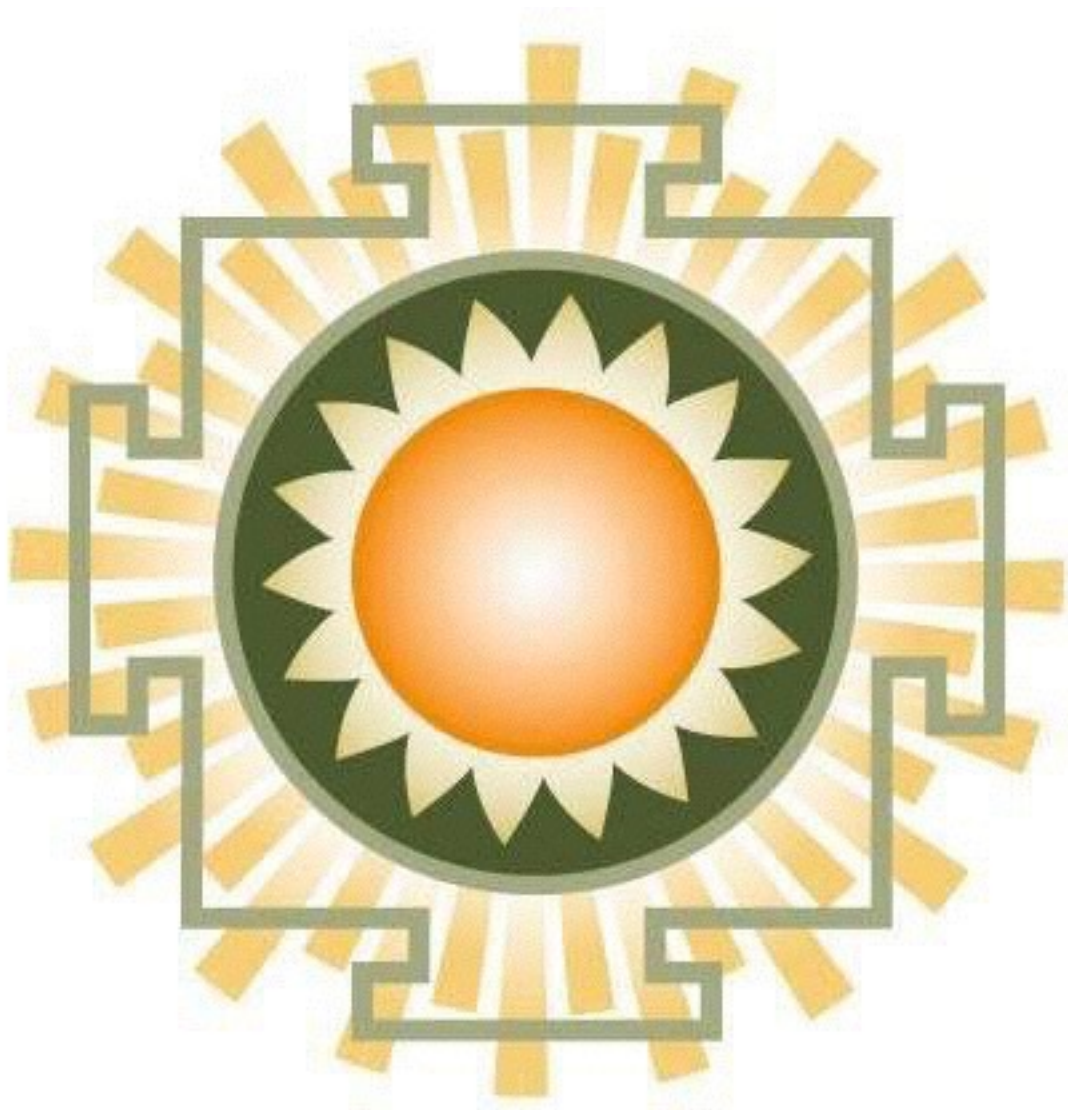




# **PRAIRIE YOGA TEACHER TRAINING**

200 hour Yoga Teacher Training - The Yoga Sangha, Madison, WI  
Volume 1, June 2015



