



Yoga Teacher Training

Course Catalog, Volume 1

WI

2024

www.yogasix.com

Kelly Turner, Senior Vice President of Operations

HOST LOCATION: YOGA SIX PROSPECT, LLC, DBA YOGA SQUAD MILWAKEE
2227 N. PROSPECT, AVE
MILWAKEE WI, 53202
414-800-7550

Mission Statement

Yoga Six believes that everyone deserves the mind-body experience of yoga. We know that by connecting students to a practice that is energizing, empowering and fun, we can deliver life-enhancing benefits. That same principle and goal applies to our 200 Hour Teacher Training program. We deliver exceptional education and a well-rounded curriculum to budding teachers and those looking to deepen their practice.

School Objectives

To provide students with an in depth and comprehensive understanding in the basic theory and practices used to guide yoga in a safe and effective manner. This extends far beyond just educating students on the basic theory and practices used to guide yoga in a safe and effective manner. It also includes being able to hold the seat of the teacher, to communicate effectively, to be inquisitive (aka, don't just take on what we say as fact - try it on), to practice witness consciousness techniques and to never stop learning. We know that teachers who do these things grow and evolve and provide a truly amazing experience, as opposed to "just a workout."

200-Hour Program Objective

To provide students with instruction that meets and exceeds the curriculum standards set by Yoga Alliance to become a 200-Hour Registered Yoga Teacher. There will be a minimum of 180 contact hours and 20 non-contact hours throughout the course of the training.

Program Description

Embark on a voyage to transform your body, mind, and heart as you deepen your practice, understanding, and embodiment of yoga, on and off the mat. Awaken your self-awareness, step into your true power, and rediscover your authentic nature. Open to possibility and gain insightful tools for conscious living as you learn how to guide others in this time-honored tradition.

And Now the Inquiry of Yoga...begins.

In this 200-hr Yoga Alliance accredited training you will:

- * Learn tools to structure and create a cohesive, dynamic, well-rounded class
- * Receive instruction in fundamental anatomy and physiology
- * Learn creative techniques to 'stoke the fire' warming joints, muscles, & muscle tissue
- * Discover the value of yoga postures on a physical, mental, & emotional level
- * Experience the power of potent breathwork
- * Immerse in an introduction to meditation
- * Employ the art of creative sequencing
- * Receive an overview of subtle anatomy, koshas, chakras, and vayus
- * Explore the various streams of yoga philosophy
- * Gain the confidence and tools to teach

* Learn about marketing & the business of yoga

* Explore:

- Intelligent alignment
- Freedom, fullness, community, abundance, and nature's intelligence
- Living the ordinary life in a non-ordinary way
- Finding and exploring your edge
- Listening to the voice/pulse of prana
- Movement inquiries
- Off-the-mat applications of yoga practice, including skillfulness in action
- Reliance on personal experience, body sensations, and naturally occurring wisdom
- Yoga as a practical, reliable approach to health and fulfillment

Program Details

Kelly Turner: Chief School Administrator / VP of Training and Experience

Christine Kick: Lead Faculty

Weekend 1 – September 28th – Oct 1st

Weekend 2 – October 6th – 8th

Weekend 3 – October 13th – 15th

Weekend 4 – October 27th – 29th

Weekend 5 – November 3rd – 5th

Weekend 6 – November 10th – 12th

Weekend 7 – December 1st – 3rd

Weekend 8 – December 7th – 10th

Sample Schedule: 200 Hours Needed

Opening Night / Eve Session (8 of these)

6:00-10:00pm

Philosophy Exploration

Possible Topics:

Patanjali's Yoga Sutras / 8 Limbed Path

Exploration of the Koshas

Mediation

Hands on Adjustments

Practice Teaching

Sample Friday Day Session (2 of these)

12:30-7:00pm

History, Methodology, Practice Teaching, Sequencing

Sample Weekend Day (15 of these)

12:30-1:30pm

Morning Yoga

1:30-2:00pm

Home Study Review, Morning Integration

2:00-4:00pm

Methodology / Sequencing / Lecture

4:00-4:30pm

Lunch

4:30-6:00pm	Posture Clinic (focused on one category of postures, such as standing, backbends, twists, arm balances, etc.
6:00-7:00pm	PM Yoga (<i>focused on emphasis of posture clinic, i.e. backbends</i>)

Closing Day (1 of these)

12.00 - 3.30pm	Business & Ethics
3.30 - 6.00pm	Graduation Ceremony

In addition, students are required to take 27 additional yoga classes outside of training hours and assist 10 additional classes.

