exam

COURSE REQUIRED TEXTS

- Light on Yoga by BKS Iyengar
- Yoga Anatomy (2nd edition) by Leslie Kaminoff and Amy Matthews
- In Your Elements by Monica Bloom
- Yoga for Your Type by David Frawley
- Hatha Yoga Pradipika (available for free Online or choose any edition in hard copy)

Can be purchased by provider of student's choice.

SUGGESTED READING (not required)

- How Yoga Works by Geshe Michael Roach and Christie McNally
- Embrace Yoga's Roots by Susanna Barkataki
- Yoga Sutras of Patanjali translated by Alistair Shearer
- Start Where You Are by Pema Chodron
- The Miracle of Mindfulness by Thich Nhat Hahn

MENTORING

We will have a mid term check-in with each student during a one-on-one phone call/meeting. During this meeting we will go over progress, offer feedback, and address any concerns. We will also offer students a chance to ask questions and address their own concerns. While this is the only scheduled meeting during our program, students are always welcome to approach Meg, Sarah, or Robyn about anything pertaining to their training throughout the course of teacher training. We will discuss good times for reaching out in our training orientation. Meg, Sarah, and Robyn will most often be available between sessions or can be reached by phone during designated call hours.

PRESENTATIONS

Our Students' Final Presentation will be introduced in March. For this assignment students will design a 1 hour yoga class and 10 minute presentation that will be organized around a topic of their choice. Final presentations will be delivered on our final weekend in June with each student receiving a predetermined time slot.

Grading for final presentations will be based on the following:

- Looking for body movements in all planes, most importantly hips and shoulders as well as thoughtfully crafted sequencing.
- Incorporation of counter-stretches.
- One full vinyasa (this will be discussed in more detail as vinyasas can vary.)
- At least one manual adjustment.
- We are looking for an evolution of improvement from their first class taught at teacher training.
- Have to receive at least 70% to pass final exam.
- Makeups can be scheduled at \$45/per hour with lead instructor or designee. Graduation cannot be completed until final is passed satisfactorily.

TEACHING DEMONSTRATIONS

Students will do many different teaching demonstrations throughout training. Starting early in the course, students will lead their fellow trainees, and oftentimes their peers through a variety of classes with a key focus. Feedback from fellow trainees and lead instructors will be given verbally and in some cases written down. Near the end of training, students will also have an opportunity to teach at least one Karma Class each at Healium Hot Yoga as a way to practice working with a formal student body.

TUITION AND FEES

Application Fee

There is a \$150 application fee that will be applied to tuition upon acceptance. Your application fee is due along with your application prior to admittance to our program. Application fee can be paid through check in person or sent by mail; or we will accept credit card payments in person or over the phone. Please email info@healiumhotyoga.com to arrange payment.

Tuition

Early bird tuition is \$3800 (minus the application fee) if paid in full by June 1st or \$3,600 if paying by cash/check.

Tuition is \$4100 (minus application fee) if paid by August 1st or \$3,900 if paying by cash/check.

Installment Plan Tuition is \$4,350 (minus the application fee) if paying monthly throughout the program at \$435 per month due no later than the 1st of each month with first payment due by September 1st and final payment due by June 1st. Late payments will incur a \$10 late payment fee for each day payment is late past the due date. A payment that is 30 or more days late can result in termination from the program.

*We offer no Advanced Standing.

Missed Sessions

Any missed sessions must be made up with the primary instructors or a designee at \$45/hour. If you know you will miss a weekend due to prior commitment, please contact Sarah, Meg, or Robyn prior to signing up for the program to discuss options.

Additional Mentoring Required

Core concepts that are not understood or demonstrated by the student through home-study, experiential learning or practice teaching may require additional mentoring by the lead instructor or assigned faculty. Lead instructors will determine if a student needs additional mentoring and a course of action will be discussed with the student. The following are some key areas that we want to see students understand and apply throughout the training:

- Anatomy as it applies to yoga asana
- Yoga philosophy
- Yoga asana and class sequencing Ayurvedic Principles
- Understanding of Pranayama and Meditation
- A confident voice for class instruction
- Late Home-Study or Final Project

All coursework and final project must be completed by graduation weekend and receive a Pass/or 70% or higher grade in order to graduate.