# Course Catalog

200 hour Yoga Teacher Training

The Yoga Sangha, Madison, WI

Weekends April 2016 - March 2017

## **NAME OF CERTIFYING YOGA TEACHER TRAINING SCHOOL AND GOVERNING BODY**

Prairie Yoga, LLC  
4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
[www.prairieyoga.org](http://www.prairieyoga.org)  
prairieyoga@comcast.net  
(630) 968-3216



*Prairie Yoga is a Registered Yoga Alliance School. For more information about Yoga Alliance: [www.yogaalliance.org](http://www.yogaalliance.org).*

## **CHEIF ADMINISTRATOR AND OWNER**

Lori Gaspar, BFA, MA, 500 E-RYT

## **LOCATION OF TRAINING**

The Yoga Sangha at Capital Fitness, 15 North Butler Street, Madison WI, 53703

## **PRIMARY TEACHER**

**Ellen McKenzie, E-500 RYT**

Ellen McKenzie directs the Yoga Sangha and serves as faculty for Prairie Yoga Teacher Trainings at multiple mid-west locations. Her journey with Prairie Yoga began when she participated Cascade Yoga's first training in 2009. She continued to participate in trainings as a mentor, then assistant teacher and finally as lead teacher. Her offerings to the Madison community include: weekly classes, workshops, intensives, private sessions and teacher training. She completed 300 hours with Theresa Murphy in 2014.

Ellen views yoga & meditation as a path to healing and balancing the body, mind and spirit. Her teaching utilizes props, targeted clear cueing, hands on adjustments, and an invitation to feel; all intended to bring students more fully into their practice. Her aim is the creation of an internal environment ripe for sustainable transformation.

## **ADDITIONAL FACULTY**

**Marinda Stopforth, OTR/L, 500 CYT**

Marinda Stopforth is an Occupational Therapist at Edwards Hospital in Naperville, IL. She is experienced in the therapeutic application of yoga. Marinda earned her 500-hour certification through Prairie Yoga and 200-hour through Moksha Yoga Center. Marinda teaches anatomy for Prairie Yoga's 200 hour teacher training programs. She has worked as an aromatherapist, reflexologist and is a qualified Reiki Master Teacher. She is a residential trainer in the study of consciousness for the

Monroe Institute in Virginia with her husband, Bob, and is also a certified 1:1 Provider for the Institute of HeartMath in California.

### **Gabriel Halpern**

Gabriel Halpern holds a BA in Philosophy, a MA in Health Psychology, and was trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970, traveled to India several times to study with BKS Iyengar, and gives workshops nationally. For the past 20 years he has also been a core faculty member at De Paul University Theater School. Gabriel has been studying yoga for 39 years and his life has been dedicated to the pursuit of yoga and its therapeutic applications in all forms. He is a blazing light of love, laughter, healing and wisdom. A gifted storyteller, his brilliance shines in all areas of the spiritual nature.

## **MISSION STATEMENT**

We are committed to helping people understand, practice and teach yoga in its most authentic forms. We train teachers from a contemporary approach based on current principles of anatomy and physiology, while remaining deeply rooted in the ancient wisdom of traditional yoga. Our multi-style teaching integrates techniques from: alignment-based yoga (Iyengar), vinyasa flow (Astanga), restorative yoga, Ayurveda and yoga therapy. We emphasize the use of props as a teaching tool, and provide intelligent sequencing guidelines to safely guide students to deep levels of awareness.

We believe that yoga is for everyone – the young and the old, the stiff and the flexible, the novice and the experienced. We will teach you to engage students at an appropriate level, whether it is making yoga more accessible or taking the practice to the next level. We do not teach fast-paced yoga. We believe moving fast only reinforces bad habits. To transform yourself and your students into a healthy, vibrant being, you need to slow down, pay attention, align your self®, and establish new healthy habits. By challenging your students' bodies to move with intelligence, you generate the inner heat that creates long-term change and optimal health.

