

# Movewell Yoga School Yoga Teacher Training

## 2024.2025 School Catalog

**Alexa Deacon & Jackie Kerkman**

*Co-leads for Movewell Yoga School YTT*

# We're glad you're here!

We are thrilled you applied to Movewell Yoga School's Yoga Teacher Training! Whether or not you want to teach yoga, we are confident that immersing yourself in this training will change your relationship with yourself, with your practice, and with the world around you.

To get a better understanding of yoga teacher training (YTT), including the objectives, requirements, policies, and what you will experience, read through this course catalog. Please note, we will go through this in full once training starts, but we think it's important you know this information prior to.

Have questions? Or just want to chat more? Let's connect! Email [movewellyogaschool@gmail.com](mailto:movewellyogaschool@gmail.com). We know that deciding to pursue YTT is a big decision; we want to make sure your questions are answered.

Talk soon!

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# Movewell Yoga School Teacher Training Objectives

Movewell Yoga School's YTT is to provide you with a foundation in Yoga Alliance's four core curriculum areas: 1) techniques, training, practice; 2) anatomy and physiology; 3) humanities; and 4) professional essentials. By the end of YTT you will know:

- Major yogic texts and teachings and their significance to a yoga lifestyle
- Basic anatomy and how it relates to movement and sequencing
- The subtle body and its connection to the physical body, nervous system, and mind
- How to sequence and teach a vinyasa-style class that is safe, accessible, and intentional
- How to offer safe and effective verbal, visual, and physical cues as well as variations while teaching
- How to teach breath awareness, pranayama techniques, and meditation practices
- How to show up as your authentic self as a teacher and student

# Training Schedule

Training occurs both in-person and online over 10 weeks between January 2025 and April 2025. The first day of training is Saturday, January 11 and the final day of training is Sunday, April 13. Training will be a mix of lecture, practical application, practice teaching, demonstration, discussion, and self-study.

## Times

Day	Time	Format
Wednesdays	6 - 8:30pm	Online
Saturdays	10:30am - 6:30pm	In-person
Sundays	10:30am - 5pm	In-person

## Dates

Week	Dates
1	Jan 11, 12
2	Jan 15, 18, 19
3	Jan 29, Feb 1, 2
4	Feb 5, 8, 9
5	Feb 19, 22, 23

Week	Dates
6	Feb 26, Mar 1, 2
7	Mar 12, 15, 16
8	Mar 19, 22, 23
9	Apr 2, 5, 6
10	Apr 12, 13

# Training Location

Saturday and Sunday's in-person training will occur at Milwaukee Power Yoga (MPY). MPY is walking distance from Lake Michigan, coffee shops, and restaurants. Students are encouraged to bring their own mat and towel for training, but can borrow MPY's for free.

# Tuition

*Tuition: \$3,200*

A \$500 deposit is required within 14 days after receiving acceptance into the training. The deposit reserves your spot and will be applied towards tuition. Tuition is due 14 days prior to the start of training. Training manual and Milwaukee Power Yoga 25-class pack is included in tuition. Payments can be accepted via check (preferred) or through Movewell Yoga Schools venmo business account.

In addition to tuition costs, there are two required books. If purchased new, the total cost is roughly \$30. The books can also be purchased used. The required books are indicated below. Students are responsible for purchasing the books prior to the start of training.

# Requirements

## Certification Requirements

The following requirements must be completed to receive your Movewell Yoga School 200-hr Teacher Training certificate. Some of the requirements will have a due date, others will not. We understand the learning process is different for everyone, and therefore, completing the requirements might not happen at the same time for everyone. Honor *your* process!

### Training Sessions

- Attend all training sessions.
- Communicate with Jackie and Alexa if any training sessions must be missed. You will need to schedule time to make up missed content.