Materials Included in the Course

Students will receive our Course Syllabus and a Healium Hot Yoga Training Binder during orientation of our first weekend. Any props that Healium has available including blocks, straps, and bolsters are available to borrow during your time at the studio. All yoga props belonging to Healium Hot Yoga + Healium Restore must remain at the studio.

Required Materials

Students will be required to purchase and bring in the books mentioned in 'Course Required Texts' during designated weekends. We also ask that students bring their journal and a notebook for taking notes as well as their own yoga mat.

ADMISSION POLICIES

Admission Requirements

- Applicants must be 18 years or older or, if under the age of 18, they must have parent/guardian consent and additional vetting may be required.
- Applicants must have computer literacy and access to a computer/printer.
- Applicants must be comfortable sending and receiving emails, downloading materials as needed and navigating websites.
- Complete and submit Healium Hot Yoga's Teacher training application form detailing educational background, yoga background, interests, and goals for teacher training.
- Submit \$150 for application fee.
- A phone interview with one of our lead instructors before application approval. Phone interview will be a more in depth way to get additional information about your interest in the program as well as discuss any unique needs you might have.
- Applicants must have a willingness to develop a regular Vinyasa Yoga practice that is appropriate for their health, interests and needs. Students will be expected to teach basic Vinyasa Yoga asanas. Students are not expected to practice asanas or techniques that are not appropriate for their health.
- Payment of the full tuition is due by August 1st OR first payment of monthly payment plan is due by September 1st before you begin our program.

How to Apply

- You can find a link to print our teacher training application here: <http://www.healiumhotyoga.com/teacher-training> You can also contact info@healiumhotyoga.com to get your application.
- Complete Healium Hot Yoga's 200 Hour Yoga Teacher Training Application and submit via email to info@healiumhotyoga.com, mail, or in person at our studio ATTN: Teacher Training. Please include a check with application fee of \$150. (Applications emailed can set up a time to submit payment either in person or over the phone.)
- Application deadline is Sept 1st. We strongly recommend applying early as there are a limited number of spots available. If we do have an open spot after September and it is before our first weekend, we will consider accepting a late application.

Healium Hot Yoga

2534 S Kinnickinnic Ave Unit #102 B

Milwaukee, WI 53207

- Once application is reviewed (can take up to 7 business days) we will send you an email to set up date and time for phone interview.
- Applicants are accepted on a first come, first served basis as qualified applicants are received and accepted. An application is considered complete when lead trainer or studio owner receives the completed application, application payment, and phone interview has been completed.
- Completing the application process does not guarantee you will be accepted into Healium Hot Yoga's Teacher Training Program
- Applying early is strongly encouraged because we are an intimate training with limited space available.
- Healium Hot Yoga and our trainees have the right to refuse admittance at our own discretion.

Acceptance and Notification

You will be contacted within 7 business days upon receipt of your application. If not submitted with your application you will be asked to pay the application fee either over the phone or in person. Once payment is received you will be contacted by email to set up a phone interview. After your interview you will be notified within two weeks of your acceptance into the program.

COMPLETION REQUIREMENTS POLICIES

Completion Requirements

- Attendance at all scheduled weekend sessions and make-up of any missed sessions through one-on-one mentoring or with one of the faculty members at the student's own expense. At least 180 contact hours with our lead instructors are required for Yoga Alliance's 200-Hour Yoga Teacher accreditation.
- Completion of home-study assignments given between sessions graded as Pass or a grade of 70% or higher.
- Development of a regular yoga practice which will be expected and is integrated into some of the home study assignments.
- Completion of all quizzes and final exam 70% or higher. Students will have until graduation to turn in any work that needs further attention. If satisfactorily completed the student will be able to graduate. The student will have up to 1 year from the date of graduation to complete any course work and re-submit at a charge of \$45/hour to the student to pay for the lead teacher's time and efforts to grade, offer feedback, and submit certificate to Yoga Alliance. If the student has not completed and resubmitted satisfactory course work within that allotted time frame, the student would need to apply and go through our teacher training program again upon acceptance. We can make special exceptions for mitigating circumstances beyond the students control.
- Failure to maintain satisfactory academic progress, including less than the equivalent of a passing grade, failing to attend 100% of class meetings, without pre approval from lead instructor, and/or without making arrangements to make up time and content missed, will result in academic probation. * See Probation, Dismissal, and Re-admittance.
- Final presentation must be done in our final course weekend and pass with a 70% or higher grade to graduate.
- Progress gauged by lead instructor monitoring and assessing students throughout training, completing homework, attendance, and level of student engagement.
- All payments due before graduation.