## **LOCATION FACILITIES**

Located in the heart of downtown Madison (just a few minutes walk from the Capital), The Yoga Sangha can be found within the Capital Fitness building. We offer two generously outfitted yoga studios featuring hardwood floors, clean interiors, dimmer lights and ample natural light, and enough space in each studio for 35 students during group classes. Each studio is additionally stocked with community mats, bolsters, blankets, blocks and straps; the Sapphire Studio also contains 20 chairs. Locker-rooms with showers and sauna are located on the 2nd and 3rd floors of the building. You can rent a clean towel from the front desk for \$1. Snacks, bottled water, smoothies, tea and coffee are all available for purchase at the front desk.

Parking is offered on-site through Capital Fitness (\$3 for 2 hours). Metered and non-metered parking is available around the neighborhood and a public ramp is located at the corner of Mifflin and Webster Streets. Bike racks are available outside the main entrance.

The Yoga Sangha is within walking distance of a number of Madison's most popular restaurants, coffee houses, and local stores. The Willy Street Co-op is 1.5 miles away and Festival Foods is .5 miles away. You will also have access to a refrigerator and microwave throughout the training.

## **THE 200 HOUR YOGA TEACHER TRAINING WILL TEACH YOU HOW TO:**

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama and meditation
- Rid ourselves of habitual patterns, create a healthy balanced state and free up energy
- Structure a yoga class to create a safe, supportive environment for students

- Sequence your classes to emphasize different energetic effects, themes and intentions
- Integrate the intelligent use of vinyasa
- Use simple poses to safely learn and practice complex poses
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound based yoga practices such as chanting and simple mantras
- Train the mind to become still and develop self-awareness
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Market yourself as a yoga teacher; develop a business direction that aligns with your passion; understand common yoga financial agreements and get insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

## **WEEKENDS 2016-2017 COURSE SCHEDULE**

*Half hour meal break provided each day.*

Saturday, 1:00 - 8:00 p.m.

Sunday, 11:30 a.m. - 6:30 p.m.

April 16-17, 2016

May 21-22, 2016

June 11-12, 2016

July 9-10, 2016

August 13-14, 2016

September 10-11, 2016

October 8-9, 2016

November: Non-Contact Hour Coursework & Electives

December: Non-Contact Hour Coursework & Electives

January: Non-Contact Hour Coursework & Electives

February 11-12, 2017

March 11-12, 2017

\*\*\*Please see appendix for sample class schedule and syllabus

## **ADDITIONAL TRAINING REQUIREMENTS**

Trainees must attend all three events listed below, plus 18 hours of electives. These events are an additional charge and are not included in the teacher training tuition. *Schedule and requirements subject to change.*

### **Marinda Stopforth: Fundamentals of Yoga Anatomy (15 hours)**

Friday, April 29, 2016

- 4:00 - 8:00 pm

Saturday, April 30, 2016

- 11:00 am - 6:00 pm

- 1 Hour Lunch Break

Sunday, May 1, 2016

- 10:00 am - 4:00 pm

- 1 Hour Lunch Break

### **Ellen McKenzie: Finding Your Dharma, Building a Career - Group Discussion (4 hours)**

Fridays from 6:00-8:00pm

June 10, 2016

October 7, 2016

**Gabriel Halpern: Master Teacher Immersion (10 hours)**

Saturday, July 16, 2016:

- 9:00 am - 12:00 pm: The Art of Body Sighting
- 2:00 pm - 5:00 pm: Yoga 101, Mastering The Basics

Sunday, July 17, 2016

- 8:30 am - 12:30 pm Good For What Ails You, Therapeutic Applications Of Asana

## HOLIDAYS

We do not meet on days other than the dates listed above, therefore legal and scheduled holidays do not affect our schedule.

## CLASS CANCELLATIONS DUE TO EMERGENCIES

Teacher training classes may be cancelled due to dangerous weather or travel conditions or due to emergencies outside of our control. Course material will be covered in remaining classes. If we are unable to cover the material in the time remaining on our schedule, we may add days on to the schedule as needed. New dates added will be based upon the teacher's availability and agreed on by a consensus of the trainees.