Program Outline

Minimum content hours (as determined by Yoga Alliance 200hr training) include

Techniques: Instruction in Yoga Asana, Pranayama, and Meditation	100 hours
Teaching Methodology	30 hours
Anatomy and Physiology	20 hours
Philosophy/Ethics/Lifestyle	30 hours
Practicum	15 hours
Other	5 hours
Total	200 hours

Yoga Philosophy/30hr/Lecture/200hr training

Receive an in-depth understanding of yoga’s evolution and history. Explore the classical path of commitment illuminated in Patanjali’s Yoga Sutras that offers a practical model that, once absorbed, can be applied to all aspects of daily life. In addition to the classical traditions take in and inquire into the teachings of the Tantra that invite us into the artistry of skillfulness and heart on the human path.

Anatomy & Physiology/20hr/Lecture/200hr training

Learn both human physical anatomy and physiology (*bodily systems, organs, etc.*) and energy anatomy and physiology (*chakras, nadis, etc.*). Study and apply these life-enhancing principles to yoga practice (*benefits, contraindications, healthy movement patterns, etc*) and daily life.

Class Sequencing & Vinyasa Krama/30hr/Lab/200hr training

The concept of vinyasa krama tells us that it is not enough to simply take a step: that step needs to take us in the right direction and be made the right way. Students will develop an understanding of vinyasa krama and through this understanding will have the foundation to create dynamic classes that reflect intelligent sequencing.

Practicum/15hrLab/200hr training

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

The Art of Teaching/105hr/Lecture & Lab/200hr training

The art of teaching is a form of yoga in itself requiring sensitivity, compassion and practice. A teacher must encourage and inspire, and be sensitive to both the needs of individuals and those

of the group. The practical and subtle aspects involved in teaching addressed in this course include:

- * How to be an effective teacher
- * Use of voice, body language, touch
- * The art and science of sequencing
- * Learning how to see and understand bodies
- * The purpose and use of props: in personal practice and class setting
- * Hands on adjustments
- * Practice Teaching

Tuition Information

Application Fee

Application Fee/Initial Deposit: \$250 (applied to program tuition upon acceptance). \$100 of application fee/deposit non-refundable after 3 days and acceptance into the program, unless it is determined that the student was unqualified despite being admitted, or the student enrolled due to false representations made by either the school or its representatives.

Standard Pricing Schedule:

- \$2500 Early Bird if paid in full one month prior to session starting
- \$2750 Full tuition after Early Bird option ends or for payment plan option

Fulltime Students* / Active Duty Military / Seniors 65+:

- \$2550

**Fulltime student is anyone taking 12 or more semester units/credits*

Three months of unlimited Yoga is included in the price of tuition and can be activated as early as the early registration date (with first tuition payment). A 200 page training manual is also included in your tuition.

Required books for the course: Purchase on Amazon.

- [Heart of Yoga](#) by T.K.V Desikachar. Revised Edition, 1999.
- [The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga](#) by Jo Ann Staugaard-Jones. 1 Edition, 2011.

Total cost of required books is around \$40 if bought new.

All students must have their own yoga mat. Estimated cost is \$25 to \$75.

Admission and Enrollment

Requirements

- * You must be at least 18 years of age.
- * 200hr requirements
 - Practicing yoga for at least one year and have had a regular yoga practice for at least six months. *It is vital that this practice involve ongoing yoga classes as opposed to studying only with books, videos, or in workshops.*
 - You will be asked to show a clear log of classes you have attended or personal practice sessions you have done on your own for the last six months.