Home-Study and Final Project Completion Deadline

Our final weekend of training in June is the absolute last weekend that the final project and any make-up work can be turned in in order to graduate in June. Students who don't complete home-study and final project within one year of completion of the training will be required to re-apply to Healium Hot Yoga and can take our program again upon acceptance but will be starting over from the beginning and will be expected to re-submit all courses and course work regardless of any work completed in the past. If students do not complete home-study and or final project as a result of extenuating circumstances Meg, Sarah, and Robyn will decide a deadline for

the student based on the student's need. Any home-study or final project review done after the last session will be billed (including phone call and feedback time) at \$45/hour.

APPLYING TO YOGA ALLIANCE FOR RYT-200

Yoga Alliance is a national credentialing organization for yoga teachers. Yoga Alliance maintains a national Yoga Teachers' Registry to recognize and promote teachers with training that meet minimum educational standards. Upon completion of all requirements for certification Healium Hot Yoga will issue a certificate that can be used to apply for registration with Yoga Alliance. Healium Hot Yoga will also notify Yoga Alliance of students who have completed all completion requirements. Healium Hot Yoga is a Registered Yoga School with Yoga Alliance with an approved 200 Hour Yoga Teacher Training Program. Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.

What Healium Hot Yoga Will Do For You Upon Completion

- Provide a Certificate of Completion of the training program requirements.
- Will notify Yoga Alliance of students who have completed all program requirements.
- Keep you informed about continuing education opportunities at Healium Hot Yoga.

Employment Services

Healium Hot Yoga does not offer job placement services. We will help you progress in your knowledge and ability to teach yoga and offer you mentoring on your yoga career as you progress through our program. We will make all reasonable attempts to connect you with teaching opportunities that come to our attention; however, we do not guarantee employment placement.

SCHOOL POLICIES

Non-Discrimination

Healium Hot Yoga and our faculty and staff do not discriminate on the basis of age, gender, physical ability, marital status, sexual orientation, race or religion.

Attendance and Tardiness

- Attendance at all sessions is required.

- If you are more than 15 minutes late for a session, one hour will be deducted from your total contact hours that will need to be made up with a lead instructor or designee at \$45/hour.
- Attendance is taken before each session.
- In the event of an emergency or planned absence, make up of any missed sessions is through one-on-one mentoring with one of the faculty members. A plan will be developed to make up course content, assess understanding of the course content and fulfill required hours. Any one-on-one mentoring for make-up is at the student's own expense and is billed at \$45/hour.
- Please see Probation, Dismissal and Re-Admittance policy for how unexcused absences are handled.
- All students are expected to participate in all training modules to the best of their ability, regardless of desire to pursue certification post training.

Withdrawal From Program

In the event a student must discontinue due to mitigating circumstances beyond the student's control, the refund policy will be applied to any unused tuition. If the student has completed at least 60% of the course instruction, all attempts will be made to assist the student in completing either through participation in our next teacher training program, one-on-one mentoring with lead instructor or other designated faculty if that is an affordable option. Healium Hot Yoga does not grant a "Leave of Absence."

Student Records

Any submitted paperwork that is not returned to student will be kept on file at Healium Hot Yoga for 6 years post graduation. Beyond that, any personal information that is not saved will be censored or destroyed before discarding. It is the students responsibility to keep a copy of any projects and paperwork completed throughout this course. A copy of the students completion certificate will be kept on file at Healium Hot Yoga permanently. A duplicate certificate fee may be charged. All student records are private and will be accessed only by the individual trainee or limited staff/faculty.