## CERTIFICATION REQUIREMENTS

- Attend and participate in 100% of all teacher training classes (117 contact hours)
- Complete 15 contact hours + 6 non-contact hours of Yoga Anatomy Training with Marinda Stopforth (workshop included in tuition).
- Complete 10 contact hours with master teacher Gabriel Halpern (workshop included in tuition).
- Attend 10 hours of group classes with a Ellen McKenzie. These 10 classes are free of charge through the Yoga Sangha.
- Attend 4 contact hours of discussion/lecture with Ellen McKenzie at the Yoga Sangha. Discussion topics include:
  - o establishing purpose, creating boundaries and energy protection for teachers
  - o finding work and promoting your teaching
- Observe and assist a senior teacher (20 contact hours)
- Complete all homework assignments (Approximately 5+ independent, non-contact hours per week)
- Pass quizzes with 80% or above correct.
- Teach 2 community yoga classes, expectations checklist is provided in manual, verbal feedback is given immediately after teaching. Trainee must write a 1-2 page self-reflection after each. (Each class is 1.5 hours long; you will co-teach with another trainee(s). (Qualifies as 2 contact hours, 2 non-contact hours of prep)
- Select 4 books from the book list for certification. For each book, read and write a 2 page review highlighting key ideas that most and least resonated with you. (Qualifies as 16 independent, non-contact hours)
- Teach 2 private yoga lessons that are 1 hour long each and write a 1-2 page overview of each. (Qualifies as 4 independent, non-contact hours)
- Karma yoga: Teach yoga to a needy group at no charge. (Qualifies as 2 independent, non-contact hours)
- Proof of CPR certification
- Complete a 20 hour independent, self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic. Final hard copy submission must be presented professionally for our teachers resource center. (Qualifies as 20 independent, non-contact hours)
- Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately. This will be determined by observing your teaching skills within our teacher training classes and during the video review. An instructor will be present to observe your teaching. This takes place during our normal classes, therefore it does not qualify as additional hours.

## ADMISSION REQUIREMENTS & PROCESS

To be considered for admission, applicants must:

- be at least 18 years of age
- hold a high schools diploma or its equivalent
- have practiced yoga for at lest one year
- be computer literate. Assignments will be provided and non-contact hour communication will typically take place via email. Students should be able to download documents, upload documents and send email attachments.
- complete the Prairie Yoga Teacher Training application and submit to Ellen McKenzie.
- schedule a phone or in-person interview with Ellen McKenzie. This will be scheduled after review of your application.
- apply by March 25, 2016.

How to apply:

- Download the application form from <http://prairieryoga.org/hr-flyers>
- Complete the application and submit it to Ellen McKenzie electronically at [ellen@theyogasangha.net](mailto:ellen@theyogasangha.net) or via mail: Capital Fitness, Attn: Ellen McKenzie, 15 North Butler Street, Madison, WI 53703.
  - All applications must be submitted by March 25th, 2016
- Pay a \$100 application fee to hold your spot. Application fees are applied to your tuition. Please make checks payable to Capital Fitness LLC.

Acceptance and Notification:

- You will be contacted within 5 business days of receiving your application. Once an interview is complete and the deposit is paid, you will be notified of your acceptance status within two weeks.
- Please note that acceptance in not guaranteed.

## PREVIOUS TRAINING

No credit is given for prior training in another program.

## BOOKS

**Required Course Books:** Please purchase course books one month *before* the first class. (Approximate cost for required course books is \$65).

*Light on Yoga* by B.K.S. Iyengar

*Yoga for Wellness* by Gary Kraftsow

*The Yoga Sutras of Patanjali*, Translated by Swami Satchidananda

*Scientific Keys Volume 1: Key Muscles of Yoga* by Ray Long

**Required Reading for Certification:** Choose 4 out of the 7 books listed below and write a 1-2 page summary of the ideas in the book that most and least resonated with you and why. You are not required to purchase these books, although you may choose to do so. To save money, you may borrow from a friend or library.

