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*inhale*  
Y O G A S T U D I O

## 2010 YOGA TEACHER TRAININGS

Dear Friends,

Greetings of Peace!

Thank you for your interest in the Inhale Yoga Studio - Yoga Teacher Training Program. This program is a 200-hour Yoga Alliance Certified program and hosts some of the greatest teachers from our area and around the world.

This letter contains complete information on the program: curriculum, weekend intensives schedule, prerequisites, and an application form. If you have any questions or require additional information, please feel free to contact Michelle Stobart, director of the program, at 740.350.5654 or via email at [michelle@inhaleyoga.org](mailto:michelle@inhaleyoga.org).

### **LOCATION**

The course will take place at Inhale Yoga Studio, and sometimes in different locations in which you will know about in advance.

### **WHY A WEEKEND INTENSIVE PROGRAM?**

The most effective teaching that can be shared comes from direct, personal experience. Our Teacher Training Program is designed to offer you the experience of living the yogic teachings and to present the necessary tools that will enable you to pass these great teachings on to others. During the seven-weekend intensives of this program, you will immerse yourself in the yogic lifestyle and transform your body, mind and spirit. Additionally, by making these weekend intensives carried over the course of several months, you have the opportunity to digest material, seek further support for your questions, train with experienced teachers as an assistant and grow your own personal practice while still participating in the daily ins and outs of your regular life.

Our program offers a supportive and nurturing environment for practice and study helping you to learn and grow from the many distractions of everyday life and use those distractions to cultivate a deeper practice. Not many of us in this day and age are able to drop our obligations and responsibilities to pursue a deeper spiritual path. And if we could, what good would it really do if we were to come back to life. Our thinking behind this weekend intensive program is that you can begin to develop a living yoga practice, thus learning through experience how to teach people to live in the experience of their lives while still connecting with each precious moment.

## **WHAT MAKES INHALE YOGA STUDIO'S PROGRAM UNIQUE?**

The Teacher Training program at IYS is a complete science that cultivates and maintains the physical, mental, emotional and spiritual health of the individual. The non-competitive approach and meditative exploration of the practices of Yoga create an indrawn awareness allowing students to reach deep and subtle aspects of their being. Our comprehensive certification programs provide a strong foundation for personal and spiritual development, an appreciation for nurturing an individual practice, and the skills to become a knowledgeable and professional Yoga Teacher. The Yoga training process naturally fosters the sensitivities to help create a safe environment where students will feel free to realize their own potential, gaining respect for themselves and a greater capacity to be of service to others.

The IYS Yoga Teacher Training program blends the lifestyle of Western culture with that of Eastern culture (spirituality and the healing arts), stressing that yoga is more than just a practice – it is a lifestyle. At IYS, you will learn the fascinating story behind the 5,000-year-old discipline of yoga and discover how to incorporate this powerful knowledge into every aspect of your life – giving you a comprehensive living yoga experience. Whether you are interested in deepening your own practice or you feel the call to teach, the IYS Yoga Teacher Training program is committed to the personal success of each participant. Students are encouraged to engage in “svadhyaya” – the Sanskrit term for self-inquiry – and use the program as a significant part of their continuing journey on the road to self-knowledge. The IYS Yoga Teacher Training program will broaden your perspective of yoga – culminating in an experience that is transformational on every level: physical, emotional, mental, and spiritual. Students of all levels are encouraged to join us on this journey into personal transformation. No prior training is necessary.

Additionally, our program is the first teacher training program in our area and has some of the best teachers from the Athens and Mid-Ohio Valley as well as from the well-respected yoga community across the globe. With varying styles of teachers and teachings, the program is comprehensive and helps students find a voice from which their teaching styles can grow and evolve.

## **WHAT YOU WILL LEARN**

The training prepares you to instruct yoga to beginner level through intermediate level students, depending on your level of comfort with your own teachings. You will be taught how to give clear, concise instructions for each of the core postures (with the benefits), breathing practices, chanting and meditation, as well as to lead students in deep relaxation. You will also study and practice the different aspects of Yoga, including meditation, breathing practices, chanting, selfless service, Yoga philosophy, and more. When you graduate, you will have the necessary knowledge and experience to stand before a group and teach a class with confidence and ease.

## **PREREQUISITE**

The primary prerequisites for our training include

- 1) an interest in deepening your own understanding of Yoga,
- 2) a well-established Yoga practice that has been consistent for at least ONE YEAR preferably much longer. If you don't have a practice in place, please think about either taking this to deepen your practice, or commit to a practice and sign up for the next teacher training program, and
- 3) a well established home practice.