Probation, Dismissal, and Re-admittance (see also code of ethics)

Conduct Violations Probation

- Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal from the program.

- Healium Hot Yoga has zero tolerance for drugs and alcohol. Students will not be allowed to participate in the program and will be dismissed for the day if they are under the influence of any alcohol or illegal drugs. The hours missed will have to be made up at student's own expense. A repeat offense will result in termination of the program.
- Students are expected to be respectful of all staff, teachers, students and fellow trainees at Healium Hot Yoga. In addition, any personal information shared during training is to remain confidential. Failure to abide by these expectations will result in disciplinary action and can lead to dismissal.
- Students are expected to participate in all areas of training to the best of their ability. Failure to do so after first verbal or written warning can result in probation and can lead to dismissal.
- Students are expected to attend all training sessions. Failure to do so without having made prior arrangements with a lead instructor could lead to dismissal. Students are expected to show up to training sessions on time. Tardiness will not be accepted and will lead to having to make up time at a cost to the student. Students are expected to abide by Healium Hot Yoga's Code of Ethics. Students are expected to abide by Yoga Alliance's Code of Conduct.

The school director/lead instructors will implement any student dismissal. Refunds will be applied per the refund policy. A student who has been dismissed may apply for re-admission to a future training but acceptance is not guaranteed.

Academic Probation

A student will be considered to be in a probationary period if they have home-study that needs refinement or they are not up-to-date with home-study assignments. They will also be considered probationary if they have any missed contact hours that need to be made up that are not scheduled for make-up with a lead instructor. Students will be contacted via email, phone, or privately in person if they are considered probationary. A student can be on probation for up to 60 days, if there is failure to make amendments to course work or schedule time missed with lead instructor, termination from the program will result. The student will be expected to turn in any due or past due work at the beginning of each training weekend. Students will have 1 attempt to correct and re-submit work before a lead teacher will intervene. Students have up to the last weekend to submit all work due in order to graduate. A student will be considered off probation when all assignments are turned in and are satisfactory and all course hours are made up per arrangement with lead instructors.

The exception to the probationary policy is a student who wishes to audit the course upon arrangement with lead instructors. A student who is auditing the course will sign an agreement that states they have no expectation of receiving a completion certificate.

Written documentation of student progress will be kept for each student throughout the program. If a student is not grasping the content of the course or satisfactorily completing the home-study even after 2 attempts to amend work, a lead teacher will schedule a one-on-one meeting with student to see what further actions need to be taken. Lead teachers will make every effort to attend to the needs of each student and formulate a plan of action to help the student. If there is no improvement within 30 days, the student will be contacted to discuss if mentoring might help or if dismissal from the program is a more appropriate option.

If the student is not grasping the content in the course or satisfactorily completing the home-study but wishes to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to develop a personal yoga practice, complete home-study, or teach a final project, will be dismissed from the program after given written or verbal warning. Unused tuition will be refunded per the refund policy.

A student who has been dismissed due to inability or unwillingness to complete home-study and other program requirements may be re-admitted if all attendance and home-study requirements to date are turned in and receive a pass. The student must also be willing to make up any contact hours missed at cost to the student of \$45/hour. Lead teachers have the right to refuse student re-admittance to the program.

Lead teachers and studio owner reserve the right to give warnings, put on probation, and/or dismiss a student from the program for behavior that is deemed as unethical, unprofessional, or not in line with Healium Hot Yoga's mission, policies, and code of ethics.

Refund Policy

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

1. Cancels within the three-business-day cancellation period under EAB 6.03;
2. Accepted was unqualified and the school did not secure a disclaimer under EAB 9.04;
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:

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% OF THE PROGRAM	80%
20%	30% OF THE PROGRAM	70%
30%	40% OF THE PROGRAM	60%
40%	50% OF THE PROGRAM	50%
50%	60% OF THE PROGRAM	40%
60%		NO REFUND

As part of this policy, the school may retain a one-time application fee of no more than \$150. 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.

A written notice of withdrawal is not required.