*Peace is Every Step* by Thich Nhat Hahn

*Bringing Yoga to Life* by Donna Farhi

*The Tree of Yoga* by BKS Iyengar

*Living Your Yoga* by Judith Lasater

*Fire of Love* by Aadil Palkhivala

*Health, Healing and Beyond* by TKV Desikachar

*Overcoming Trauma through Yoga: Reclaiming Your Body* by David Emerson

## TEACHER TRAINING MATERIALS

**All Prairie Yoga Teacher Training materials are copyrighted.** Copying, scanning and or distributing these materials

violates Prairie Yoga's copyright. Prairie Yoga urges everyone to ethically and lawfully make productive judgments to ensure that authors are fully credited and compensated for their work.

**By accepting your teacher training manual, you agree to the following:**

The manual is your personal manual and is not to be copied, posted on the internet, bought, sold, lent or given to others. It is designed purely as a teaching aid only for teacher trainees enrolled in the Prairie Yoga Teacher Training Program. It is also provided to mentors in the Program. It is given with the condition that no reproduction of any part of this manual by any means will be done without prior written permission of the author, Lori Gaspar.

You also agree to the conditions outlined above for any handouts, emails or assignments given during the training, including information provided by mentors and guest teachers.

To create a safe environment for everyone's personal development, we want to protect the privacy of everyone involved in the program. You agree that emails related to the yoga teacher training program will not be forwarded or copied without the permission of the email author.

**Replacing lost or damaged TT manuals**

Damaged manuals can be exchanged for a new one for \$75. Lost manuals are \$150 to replace.

As we do not order more manuals than we need for each training, it may take 3-4 weeks to print your new manual.

## TUITION

**\$100 application fee holds your spot.** Application fees are applied to your tuition.

**\$3700 if paid in full by March 16, 2016**

\$3850 thereafter

*\$150 fee for payment plans.*

*4% transaction fee added for credit card payments.*

*\*books are not included in fees.*

**Payment Plan**

Payment plan available for additional service fee of \$150.

**10 FREE yoga classes at the Yoga Sangha are included with your tuition!**

Offer begins with your **first tuition payment** and expires on March 12, 2017. No exceptions. No cash value. Non-transferable. Non-extendable.

## School Policies

### NON-DISCRIMINATION

The Yoga Sangha and Prairie Yoga do not discriminate on the basis of age, gender identity, physical ability, marital status, sexual orientation, race or religion.

### REFUNDS FOR PROGRAM WITHDRAWALS OR DISMISSALS

Refunds for withdrawal or dismissal will be provided as follows:

- Prior to the start of the program: 100%
- After the start of the course but prior to 10% completion: 90%
- After 10% completion but prior to 20% completion: 80%
- After 20% completion but prior to 30% completion: 70%

- After 30% completion but prior to 40% completion: 60%
- After 40% completion but prior to 50% completion: 50%
- After 50% completion but prior to 60% completion: 40%
- After 60% completion or more: No Refund

If you withdraw from the program your refund will be issued within 10 business days. If you are dismissed from the program you will receive a refund within 40 days of dismissal.

**Questions about withdrawal and refunds policy must be submitted in writing to the Director, Lori Gaspar, at email address: [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net).**

## ATTENDANCE

To receive your certificate and be eligible for Yoga Alliance registration, you must attend 100% of the classes and complete 100% of the requirements. Attendance is taken at all mandatory events.

### Tardiness

Trainees agree to arrive to all classes on time; it is recommended that you arrive 10-15 minutes prior to start time. In the event that you know you will be late due to special circumstances, please contact your teacher. Excessive tardiness will jeopardize your certification status. If you are late to any class more than three times and have not notified the instructor beforehand, you will be placed on probation. Additionally, any tardiness of more than 15 minutes will require 1 hour of make-up instruction at an additional fee of \$90/hour. Upon a fourth late arrival, you will be asked to leave the program.

### Absences

Absences are discouraged and all absences must be made-up. Each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as weddings, family holidays, or pre-planned vacations. In case of illness, the student shall contact the teacher before class begins. You will be placed on probation if you miss two days of classes. Upon the third absence, you will become ineligible for certification and asked to leave the program. The refund policy will apply under such circumstances.

**Make-up:** Trainees must make-up (as described below) for ALL absences to be eligible for certification.

### Make-ups for Missed Classwork

#### Contact Hours

All hours must be made up as they all count toward your certification.