You do not need to be an expert in any aspect of Yoga. It is suggested for those unfamiliar with foundational yoga concepts and techniques to take some basic classes with Yoga Alliance Certified teachers around the area before beginning this teacher training program. Information on teachers in your area can be obtained by giving Michelle a call or dropping an email. She can fill you in on many of the great teachers in this area to help you grow your practice.

This is an experience that will change your life. The IYS Yoga Teacher Training program is structured to fully prepare you to meet the registration requirements of Yoga Alliance at the 200 hour level. Students interested in pursuing registration with Yoga Alliance should complete the all classroom and elective hours within 60 days of the end of the training program to be eligible for registry.

## **CURRICULUM**

The curriculum includes the following:

- **Techniques** – the guided practice of, and analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation.
- **Teaching Methodology** – principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga.
- **Anatomy and Physiology** – both human physical anatomy and physiology (bodily systems, bones, muscles, organs) as well as energy anatomy and physiology (chakras, nadis, etc.)
- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers**
- **Practicum** – actual practice teaching, giving and receiving feedback and observing others teaching, video recorded teaching for feedback and 1 hour practice teaching classes.

Topics covered in the 200 Hour program meet or exceed all the required standards set forth by Yoga Alliance in the above detailed areas.

## **WEEKLY MEETINGS PLUS WEEKEND INTENSIVES – SPRING TRAINING ONLY**

The schedule is very full, though in the spring program, it spreads out a little differently than in the fall program. With the Spring session, we will meet every Wednesday and Friday evening from 6:00 pm – 9:30 pm and then have 3 weekend intensives over the course of the training which will fall on March 19 – 21, April 16 – 18 and May 14 – 16. All meetings are mandatory for completion of the program. In extreme cases, some exceptions can be made with make up time necessary to stay on track.

## **WEEKEND INTENSIVE SCHEDULE FOR FALL TRAINING**

The weekend intensive schedule is very full; it is designed to help you fully realize the benefits of the Yoga practices and to offer you the optimum environment in which to study and learn while still being able to conduct the business of your daily life. All weekend intensives are mandatory to receive certification.

Each weekend begins with an Asana Class at 6:00 pm on Friday night, followed by a lecture, discussion or other agenda. This session will wrap up around 9:30 pm on Friday night.

We reconvene on Saturday morning at 10:00 am where the day will be filled with a combination of Asana, Pranayama, Meditation, Lecture, Discussion, Guest presentations and more. There will be a small break for lunch and a small break for dinner. Saturday will finish up at 7:00 pm.

We will reconvene for the final day of our weekend intensives on Sunday beginning at 11:00 am. We will have a few short breaks throughout the day and wrap up the day at 5:00 pm. NOTE: There will be no actual lunch or dinner break on these days. So, prepare accordingly by eating a proper morning meal in time to be able to do asana at 11 am. Bring something light to snack on during breaks in the day.

## **CERTIFICATION**

You will be expected to meet many differing requirements in order to qualify for certification. Additionally, you will be required to test out before certification is given. If you do not teach up to the standards of a panel of experienced yoga teachers, you will be required to intern for an additional 3 months with a certified yoga teacher that has been teaching for at least 3 years or more. At the end of the 3 month period, you will be required to test again, and will need to pay an additional fee of \$50 to re-test. If deemed technically sound at this test out, you will be given certification. If not, you will be required to enter another 3 month apprenticeship with a certified teacher. At the end of that period, you will be eligible to re-test, again with a \$50 fee. If at this time you fail to pass, you will not be certified and will be required to go through the program from the beginning again. If all goes well, however, at the end of the course, graduates receive a certificate allowing them to teach group yoga classes. You will earn more than enough (approximately 215) hours of instruction to register as a Certified Yoga Teacher with the Yoga Alliance at the 200-hour level.

Inhale Yoga Studio is a registered school of the Yoga Alliance, a voluntary alliance of organizations and teachers dedicated to uphold the integrity of Yoga, establish voluntary national standards for Yoga teachers, and provide support for the Yoga professional in the United States.

## **DIET**

Though not a required portion of this training program, it is recommended that you begin to incorporate more of a vegetarian and organic diet into your lifestyle. The way of a vegetarian diet is one that many yogis incorporate as an effort to extend the practice of ahimsa (non-violence) to all beings. Additionally, in a continued effort to nurture the planet that nurtures us, yogis go the

extra step to keep their diet filled with as many locally grown and organic foods as possible, reducing their impact upon the environment through decreased chemical usage in growing, and decreased carbon emissions in shipping.