Constructive Notice of Withdrawal Policy

Students are encouraged to withdraw by written letter or email addressed to one of our lead instructors, but any mode of withdrawal will be recognized. Students will be administratively withdrawn after missing 3 consecutive sessions with no verbal or written notice to one of our lead instructors. Students will be refunded tuition as per our refund policy based on last date of attendance.

Student Complaints and Concerns

Students should address any complaints and concerns about the training program in writing through email to Robyn, Meg or Sarah. Students can expect their complaint to be reviewed within 7 business days and contacted immediately upon review for discussion with lead teacher or studio owner. All efforts to amend grievances and create a plan of action will be made. If, after 30 days, the student is not satisfied with efforts or student concern is not addressed to meet the needs of the student, a second email should be sent to Robyn, Meg, or Sarah addressing the student's concerns. Complaint will be reviewed and a new course of action will be taken to resolve the issue.

If all resolutions to complaint have been exhausted and complaints are not satisfactorily resolved, students can contact The Wisconsin EAP and speak to a representative there that will work on addressing concerns in a formal manner.

The Wisconsin EAP:
Educational Approval Program
4225 Madison Yards Way
Madison, WI 53205
Phone: (608) 266-1996
Email: DSPSEAP@wisconsin.gov
<https://dspseap.wi.gov>

*See Refund Policy and Enrollment Agreement

*See Liability Waiver

*See Code of Ethics Agreement

*Healium Hot Yoga's 200 Hour Yoga Teacher Training program is owned by Healium Hot Yoga

REGISTRATION, AGREEMENT OF RELEASE, AND WAIVER OF LIABILITY

I hereby assume all the risks of participating in exercise activities at Healium Hot Yoga, Healium Restore, Healium HIIT outside of the Healium Hot Yoga / Healium Restore / Healium HIIT studios, and when viewing or participating in online classes, online streams, and online videos.

- I certify that I have sufficiently prepared or trained for the activities in which I will participate, and that I have not been advised by a medical professional to not participate in such activities.
- I am aware that yoga, hot yoga and require strenuous physical exertion.
- I am aware that exercises can be conducted in a room exceeding 100 degrees Fahrenheit and that these temperatures can exacerbate physical strain.
- I am aware that I am responsible for consulting a physician prior to and regarding participation in Healium Hot Yoga, Healium Restore and Healium HIIT classes.
- I agree to inform my instructors of injuries, surgeries, and other physical limitations before class.
- I am aware that any exercise activities I undertake when viewing or participating in online classes, online streams, or online videos is without instructor supervision and I assume all associated risks. As a condition to participating in exercise activities, I for myself and my executors, administrators, heirs, next of kin, successors and assigns agree as follows:

1. I WAIVE, RELEASE, AND DISCHARGE Healium Hot Yoga, Healium Restore, Healium HIIT, owner Robyn Lucks, as well as their affiliates, partners, instructors, contractors, volunteers, and agents from any and all liability, including but not limited to liability arising from the negligence or fault of released parties, for my death, disability, personal injury, property damage or theft, or actions of any kind which may hereafter occur to me during participation in exercise activities.

2. I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the released parties from any and all liabilities or claims made as a result of participating in exercise activities at Healium Hot Yoga, Healium Restore, Healium HIIT, exercise activities outside of the Healium Hot Yoga / Healium Restore / Healium HIIT studios, and exercise activities while viewing or participating in online classes / videos / streams, whether caused by negligence or not.

3. I acknowledge that exercise activities at the premises and outside of the premises may involve a test of a person's fitness and exposure to certain risks including, but not limited to, heat and other participants.

4. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during my participation in the exercise activity at the premises.

I hereby assume all risks relating to Coronavirus / Covid-19 while participating in exercise activities at Healium Hot Yoga, Healium Restore, Healium HIIT and outside of the Healium Hot Yoga / Healium Restore / Healium HIIT studios.

1. I acknowledge that Healium Hot Yoga, Healium Restore and Healium HIIT have implemented "coronavirus" procedures and taken preventative measures to reduce the spread of coronavirus within the studio, and

outside of the studio, however Healium Hot Yoga, Healium Restore and Healium HIIT cannot guarantee that myself or my family will not be exposed to or become infected with coronavirus.