Enrollment Procedure & Application Deadline

Fill out the online application with all the pertinent information. Application deadline is one week before program start date. Once admitted to the program students will be notified via email and receive a welcome packet with logistical details including required books (which is also noted on info packets), opening night details, and other pertinent information.

If there is space remaining in the program, exceptions may be made on the one-week application deadline prior to session beginning, based on the qualifications of the student.

Tuition Payments

Tuition can be paid in full, or payments can be broken down into one or two payments per month from the time of enrollment, through the last day of training. All payments must be received by the final day of training.

A sample payment calendar for a program beginning on September 28th, ending on December 10th, and where the student was accepted and enrolled on September 1st, is as follows:

Balance of program cost after initial \$250 deposit and application fee: \$2,500

- * September 5th – First Installment of \$625.00 due
- * October 5th – Second Installment of \$625.00 due
- * November 5th – Third Installment of \$625.00 due
- * December 5th – Fourth Installment of \$625.00 due

Tuition 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 6.04;
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:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	no refund

As part of this policy, the school may retain a one-time application fee of no more than \$100, unless the student cancelled within three business days of applying, it is determined that the student was unqualified despite being admitted, or the student enrolled due to false representations made by either the school or its representatives. The school will make every effort to refund prepaid amounts for books, supplies and other charges. 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, however notification via any communication channel (email, letter, text, phone call, voicemail) is needed. Upon notification of withdrawal, student will receive prorated amount of tuition owed back automatically, without need for separate request. Student will receive refund within 40 days of withdrawal date.

If a student fails to appear for three consecutive sessions without providing any explanation or notification, then he or she is considered to have dropped out of the program. Student will receive the prorated amount of tuition owed back automatically, without need for separate request. Student

will receive refund within 40 days of last attended session before three consecutive sessions are missed.

Student Progress Information

Evaluation and Completion Requirements

In order to receive your 200hr Yoga Teacher Certification at the end of the program you must meet the following criteria:

- * Be present for all training sessions
- * Attend all 4 practice teaches
- * Take on feedback throughout the training and improve specific skill sets
- * Complete all reading, homework, and home practice assignments
- * Attend 8 training yoga classes, fill out and turn in observation/eval form
- * Attend 16 additional yoga classes
- * Assist 5 classes
- * Turn in all written assignments and projects
- * Make up all hours for missed sessions to comply with Yoga Alliance Standards
- * Completion of final exam with a passing score of minimum 70% correct

All work must be completed by graduation date if you wish you receive your certification. You may request a 3-6 month extension post training for more time to complete work. If missing assignments are not turned in after agreed upon time frame you will not get certified and will need to re-take the training.

Evaluation occurs mid-term and at the end of term. Mid-term in class review and end of term final exam. Students who at mid-term are at risk for not graduating due to in session performance will be placed on academic probation for the remainder of the program. Students may also be placed on probation for a period of one month if an issue arises that places student at risk of dismissal

Failure to meet these standards will result in non-certification. If you miss more than 3 days of the training you will asked to leave the program and enroll next time around.

Y6 Staff will be in continual contact with you to discuss your progress throughout the training program. If you are lagging behind it will be clearly communicated to you and clear steps will be outlined to support you in graduating the training program.

Students have a maximum timeframe of 6 months after graduation to complete all components of the program. After 6 months you will have to retake the program.

Credit for Previous Training / Advanced Standing for Prior Education and Training

Yoga Six does not accept credit from previous education, training, or work experience.

Grading Methods

A pass/fail system applies to all coursework. Whether the student passes or fails the program is based on completion and participation in all assignments, observations and practice teach evaluations given during the course. A passing grade is defined as 70% or better on all course requirements.

Academic Requirements

Academic Progress

Academic progress will be monitored throughout the training program. Successful students will receive the equivalence of a passing grade (70%), and will attend 90% of the class meetings while making up the 10% missed. Students unable to attend 100% of class meetings must make written or verbal arrangements with the Program Director to make up time and content within one month of the missed class period. Students missing more than 10% of class meetings must retake the class. At the end of midterm, students not demonstrating satisfactory academic progress will be placed on academic probation.