### Classes

- 25 vinyasa/power/slow flow classes at MPY
- 2 vinyasa/power/slow flow classes at other studios
- 2 observed classes at MPY

### **Journaling**

- 12 journal entries for classes taken
- 2 journal entries for observed classes

### **Meditation / Pranayama**

- Lead a 5-10 minute guided meditation or pranayama technique

### **Homework**

- Write/draw a sequence for a 60-minute vinyasa class
- Write a one-page essay on the Eight Limbs of Yoga
- Write a one-page self reflection on how you can be an advocate for diversity, equity, and inclusion within yoga
- Other readings, reflections, and homework may be assigned throughout training

### **Practicum**

- Teach a class using the Movewell Yoga sequence. This can be a public or private class
- Complete written exam

### **Required Books**

- *The Yamas and Niyamas* by Deborah Adele
- *The Yoga Anatomy Coloring Book: A Visual Guide to Form, Function, and Movement* by Kelly Solloway

# Policies

## Attendance Policy

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training. If you are concerned about meeting the 100% attendance, let us know! We recognize life is busy and things come up. We will do our best to work with you.

In the case of any emergency absences, please notify the program director immediately. If a student has planned absences that conflict with attendance in the program, please contact the program director to discuss options.

Each student is responsible for scheduling make-up time with the lead teachers. Teachers will offer select days/times to review missed content. Teachers will not review missed content in full, but instead provide a modified review. Should the student feel they need additional review or time with a teacher, the student can pay a rate of \$50/hour to work with a teacher. If a student does not schedule make-up time with the lead trainer, they will not fulfill the attendance requirement for receiving their certificate.

## 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 SPS 406.03;
2. Accepted was unqualified and the school did not secure a disclaimer under SPS 409.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

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

- 1 session -9% of program, student entitled to 90% refund
- 10% - 19% of program, student entitled to 80% refund

20%-29% of program, student entitled to 70% refund  
30%-39% of program, student entitled to 60% refund  
40-49% of program, student entitled to 50% refund  
50-59% of program, student entitled to 60% refund  
60% of program, no refund given

As part of this policy, the school may retain a cancellation fee of \$100. 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.

Students are encouraged to withdraw in writing, but any mode of withdrawal will be recognized. Students will be administratively withdrawn after missing three consecutive sessions without notice of withdrawal and will be refunded in accordance of last day attended.

### **Special Cases**

Due to the nature of this program, a leave of absence cannot be granted. In case a student needs to withdraw from the program due to illness, accident, death in the family, or other circumstances that make it impractical for the student to complete the course, the program will provide a reasonable and fair refund.

### **Bad Conduct**

No refunds will be given if the program removes a student for bad conduct. Bad conduct is the violation of the Code of Conduct, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

If a student wishes to appeal their dismissal, the written appeal should be submitted to the Lead Trainer and Co-trainer within 14 of dismissal. The appeal should include::

- Your full name;
- Your email and phone number;
- A detailed description of your reasons for appeal

The Lead Trainer and Co-trainer will consider the appeal based on information submitted and adherence to other policies. Notice of dismissal or re-admittance will be given within 14 days of receipt of appeal.



# Code of Conduct

## Purpose Statement

We are committed to holding high ethical standards for our yoga teachers. We believe it is the responsibility of a teacher to ensure a safe environment in which students can grow physically, mentally, and spiritually. The Code of Conduct is intended to elevate the professionalism and integrity of our yoga teachers by adopting uniform standards for behavior yet recognizing the diversity of the many traditions of the teaching and practice of yoga.

## Financial Practices

Teachers will be honest, straightforward, fair, and conscientious in conducting all of their business affairs. Teachers will manage their business affairs according to recognized standard business and accounting practices.

## Professional Growth / Continuing Education

Teachers shall maintain the integrity, competency, and high standards of the yoga profession by continuously striving to improve their skills through education, research, teaching, and always being a student.

## Teacher-Student Relationships

Teachers shall maintain professional relationships with their students. Teachers recognize that the teacher-student relationship involves a power imbalance. Teachers shall avoid any relationship with a student that exploits the student in any way or that may be used for the teacher's personal benefit. Teachers shall not engage in harassment, abusive words or actions, or exploit students.