## TUITION

For either the Spring or Fall Session, tuition is \$1,880 plus the cost of books. For the Fall session, an additional \$220 will be necessary for a pass to Inhale Yoga Studio. This fee includes tuition and study with some of the area and world’s leading yoga teachers, and an unlimited pass to classes at Inhale Yoga Studio during the course of training, opportunities to assist with teachers in Ping (if an OU student) and in some cases at Wellworks and your teacher training manual. **An additional fee may apply for special events or classes you may decide to take outside of the IYS family of classes.**

We are unable to grant any work scholarships in lieu of payment for the course. However, we can accommodate financial needs by allowing payments to be made monthly over the course of the training program. You will need to talk directly to Michelle at Inhale Yoga Studio to make these arrangements. The payment schedule for **Spring** sign ups is as follows:

### **4 payment option:**

March 2010	\$470
April 2010	\$470
May 2010	\$470
June 2010	\$470

### **5 payment option:**

February	\$376
March	\$376
April	\$376
May	\$376
June	\$376

The payment schedule for **Fall session** sign ups are as follows:

Up front:	\$370 (\$220 pass to studio plus \$150 deposit)
August 2010:	\$346
September 2010:	\$346
October 2010:	\$346
November 2010:	\$346
December 2010:	\$346

The option to pay in full with credit card or via check is also available. There will be a \$30 credit card charge to use this option via pay pal on-line.

## **PROGRAM DATES**

The Spring Program begins Wednesday, March 3, 2010 and goes through Sunday, May 23, 2010. As mentioned above, this schedule will meet every Wednesday and Friday from 6:00 – 9:30 pm and on weekend intensives March 19-21, April 16–18 and May 14–16. Please mark your calendar with these dates as every hour of every weekday or weekend intensive is required for your certification. You will not be permitted to miss any time of the weekend intensives and receive your certification. Only certain extreme circumstances will be entertained.

The Fall Program begins on August 27<sup>th</sup>, 2010 at 6:00 p.m., and graduation is the evening of November 14<sup>th</sup>, 2010 at 6:00 pm. The following is a breakdown of weekend intensive dates. Please mark your calendar with these dates as every hour of every weekend intensive is required for your certification. You will not be permitted to miss any time of the weekend intensives and receive your certification. Exceptions made only in extreme circumstances.

August 27-19, 2010 – Michelle Stobart, Program Director – Introduction and getting into the program from the foundations . . . up!

Sept. 10-12, 2010 -- Local guest teachers.

Sept. 24 – 26, 2010 -- Local guest teachers.

Oct. 8 – 10, 2010 -- Local guest teachers.

Oct. 22 – 23, 2010 -- Edward Clark, Tripsichore Yoga. (not yet set in stone)

Nov. 5-7, 2010 -- Local guest teachers.

Nov. 12-14, 2010 – Completion Ceremony – 6pm – 8pm open to friends, family and teachers. Potluck – bring items to share that are vegetarian.

## **TO APPLY**

Please complete and mail the enclosed application and health form with a \$150 non-refundable deposit by February 15, 2010 for the Spring Session or July 1, 2010 for the Fall Session to:

Michelle Stobart  
95 – 2<sup>nd</sup> Street  
Athens, OH 45701  
Attn: Yoga Teacher Training

When your application is received, you will be contacted for a telephone interview. Upon approval, you will receive an acceptance letter along with more detailed information on books, expectations, teacher training manual and more.

Registration for Spring Session is limited to the first 5 people who apply and are accepted. Registration for the Fall Session is limited to the first 6 people who apply and are accepted. All others will be put on a wait list.

**LATE REGISTRATION**

After February 15, 2010 for Spring or July 1, 2010 for Fall, please contact the Teacher Training Director, Michelle Stobart, at 740.350.5654 or at [michelle@inhaleyoga.org](mailto:michelle@inhaleyoga.org) before applying to ensure that space is still available.

**REFUND POLICY FOR CANCELLATION**

Cancellation Date:	Refund:
Spring, before February 15, 2010	50% refund of monies paid if paid in full, 25% if on payment plan
After February 15, 2010	No refund
Fall, before July 1, 2010	50% refund of monies paid if paid in full, 25% if on payment plan
After July 1, 2010	No refund

No refund is possible after the start of the program.

**FURTHER INFORMATION**

Please direct questions about the TT course to Michelle Stobart at 740.350.5654 or via email at [michelle@inhaleyoga.org](mailto:michelle@inhaleyoga.org).

Again, thank you for your interest in the Inhale Yoga Studio Yoga Teacher Training Program. We are enclosing an application form, and we look forward to hearing from you soon. Please feel free to contact us if you have any questions.