Academic Probation

Failure to maintain satisfactory academic progress, including less than the equivalence of a passing grade (70%), failing to attend 100% of class meetings without making written arrangements to make up time and content missed. The student will meet with the Program Director to determine a written course of action. The initial probationary period will be one month. During that period the student is required to meet all academic obligations.

Academic Program Termination

If at the end of the academic probationary period the student has failed to make satisfactory academic progress, or failed to meet the terms of the probation, the student's participation will be terminated. The student will be notified in writing of their termination from the program. The student may reapply for the program in the future, and if admitted, must begin the program over and must meet requirements for all course work. The student will be responsible for full payment of all applicable tuition and fees, if they choose to reenroll in the program.

If student has shown to have successfully fulfilled all requirements put forth in the Academic Probation written course of action, student will be removed from the standing of probation.

200 Hour Yoga Teacher Certification

Upon satisfactory completion of the course, students will be awarded the 200 Hour Yoga Teacher Certificate of Completion. Students will be eligible to apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level.

Student Services Information

Physical Facility

Teacher training contact hours take place at Yoga Six Milwaukee located at 2227 N. Prospect Milwaukee, WI. Classes will take place in one of two classrooms at the studio. The facility is equipped with one male and one female bathroom and shower.

Faculty

*** Kelly Turner, E-RYT 500, Vice President of Training & Experience**

Kelly is a E-RYT 500 as well as one of the Lead Facilitator for Yoga Six 200hr Yoga Teacher Trainings. She also serves as the Director of Education for Yoga Six Franchising. A native San Diegan who spent several years studying and working abroad, she was introduced to yoga on a trip to India in 1997 and been practicing ever since. Kelly completed her 200-Hour teacher training through Yoga Works in 2010 and has completed additional studies in pre and post-natal yoga, chair yoga, and restorative yoga. She also completed her 300 hour training in early 2014. She has dedicated the last six years to a full immersion into both studying yoga, teaching yoga, and teaching teachers.

She believes yoga is possible for and beneficial to all people, no matter their age, body type, flexibility, or perceived limitations. As a teacher Kelly creates a joy filled, safe space for yogis of all levels.

*** Valerie Ugrinow Lucas, E-RYT 200, RYT 500, YTT Lead Trainer, YogaSix Senior Master Instructor**

Valerie is inspired by the multidimensional benefits of yoga and the positive impact it has on her and her students. In class, Valerie aims to empower you through her alignment based, flowing practices. Her intention is to communicate the teachings of yoga with warm humor and contagious enthusiasm, so it resonates within yourself and throughout your life. She is certified at the 500 hour level, and serves as a Sr Master Trainer for YogaSix and lead trainer of their 200 hour Yoga Teacher Trainings through Yoga Six.

Equipment

Teacher training students should have their own yoga mat, and are encouraged to purchase their own yoga blanket, two yoga blocks and a yoga strap. Students will also be able to use equipment provided which includes: yoga mats, yoga blankets, yoga blocks, yoga straps, sandbags, yoga bolsters, folding chairs, and tables.

Library

Yoga Six does not have an onsite library. Teacher training students must purchase the required books listed in the cost information section prior to the start of the course. All books are available for purchase on Amazon.com both new and in used condition. Total cost of the 4 required texts is approximately \$60 for new editions.

Registered Yoga School

Yoga Six School is a 200 hour Registered Yoga School in accordance with the standards set forth by Yoga Alliance, an international yoga organization whose mission is “to lead the yoga community, set standards, foster integrity, provide resources, and uphold the teachings of yoga.” More information can be found on their website at www.yogaalliance.org.

Placement Assistance Information

Yoga Six does not offer placement assistance to graduates and does not guarantee job placement after completion of the 200-hour YTT.