2. I acknowledge that by entering any portion of the studios, I may be putting myself and my family at increased risk for contracting coronavirus.

As a condition to assuming all risks relating to coronavirus / Covid-19 while participating in exercise activities, I for myself and my executors, administrators, heirs, next of kin, successors and assigns agree as follows:

1. I WAIVE, RELEASE, AND DISCHARGE Healium Hot Yoga, Healium Restore, Healium HIIT, owner Robyn Lucks, as well as their affiliates, partners, instructors, contractors, volunteers, and agents from any and all liability, including but not limited to liability arising from the negligence or fault of released parties, for my illness, death, disability, personal injury, property damage or theft, or actions of any kind which may hereafter occur to me during participation in exercise activities.

2. I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the released parties from any and all liabilities or claims regarding coronavirus / Covid-19 made as a result of participating in exercise activities at Healium Hot Yoga, Healium Restore and Healium HIIT or exercise activities outside of the Healium Hot Yoga / Healium Restore / Healium HIIT studios whether caused by negligence or not.

3. I acknowledge that exercise activities at the premises and outside of the premises may involve a test of a person's fitness and exposure to certain risks including, but not limited to, potential exposure to coronavirus / Covid-19, heat, and other participants.

I certify that I have read this document and I fully understand its content. I am aware that this is a release of liability and a contract, and I sign it of my own free will.

NAME:

ADDRESS:

PHONE:

EMAIL:

PHYSICAL AILMENTS / INJURIES / LIMITATIONS:

EMERGENCY CONTACT NAME AND PHONE:

HOW DID YOU HEAR ABOUT US:

SIGNATURE: (If under 18 years old, parent or legal guardian must sign)

DATE:

CODE OF ETHICS

for Healium Hot Yoga Teachers and Teacher Trainees

As a Healium Hot Yoga Teacher/Trainee, I recognize that it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students and all students of Healium Hot Yoga, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

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, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, sexual orientation, or political affiliation-to the extent I am competent to offer such services, based on my training and experience.
- 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.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not be under the influence of illegal drugs or alcohol while at the studio.
- 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.
- Refrain from offering nutrition and supplement advice.
- Not partake in any illegal activity at studio or outside of studio.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), 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 any organization (including Healium Hot Yoga and Healium Hot Yoga teachers and students).

I understand that any reports of my breaching this code will be fairly investigated by the Healium Hot Yoga Team, and that it could lead to revocation of my Healium Hot Yoga Teacher certification and/or my teaching position or any future opportunities I might have to teach at Healium Hot Yoga.

Date:

Teacher/Trainee Name:

Teacher/Trainee Signature:



HEALIUM HOT YOGA

2534 S Kinnickinnic Ave Milwaukee, Wisconsin 53207

YTT ENROLLMENT AGREEMENT

STUDENT NAME: _____

BIRTHDATE: _____

PROGRAM ADMITTED TO: 200-HOUR REGISTERED YOGA TEACHER CERTIFICATION, AS DESCRIBED ON PAGES 13-23 OF COURSE CATALOG

PROGRAM DATES: SEPTEMBER 2024-JUNE 2025

\$150 APPLICATION FEE RECEIVED ON: _____

PROGRAM PAYMENT PLAN OPTIONS:

_____ \$3,800 EARLY BIRD TUITION (LESS APPLICATION FEE), IF PAID BY JUNE 1, 2024 OR \$3,600 (LESS APPLICATION FEE) IF PAYING BY CHECK/CASH

_____ \$4,100 TUITION (LESS APPLICATION FEE), IF PAID BY AUGUST 1, 2024 OR \$3,900 (LESS APPLICATION FEE) IF PAYING BY CHECK/CASH

_____ \$4,350 TUITION (LESS APPLICATION FEE), IF PAYING MONTHLY THROUGHOUT PROGRAM AT \$435 PER MONTH, DUE NO LATER THAN THE 1ST OF EACH MONTH; FIRST PAYMENT STARTS SEPTEMBER 1. CREDIT CARD AUTOPAY REQUIRED