#### You have several options for making up contact hours:

1. **Attend another one of our 200 hour yoga teacher training programs.** Attend a training class that covers the topics you missed. There is no charge to attend one of our other trainings for make-ups.
2. **Attend a workshop that covers the topic you missed.** In certain instances *and with pre-approval of your teacher*, you may arrange to attend a workshop or special event instead of another training. You will need to pay the fee for the workshop or special event.
3. **Private instruction with your lead teacher:** If you prefer, you may meet with Ellen McKenzie for a private or semi-private session at an hourly fee of \$90.

### Non-contact hours

If the teacher deems it appropriate, you may be able to complete a home study assignment. Ask the teacher for more details. A written assignment or project will be given. With evidence of your home study work, non-contact hours only will be credited.



## **LEAVE OF ABSENCE**

In the event a student must discontinue training, the refund policy will be applied to any unused tuition. If 60% of the course has been completed, no refund is given. However, if you have completed all assignments and attended all sessions, up until the time of discontinuation, then Prairie Yoga will allow you to complete the course through another Prairie Yoga training session or location. You must obtain written approval from your lead teacher within 6 months of your last session before being accepted into another Prairie Yoga training program. Approval is not guaranteed.

## **GRADES AND FEEDBACK**

### **GRADING & FEEDBACK**

All assignments are graded as pass/fail, unless otherwise noted. Additionally, written feedback is provided for all written assignments; verbal feedback is provided for: training class teaching, video reviews and community classes. If you fail a written assignment, you will be given one opportunity to revise your work, at which point the post-revision grade is final. All non-written grades are final. If you fail two assignments, you will be placed on probation. With a third failure, you will be asked to leave the training program.

### **QUIZZES**

Trainees must pass quizzes with 80% correct or more. If you do not pass, you will be given one opportunity to retake the quiz and pass. If you do not pass after the second attempt, the fail grade becomes final.

### **TEACHING SKILLS**

Trainees will be given the opportunity to practice teaching informally within the training; this will be done through on-the-spot volunteering and group/partner practice. Prior to video reviews, you will be provided with a list of expectations. Trainees must pass the video review by demonstrating the ability to teach a level 1-2 yoga class safely and appropriately. Trainees must demonstrate their knowledge of asana, pranayama, meditation and sequencing as presented in the training. Trainees must demonstrate proficiency in: verbal action cueing, demonstrating clearly and manually guiding students to reinforce safe alignment. Trainees must be able to demonstrate that they can work cooperatively with other yoga teacher trainees to create a class plan and sequence.

### **HOMEWORK FEEDBACK AND DUE DATES**

Homework is due the Wednesday prior to each training class. Homework is designed to prepare you for the information that will be presented at the next training class, so it is important that you stay current. All assignments turned in on time will receive written feedback by the training date.

You are allowed two late assignments. If a third assignment is turned in late, you will be placed on probation. A fourth late assignment will result in dismissal from the training. All late assignments will receive feedback within two weeks of the turn-in date.

All homework must be turned in by February 8, 2017. If any assignments are missing after February 8, 2017, you will not be eligible for certification.

### **BOOK REPORTS, PRIVATE SESSION WRITE-UP, COMMUNITY CLASS REFLECTION & INDEPENDENT STUDY PROJECT**

These assignments are all due by February 8, 2017 and should be emailed directly to the lead teacher. Feedback will be provided within two weeks of receiving the assignment. If assignments are not turned in by February 8, 2017, you will not be eligible for certification.

### **STUDENT RECORDS**

Your lead teacher will maintain electronic records for all completed and missing assignments. Trainees are also required to keep their own records and must turn in a complete 'certification check-list' prior to certification. Records regarding assignments and attendance are kept for six years. Records are private and can be accessed only with a written, dated, and signed request from the teacher trainee. Records may be sent to the student, employer, or educational institution as specified in the

written request. A hard copy of your independent study will be kept at The Yoga Sangha, each student is responsible for keeping a back-up electronic file. An electronic copy of your certification certificate will be kept on file indefinitely.