Student Policies

Attendance Policy

Students are required to attend a minimum of 90% of class meetings. For missed class sessions, students must make arrangements with the instructor to make up missed content and class time. Students must complete makeup assignments within one month of the class missed. Failure to attend the minimum class meetings and turn in make-up assignments may result in student probation. Attendance is tracked through a daily attendance sheet students must sign.

Students are encouraged to discuss planned absences (including partial session/day) with facilitator in advance in order to prepare topics to review in order to stay up with topics being covered.

On Time Policy

In order to ensure the smooth running of our training program it is extremely important to arrive at every session 5-10 minutes early to be ready to start exactly on time. Arriving late not only takes away from student's own rich experience it also disrupts the energy and space for the whole group. Students are encouraged to utilize this training as a ripe opportunity to cultivate a new life-enhancing pattern by being on time for both morning sessions but also when returning from breaks.

For each session student is required to check herself or himself in. If student does not mark themselves as present we have to assume they were tardy for the session.

Student is considered tardy if you arrive 5 minutes past the scheduled start time. You are considered late if you arrive 15 minutes or more past the scheduled start time. If you are tardy to over 3 sessions you will need to set up a time to meet with LEAD FACILITATOR to discuss your challenges of being on time. Being excessively tardy may result in you being asked to leave the teacher training program.

Throughout the training if you are late 3 times you will be required to complete 3 hours of additional make up work and pay a fee of \$50, or the total time late will be counted towards the student's overall missed work and make-up requirements.

Make Up Material

The maximum number of hours that can be missed during the entire 200-hour training is 20. Any missed hours will need to be made up by completing the observation of or participation in extra classes equal to the number of hours missed. In order to ensure your hours are accounted for to meet Yoga Alliance Certification requirements the following assignments will be required.

All make up written assignments need to be turned in and classes attended prior to graduation in order to receive certification.

Make Up Session Details

If student misses 3 sessions total, 20 hours of instruction or an entire weekend he or she is required to attend a make up session at a cost of \$150. Student will be paired up with other students that missed sessions. They will create and lead a 60-minute presentation on topics that they missed, and vice versa.

Session #	Make Up Material
1 Missed Session (3-5 hours)	Find out topic/s covered in missed session <ul style="list-style-type: none"> • Read manual/additional text regarding topic/s • Write a one-page reflection on the topic • Attend an additional 2 yoga classes
2 Missed Sessions (5-10 hours)	Find out topic/s covered in missed sessions <ul style="list-style-type: none"> • Read manual/additional text regarding topic/s • Write 2 one page reflections on the topics missed • Attend an additional 4 yoga classes
3 Missed Sessions (10-20 hours)	Find out topic/s covered in missed sessions <ul style="list-style-type: none"> • \$150 additional cost • Read manual/additional text regarding topic/s • Write 4 one page reflections on the topics missed • Attend an additional 6 yoga classes • Attend Make Up Session (<i>logistics below</i>)

Make Up Session Logistics

- Create a 60 min presentation. *If student finishes presentation early they are required to continue teaching. You will be in groups of 2-3.*
- Include modalities to address the auditory, visual, and kinesthetic learner.
- Include some form of integration for the learning of material. (*e.g. journaling, contemplation, sharing, restorative posture, etc.*)

Dress Code

Students are expected to dress in a manner appropriate for the practice and instruction of yoga at all times during all class sessions. Dress code consists of yoga or sports pants and yoga tops or shirts that provide for full coverage of the torso and buttocks during body movement. Failure to meet dress code policy may result in student probation.

Conduct

Students are expected to dress and behave in a professional and ethical manner. Students are required to be respectful of instructors, staff and other students as well as school property. Students should not enter the school while intoxicated or under the influence of alcohol or illegal

drugs, and no alcohol or drugs are allowed at Yoga Six. Students also must adhere to responsibility agreement and Yoga Alliance conduct standards.

