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inhale
Y O G A S T U D I O

2011/2012 YOGA TEACHER TRAINING

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.

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 (Module 1)
- 2) a well-established Yoga practice with a teacher that has been consistent for at least 6 months (Module 1),
- 3) completion of Module 1 (for those moving to Module 2)
- 4) a well-established Yoga practice that has been consistent for at least ONE YEAR preferably much longer. (Module 2) NOTE: If you don't have a practice in place, please think about taking Module 1 and then waiting until next year for Module 2 to get this in line.
- 5) a well established home practice (Module 2).

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 Module 1 of 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. If you meet the minimum requirements for Module 1, that will get your practice and other pre-requisites in place for Module 2.

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 teaching in the test out for potential certification.

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.

WEEKEND INTENSIVE SCHEDULE FOR 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.

In addition, Module 2 weekends 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 9:00 pm on Friday night.

Module 1 begins and Module 2 continues 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.

Module 1 and 2 will reconvene for the final day of our weekend intensives on Sunday beginning at 12:00 pm. 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 12 pm. 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 teach a certain number of hours in IYS Karma classes and teach a test out class before certification is given. **Just because all the requirements are met on paper does not mean you will be certified. You must be deemed ready to teach a class of your own by a panel of experienced teachers and by the training director before you receive certification.** If you do not teach up to the standards of a panel of experienced yoga teachers and the director, 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 240) 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

Tuition is as follows:

	<u>early registration (by July 1)</u>	<u>After July 1</u>
Module 1:	\$1200 + books & studio pass	\$1600 + books & studio pass
Full Training:	\$2200 + books & studio pass	\$2500 + books & studio pass

In addition, each registrant will incur the cost of books and the cost of your pass to Inhale Yoga Studio (Module 1 Only participants can purchase whatever pass they feel is adequate, but it is recommended they purchase a 3 month unlimited pass to truly deepen the practice. M1 & M2 Full training participants will need a 6 month unlimited pass at \$480).

The above-detailed fee includes tuition and study with some of the area and world’s leading yoga teachers as well as classes at IYS. ***An additional fee may apply for special events or classes you may decide to take outside of the IYS family of classes.***

At this time, 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.

The payment schedule for Module 1: Deepening Your Practice is follows:

	<u>Early registration (by July 1)</u>	<u>After July 1</u>
Deposit:	\$400	\$530
September 17, 2011:	\$400	\$535
October 15, 2011:	\$400	\$535

The payment schedule for Full Training (Module 1 and Module 2: Becoming a Teacher) is:

	<u>Early registration (by July 1)</u>	<u>After July 1</u>
Deposit:	\$550	\$625
September 17, 2011:	\$550	\$625
October 15, 2011:	\$550	\$625
November 15, 2011:	\$550	\$625

We apologize, but no other accommodations can be made for training payments. So, you will either need to be able to follow the above schedule for a payment plan or pay in full with credit card or check.

Should you opt to pay in full with credit card or via check you can save \$100 on a 6-month unlimited studio pass by paying in full for the Full Teacher Training (M1 & M2) -- (regularly \$480, you get it for \$380 if you pay in full by the first day of the start of Module 1 – September 17th.

PROGRAM DATES

Module 1: Deepening Your Practice. This section is open for those wishing to deepen their yoga practice or for those wishing to go on for full teacher certification. It is a pre-requisite for Module 2: Becoming a Teacher. The dates of this module are:

September 17-18 October 8-9 October 22-23 November 19-20

Meetings are held: Saturdays 10am – 7pm and Sundays 12 pm – 5 pm. All meetings are mandatory for those wishing to go on to Module 2 for teacher certification.

Please mark your calendar with these dates as every hour of every weekend intensive is required for teacher 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.

Module 2: Becoming a Teacher. This section can only be taken upon successful completion of Module 1. This section is designed to dive into the intricacies of being a yoga teacher. successful completion of the requirements and demands here qualifies you to advance to the test out with a panel of experienced teachers to complete certification. The following is a breakdown of weekend intensive dates within this Module.

January 20-22 February 3-5 February 24-26 March 9-11

Meetings are held: Fridays 6pm – 9:00 pm, Saturdays 10 am – 7 pm, and Sundays 12 pm – 5 pm.

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.

TO APPLY

Please complete and mail the enclosed application and health form with a non-refundable deposit (as listed above) by July 1, 2011 to:

Michelle Stobart
c/o Inhale Yoga Studio
29 E. Carpenter Street
Athens, OH 45701
Attn: Yoga Teacher Training

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

Registration for Module 1: Deepening Your Practice and/or Module 2: Becoming a Teacher is limited to the first 12 people who apply and are accepted. All others will be put on a wait list. Preference will be given to those who are planning the Full Training if numbers meet the limitations.

LATE REGISTRATION

After July 1, 2011, please contact the Teacher Training Director, Michelle Stobart, at 740.350.5654 or at michelle@inhaleyoga.org before applying to ensure that space is still available.

REFUND POLICY FOR CANCELLATION

Cancellation Date:	Refund:
before August 1, 2011	50% refund of monies paid if paid in full, 25% if on payment plan
After August 1, 2011	No refund is available unless your spot is filled

No refund is possible after the start of the program.

NOTE: If you are asked to leave the program or are suspended from the program, you will not be entitled to a refund of any monies paid if on a payment plan, and in some cases, may be required to continue payments based on the teachings/services you've received. If you have paid in full, your refund will be based on the teachings/services you've received and subject to the Director's discretion.

FURTHER INFORMATION

Please direct questions about the TT course to Michelle Stobart at 740.350.5654 or via email at 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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Y O G A S T U D I O

2011/2012 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:

- _____ Module 1: Deepen Your Practice (September 17, 2011 start date)
- _____ Module 2: Becoming a Teacher (January 20, 2012 start date)

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).

**Please Attach
Photo Here**

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 # _____



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Y O G A S T U D I O

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 _____