## **STUDENT CONDUCT**

By enrolling in this teacher training program, trainees agree that they are here to learn and agree to create a positive and supportive learning environment for everyone. As a teacher trainee, you will be expected to uphold the ethical principles outlined in the code of conduct (See Appendix); you will be required to sign and turn in a copy of this code prior to certification.

Additionally, trainees will respect others by arriving on-time, being fully present, actively participating in the coursework, discussions and learning processes. Trainees agree to clean up after themselves, straighten props, sweep floors and take out garbage, etc. so that the studio space is clean and ready for the next class. Trainees will not interfere with the right of others to learn in a positive, supportive learning environment. Trainees will be placed on probation for the first incident of breaking the code of conduct and will be dismissed from the program after the second incident.

## **PROBATION, DISMISSAL AND RE-ADMITTANCE**

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal from the program.

Students who violate the code of ethics will receive a written warning and will be required to meet with the lead trainer to establish a corrective course. If the corrective course is not followed or a second violation occurs, dismissal will result. In such cases, the refund policy will apply. Additionally, you will be placed on probation for doing any one of the following:

- turn in 3 homework assignments late
- fail 3 written assignments
- arrive late 3 times
- miss 2 classes

Once placed on probation, you must provide the lead teacher with a plan of action to prevent a second violation. Upon any second violation, you will be dismissed from the program; the refund policy will apply. After dismissal you may apply for re-admission to a future training; admittance is not guaranteed.

## **CERTIFICATION STATUS**

Please keep track of your hours for each certification requirement on the checklist of certification requirements provided to trainees. Document the day, time, place and teacher for each category. Upon completion of all teacher training requirements, submit the checklist to both your lead teacher and Prairie Yoga as a WORD or PDF file via email: [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net). Upon approval of the checklist, your 200 hour yoga teacher training certificate will be awarded to you by Prairie Yoga.

### **Deadline**

All certification requirements must be completed by March 8, 2017. If issues arise, such as illness or life crisis, you must ask for permission in writing to extend the deadline. Each 90 day extension requires a \$250 fee. This fee is non-refundable. You will not receive a refund if you do not finish your requirements. Maximum 2 extensions permitted. Extension is at the discretion of the Director.

### **Denial of Certification**

Trainees will be denied certification if they have not fulfilled all the requirements of the program, for not making up missed classes, not turning in homework or any other written assignment, failing more than two assignments, or for breaking the code of conduct. You may also be asked to leave the program at the discretion of the Director if you are interfering with oth-

ers right to learn in a supportive and positive learning environment. The refund policy will apply under such circumstances.

## **PRINTING OF CERTIFICATES**

We print certificates in group batches on March 15, June 15, Sept 15 and Dec 15. Upon certification approval, please supply us with the exact name you want on your certificate and your current mailing address. Your certificate will be mailed to you after it is printed and signed. You will receive your certificate one month after the printing date.

### **Re-printing of Certificates**

If you misplace or destroy your certificate, there is a \$25 fee to reprint your certificate.

## **PLACEMENT INTO TEACHING POSITIONS**

Certification by Prairie Yoga provides the 200 hour yoga teaching certification necessary for most employers. The training does not provide nor guarantee job placement.

## **COMPLAINT POLICY**

Complaints should first be directed to your training's lead teacher, who will work to resolve the issue within 30 days of notification. If resolution is not achieved, either the trainer or the trainee can pass the complaint on to the Director, Lori Gaspar. You may call, email or speak to us in person. As Director, Lori Gaspar's determination on the issue will be final; all final determinations will be made with 30 days of Lori's notification.

If you are not satisfied with the outcome of your complaint, you have the right to file a complaint in writing and send it to: Wisconsin Education Approval Board, 201 West Washington Ave, 3rd Floor, Madison, WI 53703, 608-266-1996, eabmail@eab.wisconsin.gov, <http://eab.state.wi.us>