PAYMENT METHOD:

_____ CASH/CHECK _____ CREDIT CARD (CONTACT INFO@HEALIUMHOTYOGA.COM)

REFUND POLICY

THE STUDENT WILL RECEIVE A FULL REFUND OF ALL MONEY PAID IF THE STUDENT:

1. CANCELS WITHIN THE THREE-BUSINESS-DAY CANCELLATION PERIOD UNDER EAB 6.03:

2. ACCEPTED WAS UNQUALIFIED AND THE SCHOOL DID NOT SECURE A DISCLAIMER UNDER EAB 9.04;
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:

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% OF THE PROGRAM	80%
20%	30% OF THE PROGRAM	70%
30%	40% OF THE PROGRAM	60%
40%	50% OF THE PROGRAM	50%
50%	60% OF THE PROGRAM	40%
60%		NO REFUND

AS PART OF THIS POLICY, THE SCHOOL MAY RETAIN A ONE-TIME APPLICATION FEE OF NO MORE THAN \$150. 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.

A WRITTEN NOTICE OF WITHDRAWAL IS NOT REQUIRED.

CONSTRUCTIVE NOTICE OF WITHDRAWAL POLICY

STUDENTS ARE ENCOURAGED TO WITHDRAW BY WRITTEN LETTER OR EMAIL ADDRESSED TO ONE OF OUR LEAD INSTRUCTORS, BUT ANY MODE OF WITHDRAWAL WILL BE RECOGNIZED. STUDENTS WILL BE ADMINISTRATIVELY WITHDRAWN AFTER MISSING 3

CONSECUTIVE SESSIONS WITH NO VERBAL OR WRITTEN NOTICE TO ONE OF OUR LEAD INSTRUCTORS. STUDENTS WILL BE REFUNDED TUITION AS PER OUR REFUND POLICY BASED ON LAST DATE OF ATTENDANCE.

PLEASE SEE THE COURSE CATALOG FOR TEXTBOOK, SUPPLIES AND ADDITIONAL INCIDENTAL FEES. IN KEEPING WITH VEDIC TRADITIONS AND THE AYURVEDIC SUTRAS, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE COURSE CATALOG AND STATEMENTS BELOW, AND THAT I AGREE TO ABIDE BY ALL RULES, GUIDELINES AND CODES OF CONDUCT.

HEALIUM HOT YOGA IS AN EDUCATIONAL COMMUNITY. IT PROVIDES EDUCATION AND LIMITED TRAINING BUT CANNOT LICENSE ANYONE TO PRACTICE HEALTH CARE. THE CERTIFICATE PRESENTED TO ELIGIBLE STUDENTS OF HEALIUM HOT YOGA, IS EVIDENCE OF SATISFACTORY COMPLETION OF THE COURSE, BUT DOES NOT ENTITLE THE HOLDER TO ANY LEGAL RIGHTS TO SPECIFIC PROFESSIONAL PRACTICE.

GRADUATES ARE EXPECTED TO SHARE THE INFORMATION THEY LEARN IN PUBLIC AND INDIVIDUAL CLIENT SETTINGS ONLY TO THE EXTENT THAT THEY ARE COMFORTABLE WITH THEIR LEVEL OF KNOWLEDGE AND CONFIDENT THAT THEY ARE NOT CAUSING POTENTIAL HARM BY SHARING INFORMATION OR EXPLAINING SOMETHING THAT IS BEYOND THEIR OWN SCOPE OF UNDERSTANDING AND SAFE PRACTICE.

A STUDENT'S REQUEST FOR ADMISSION INTO THE 200 YTT PROGRAM IS SUBJECT TO APPROVAL BY THE SUPERVISING FACULTY. THERE IS NO OBLIGATION ON THE PART OF ANY INSTRUCTOR, FACULTY OR HEALIUM HOT YOGA, TO ACCEPT ANY PERSON INTO THE PROGRAM, NOR AUTOMATIC ACCEPTANCE ON THE BASIS OF ANY PREVIOUS OR CURRENT RELATIONSHIP, STUDY PROGRAM OR ENROLLMENT AGREEMENT.