Yours in peace,

Michelle Stobart  
Director TT Program

Enclosures: Application for TT program  
Health Information form



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## 2010 Yoga Teacher Training

### Personal Information

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ Recommended by \_\_\_\_\_

### Program Information

Which program are you applying for:

- \_\_\_\_\_ Winter/Spring -- Weekday/Weekend format (start date March 3, 2010)
- \_\_\_\_\_ Fall/Winter -- 7 weekend format (start date August 27, 2010)

How did you learn about the IYS Yoga Teacher Training program? (please check all that apply)

- \_\_\_\_\_ I practice at Ohio University Ping Rec Center
- \_\_\_\_\_ I practice at Inhale Yoga Studio
- \_\_\_\_\_ Internet Search
- \_\_\_\_\_ My yoga teacher recommended it (please list teacher's name) \_\_\_\_\_
- \_\_\_\_\_ Advertisement (please list source) \_\_\_\_\_
- \_\_\_\_\_ Friend
- \_\_\_\_\_ Conference
- \_\_\_\_\_ Other. Please describe. \_\_\_\_\_

### About You

1. How many years have you been practicing yoga? \_\_\_\_\_

2. How many days per week do you practice yoga? \_\_\_\_\_

3. What style of yoga do you usually practice? \_\_\_\_\_

4. At which yoga studios do you currently practice? \_\_\_\_\_

5. Do you have a home practice? \_\_\_\_\_ Yes \_\_\_\_\_ No
6. Who have been your primary yoga teachers? \_\_\_\_\_
7. Do you practice meditation or pranayama? \_\_\_\_\_
8. Is this your first teacher training? \_\_\_\_\_ Yes \_\_\_\_\_ No.  
If no, please list prior trainings: \_\_\_\_\_
9. Are you currently teaching yoga? \_\_\_\_\_ Yes \_\_\_\_\_ No  
If yes, for how many years have you been teaching? \_\_\_\_\_  
Where do you teach? \_\_\_\_\_  
What style do you teach? \_\_\_\_\_
10. Please tell us why you want to take the IYS Yoga Teacher Training program? (please use separate sheet or back to answer).
11. What are your expectations for this training? What do you hope to achieve at the completion of the program? (Please use separate sheet or back to answer).



## HEALTH RECORD

The following information is requested in order to serve you and the staff better:

### Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

1. How would you evaluate your current health?
- \_\_\_\_\_ Excellent
- \_\_\_\_\_ Good
- \_\_\_\_\_ Fair
- \_\_\_\_\_ Some challenges (briefly describe) \_\_\_\_\_

If you answer yes to any of the following questions, please use a separate page for complete explanation.

- Are you under medical treatment for any physical/psychological condition? Yes\_\_\_\_ No\_\_\_\_
- Are you currently pregnant or trying to get pregnant? Yes\_\_\_\_ No\_\_\_\_
- Have you ever been hospitalized for a psychiatric condition? Yes\_\_\_\_ No\_\_\_\_
- Do you have any long term medical conditions? Yes\_\_\_\_ No\_\_\_\_
- Do you have any chronic physical limitations or disabilities? Yes\_\_\_\_ No\_\_\_\_
- Have you had a serious illness or major surgery within the last 5 years? Yes\_\_\_\_ No\_\_\_\_
- Do you have a communicable disease? Yes\_\_\_\_ No\_\_\_\_
- Are you in recovery from a drug/alcohol addiction or eating disorder? Yes\_\_\_\_ No\_\_\_\_
- Do you have any hearing difficulties or vision impairment? Yes\_\_\_\_ No\_\_\_\_
- Describe your weekly alcohol consumption &/or non-prescription drug use:  
\_\_\_\_\_

On a separate page, please list any prescription medication you are taking (indicate dosage and frequency of intake; we do not need to know about birth control or cosmetic prescriptions). Also please describe "yes" answers as listed above.

**Emergency Contacts** In case of emergency, please contact:

Name \_\_\_\_\_ phone # \_\_\_\_\_

My relationship to the person above \_\_\_\_\_

Physician \_\_\_\_\_ phone # \_\_\_\_\_

Therapist \_\_\_\_\_ phone # \_\_\_\_\_



## 2010 Yoga Teacher Training

### AGREEMENT

I have read the attached welcome letter and understand the information presented as well as the commitment necessary to the IYS Teacher Training Program. It is my sincere desire to learn the teachings of yoga and experience the yogic way of life as taught at Inhale Yoga Studio and affiliated locations. Therefore, I agree to abide by the program guidelines for attendance, participation and completion of requirements. I realize that if I do not comply, I may be asked to leave or forfeit being certified as a teacher. I agree that even if I do not complete the program, I am responsible for any completion of payments that may still be in effect to complete my agreement for full payment of this training program. I certify that I am in good health and have no physical or mental ailments, except as may be indicated on this application. I further agree to assume full responsibility for any injuries or damages that might occur to my property or me during my participation in this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_