Expectations of Reprimand, Probation or Termination for Violation of Conduct

Students who fail to meet conduct expectations will be given a verbal reprimand during which conduct policies will be reviewed. If questionable conduct continues, a second verbal reprimand will be made. Continued failure to comply with conduct expectations will result in student being placed on conduct probation. A Conduct Probation Form will be completed and signed by the student and the Program Director. The conduct probation period is a period of one week in which students will not be able to participate in the program. If compliance is adequately maintained for this period conduct probation will be discontinued. If compliance is not maintained throughout this period, student may be suspended. Termination for Violation of Conduct will result in the student being required to retake the entire session at full fee. A Letter of Program Termination for Conduct Violation will be sent to the student. Any unlawful act by a student while under school supervision or on school property will be considered a breach of the Conduct Agreement and will be grounds for termination.

Leave of Absence

Yoga Six does not grant any leave of absence during the training program.

Student Complaints

Students wishing to file a formal grievance or have any other concern with the school, a participant, or the facilitator should submit an email letter of explanation to the Kelly Turner, Vice President of Training, at kelly@yogasix.com.

Students are also encouraged to discuss program concerns or issues relating to other enrollees with the program facilitator.

Transcripts

Up to three official transcripts/certificates of completion will be provided free of charge, and will be sent to licensing and certification boards and other entities at a student's request. Any additional transcripts/certificates of completion requested or required will carry a \$10 processing fee. Contact kelly@yogasix.com for transcript requests. In addition, for privacy reasons to release transcripts Yoga Six requires your signature.

Student Records

Yoga Six will maintain records of your program attendance for 6 years after completion of program. Transcripts are always available. Your records and transcripts are confidential and are only accessible to program director Kelly Turner, and by request to Kelly Turner at

kelly@yogasix.com. Program Director alone has access to the cloud based records of attendees, graduation certificates, and correspondence that may affect a student's record in the program.

Student Complaints

Students wishing to file a formal grievance or have any other concern with the school should submit an email letter of explanation to the Program Director at kelly@yogasix.com.

A grievance team made of the instructor/facilitator and another Yoga Alliance Registered Teacher will meet to review the issues contained in the appeal. The team will respond to the student via email within 7 days of receipt of the letter, and offer the student three optional dates to meet with the grievance team. At the grievance team meeting, the issue will be discussed and a course of action determined. A Grievance Action document will be completed following the meeting that will be signed by the grievance team and the student either in agreement or dissent. Any other parties involved in the grievance shall also sign the document. The grievance team will schedule a follow up meeting within 14 days of the meeting to determine if the outcome of the course of action including input from all parties involved.

If the student is not satisfied with the director's decision, he or she may file a complaint with the Educational Approval Board. Before filing a complaint with the EAB, state law requires you to attempt to resolve the matter first with the school.

Educational Approval Board
431 Charmany Drive, Suite 102
Madison, WI 53719
Eab.state.wi.us
EABMail@eab.wisconsin.gov
(608) 266-1996

Appeals and Condition of Readmittance

Yoga Six reserves the right to dismiss any student whose attendance, academic performance, or conduct violates the rules and standards set forth in this catalog. Any student who has been dismissed may appeal the action by following the outlined grievance procedure.

-Attempt to resolve the issue first with the other party involved that led to the dismissal, if applicable.

-Contact the instructor/facilitator to resolve the issue

-If there is no resolution from the grievance meeting, contact the school Director, Kelly Turner, in writing (via kelly@Yogasix.com) within 5 days of the meeting. The school director will attempt to gain information about the situation and find an appropriate resolution. The school director's decision will be final.

-If the student is not satisfied with the director's decision, he or she may file a complaint with the Educational Approval Board. Before filing a complaint with the EAB, state law requires you

to attempt to resolve the matter first with the school.

Educational Approval Board
431 Charmany Drive, Suite 102
Madison, WI 53719
Eab.state.wi.us
EABMail@eab.wisconsin.gov
(608) 266-1996

Employment Services

Yoga Six does not offer any employment services or guarantee employment upon completion of the program. Any student referrals to prospective employers are not based on direct contact with the employer regarding current job openings.