STUDENTS AGREE TO LEARN AND ABIDE BY THE REQUIREMENTS OF HIPAA (HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT OF 1996) IN MAINTAINING THE CONFIDENTIALITY OF CLIENTS' AND OTHER STUDENTS' HEALTH INFORMATION. STUDENTS AGREE NOT TO CONVERSE WITH ANYONE OUTSIDE OF THE STUDIO ABOUT ANY PERSON'S HEALTH INFORMATION, NOR TO COMMUNICATE WITH EACH OTHER ABOUT CLIENTS' OR OTHER STUDENTS' HEALTH INFORMATION IN PUBLIC SETTINGS SUCH THAT CONFIDENTIALITY LAWS MAY BE BREACHED.

HEALIUM HOT YOGA DOES NOT OFFER JOB PLACEMENT SERVICES. WE WILL HELP YOU PROGRESS IN YOUR KNOWLEDGE AND ABILITY TO TEACH YOGA AND OFFER YOU MENTORING ON YOUR YOGA CAREER AS YOU PROGRESS THROUGH OUR PROGRAM. WE WILL MAKE ALL REASONABLE ATTEMPTS TO CONNECT YOU WITH TEACHING

OPPORTUNITIES THAT COME TO OUR ATTENTION, HOWEVER, WE DO NOT GUARANTEE EMPLOYMENT PLACEMENT.

A STUDENT HAS THE RIGHT TO CANCEL THE PAYMENT AGREEMENT AND OBTAIN A REFUND OR WITHDRAW FROM A COURSE AFTER INSTRUCTION HAS STARTED AND RECEIVE A PRO RATA REFUND FOR THE UNUSED PORTION OF THE TUITION AND OTHER REFUNDABLE CHARGES. PLEASE SEE THE CATALOG FOR CANCELLATION AND REFUND POLICIES.

IF THE SCHOOL CANCELS OR DISCONTINUES A COURSE OR EDUCATIONAL PROGRAM, THE SCHOOL WILL MAKE A FULL REFUND OF ALL CHARGES. REFUNDS WILL BE PAID WITHIN 30 DAYS OF CANCELLATION OR WITHDRAWAL.

I HAVE CAREFULLY READ, UNDERSTAND AND AGREE TO ABIDE BY THE ABOVE STATEMENTS AS A STUDENT, EMPLOYEE OR AFFILIATE OF HEALIUM HOT YOGA.
THIS CONTRACT IS LEGALLY BINDING.

SIGNED THIS _____ DAY OF _____ IN THE YEAR _____

STUDENT SIGNATURE:

DIRECTOR SIGNATURE:



HEALIUM HOT YOGA

2534 S Kinnickinnic Ave Milwaukee, Wisconsin 53207

TEACHER TRAINING PAYMENT PLAN AGREEMENT

I understand that I owe \$4,350 (minus my \$150 application fee) to Healium Hot Yoga for the 200 Hour Yoga Teacher Training starting in September of 2024.

This contract binds me to make monthly payments of \$435 for 10 consecutive months, due on the 1st of each month.

I understand that my first payment of \$435 is due September 1st and the last of my 10 payments will be due June 1st.

I will do my best to make my payments timely, and understand that a late payment WILL incur a fee of \$10 per day that the payment is late.

I understand that failure to make a payment for 30 days WILL result in dismissal from training.

I acknowledge that in order to receive my certificate of completion for Yoga Teacher Training, I have to pay the entire tuition of \$4,350 and failure to do so will result in not obtaining my 200 Hour Yoga Teaching Certification.

YOGA TT PAYMENT PLAN 2024/2025

#	Date Due	Amount Due	Student's Initials / Teacher's Initials	Date Paid
1	09/01/2024	\$435		
2	10/01/2024	\$435		
3	11/01/2024	\$435		
4	12/01/2024	\$435		
5	01/01/2025	\$435		

6	02/01/2025	\$435		
7	03/01/2025	\$435		
8	04/01/2025	\$435		
9	05/01/2025	\$435		
10	06/01/2025	\$435		

I agree to the terms of this contract.

Please sign here:

Date: _____