The relationship between teacher and student is based on trust. To establish and maintain that trust, teachers must be polite, considerate, and honest in their interactions with their students.

Teachers should practice good communication with their students. Teachers should respect their point of view, beliefs and culture, and should not allow this to adversely influence their relationship with their students.

## Integrity

Teachers shall uphold the highest of moral standards. Teachers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency.

Teachers recognize that the process of learning is never complete. Teachers recognize that they are walking on the spiritual path along with their fellow teachers and students and shall dedicate their work to something greater than themselves.

### **Scope of Practice**

Teachers shall not give medical advice. Teachers shall not prescribe a treatment or suggest rejecting a medical doctor's advice. Teachers shall refer their students to medical doctors or licensed professionals when appropriate.

### **Confidential Information**

Teachers shall keep personal information disclosed by their students or clients strictly confidential. A teacher who receives private information from a student may not disclose such information unless they obtain written consent from the student. However, a teacher may disclose private information about a student without consent in the following situations:

- a. To comply with the law or the order of court; or
- b. To prevent bodily harm or danger to the student or client or to others

### **Inter-Professional Relationships**

Teachers are part of the well-being community and should strive to develop and maintain relationships within the community. Teachers shall practice tolerance toward other teachers, schools, and traditions. Teachers shall not undermine a student's trust in teachings they have received from other traditions, schools or teachers by criticizing such teachings. Teachers shall work to build the unity of their community by embracing diversity, equity, inclusion, and belonging.

### **Advertising and Public Communications**

Teachers shall not make false, deceptive, or fraudulent statements or advertisements concerning:

- (i) their training, experience, or competence; (ii) their academic degrees or credentials; (iii) their institutional affiliations; (iv) their classes, workshops, and teacher trainings; (v) the scientific or clinical basis for the success of their services; (vi) their fees

### **Yoga Equity**

Teachers will welcome, accept, and support all students regardless of religion, gender, sexual orientation, language, nationality, political, or cultural background.

Teachers shall seek to have an awareness and a commitment to making yoga more equitable, inclusive, accessible, and diverse. Teachers will make the conscious decision to address these thoughtfully, intentionally, and through action.

## **Grievance Policy**

### **Reporting of Policy Violations**

We encourage anyone who has been the subject of sexual misconduct or any other action that violates our policies and Code of Conduct to report the incident to the lead teachers or school management (henceforth referred to as the “reviewing body”).

The report should contain the following information:

- Your full name;
- Your email and phone number;
- The name of the person who the grievance is against;
- A description of the alleged policy violation’
- The date and location of the policy violation;
- Names and contact information of any witnesses with first-hand knowledge of the situation; and,
- Any other credible evidence that is available to support the grievance

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct.

All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate.

We may request additional information from the person reporting the incident throughout the course of review of the report.

We will take appropriate action to ensure compliance with our policies. The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all circumstances.

We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation.

Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions that are taken in response to the report will also be confidential.

If grievances are not satisfactorily resolved with the school, students can contact:

Wisconsin Educational Approval Program- Department of Safety and Professional Services

4225 Madison Yards Way

Madison, WI 53705

## **Anti-Harassment Policy**

### **Harassment Against Members of Protected Class**

We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

### **Sexual Harassment in the Workplace**

We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors and other verbal, visual or physical conduct of a sexual nature when the conduct harms the person's employment or working environment.

### **Sexual Misconduct**

We prohibit sexual misconduct in our studio. Sexual misconduct is any unsolicited and unwelcome sexual advance including requests for sexual favors, sexual touching, and verbal, visual, or physical conduct that creates a sexually hostile environment in a yoga class or studio.

### **Romantic Relationships Between Teachers and Students**

Teachers shall not invite, respond to, or allow any sexual or romantic conduct with a student during the period of the teacher-student relationship.

## **Retaliation Policy**

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

We encourage any person—including employees, non-employees, and students—who believe they have been subject to retaliation to inform a supervisor or manager.