

2025 Institutional Plan for Movewell Yoga School

The first yoga teacher training for Movewell Yoga School in 2024 was a success. All eight students that enrolled in training completed the requirements and earned their certificate. The goals outlined in the original institutional plan were met. See below for specifics as well as updated goals

Goal 1: The lead trainers will seek out opportunities for further knowledge through readings and or/seminars to gain greater understanding of the subtle body prior to the start of training and use that reference in the training

Outcome: met. Jackie utilized readings, online seminars and lectures to create introductory level material for the yoga teacher training manual

Goal 2: The lead trainers will each take a minimum of 5 classes outside of the vinyasa/power style prior to the start of training and teach at least 1 elective class in the training of a different style

Outcome: met. Both Jackie and Alexa took greater than 5 classes outside of power/vinyasa over the last year. The knowledge and experienced gained from those classes were utilized to offer yin, restorative and chakra balancing classes during yoga teacher training.

Goal 3: The lead trainers will seek out at least one opportunity to gain further knowledge on meditation through readings and/or seminars prior to the start of training and incorporate that knowledge into teaching meditation during training

Outcome: met. Alexa utilized the knowledge she gained from continuing education seminars to lead meditation and mindfulness practices each day of training.

Goal 4: After completion of the training, the lead trainers will utilize course evaluations, and in-training discussions to review content covered and strengthen the curriculum delivered in future trainings.

Outcome: met. Jackie and Alexa reviewed the formal and took notes throughout training on feedback provided by the trainees. That information was used to adjust the schedule and the order in which content is presented for training in 2025.

2025 Goals

Goal 1: Alexa will complete her 300-hr yoga teacher training and attain her RYT-500 destination from Yoga Alliance

Goal 2: Jackie will take at least one continuing education course pertaining to the content she instructs to further develop content for the yoga teacher training

Goal 3: (ongoing) After completion of the training, the lead trainers will utilize course evaluations, and in-training discussions to review content covered and strengthen the curriculum delivered in future trainings