## **ADDENDUM: CONSUMER INFORMATION**

- Approximately 40 students per year are admitted into the 200 hour yoga teacher training program in Lisle. Approximately 25 students per year are admitted into the 500 hour advanced yoga teacher training program.
- No additional students are admitted into a program once a program begins. No transfer students are accepted.
- Our most recent complete annual data is from the students admitted in 2012. In 2012, 44 students were admitted to the 200 hour program and 10 students were admitted to the 500 hour program.
- Of the 54 total students admitted in 2012, 1 withdrew from the school, 49 have earned a certificate, 5 did not complete their requirements, and 0 are still enrolled.
- All 54 students who have earned a certificate are working as a yoga teacher.
- There is no IL State licensing requirement for yoga teachers.
- Prairie Yoga does not provide job placement assistance. We do forward teaching opportunities provided to us by employers to all our graduates. Employers seek out our graduates.
- Most yoga teachers are self-employed and teach at several different venues.
- Most yoga teachers work part-time, therefore salary information is not very reliable. The average pay for a 200 Hour Certified Yoga Teacher with 1-3 years of experience is:
  - o Group Classes \$25 – 50 per class
  - o Private Lessons \$50 - 75 per hour
- Pay increases with greater levels of education and experience. 500 Hour Certified Yoga Teachers with 5+ years of experience can make \$50 - \$100 per class teaching corporate classes and \$60 - 100 per hour teaching private lessons. Pay for group classes is typically the same as a 200 hour certified yoga teacher.

# Appendix:

## **SYLLABUS**

### **Weekend 1**

Foundation Poses  
Fundamental Spine Lengtheners  
Fundamental Seated Poses  
Pranayama: Introduction, General Information, Stages, Beginning Practice  
Sutras 1.1-1.3, 2.46 - 2.48  
Meaning of Om  
5 Movements of the Spine  
Opening Circle  
Teacher Training Overview

### **Weekend 2**

Fundamental Forward Bends  
Fundamental Standing Poses: Hips Open  
Standing Pose Stances  
Salutations: Surya Namasakars, Cakra Vakasana  
Meditation Overview  
Meditation Practice: Breath Centered  
Sutra 2.29  
Energetic Body: The Gunas  
Pranayama: Ujjayi  
Teaching Skills: Cueing, How to Link Movement to Breath

### **Weekend 3**

Fundamental Standing Poses: Hips Forward  
Standing Twists  
Standing Balance  
Review Standing Pose Stance  
Teaching Skills: Set-up & Action Cues  
Subtle Body: Chakras  
Meditation: Visualization & Cakra Meditation  
Pranayama: Sitali & Viloma  
Satsung: Yamas & Niyamas

### **Weekend 4**

Abdominals  
Prone Back Bends  
Pranayama: Kapalabhati  
Sequencing Overview & Sequencing for Apex Pose  
Discuss for Sequencing Assignment  
Teaching Skills: Dual Action Cues & Penetrating All Levels of Being  
Sutras 1.12-1.15  
Sign-up for Video Review

**Weekend 5**

Visual Demonstrations  
Adjusting  
How to Assist Another Teacher  
Sequencing: Creating Energetic Effects  
Asymmetrical Forward Folds  
Seated Twists  
Bandhas: Overview and Practice  
Sutra 2.1  
Discuss Sequencing Assignment

**Weekend 6**

Energizing Inversions  
Upward Facing Back Bends  
Restorative Inversions  
Energetic Body: Koshas  
Meditation: Mantra  
Discuss Charging for Yoga  
Modifying for Menstruation  
Pranayama: Digital Preparation, Surya & Chandra Bhedana

**Weekend 7**

Restorative Inversions, Cont.  
Hip Openers  
Meditation: Gap  
Pranayama: Anuloma, Pratiloma, Kumbhakas  
Video Review 1 and Feedback

**Weekend 8**

Arm Balances  
Pranayama: Nadi Shodhana  
Meditation: Ham Sa  
Discuss the Business of Yoga  
Protecting Yourself as a Teacher  
Ayurveda: Guest Lecture  
Video Review 2 & Feedback

**Weekend 9**

Video Review 3 & Feedback  
Prana Vayus  
Modifying the Practice  
Yoga History  
Satsung: Ethics

## **SAMPLE CLASS SCHEDULE**

Saturday:

12:45pm - Arrive, set up practice space, get settled

1:00pm - Welcome, opening comments, announcements

1:10pm - Practice (approximately 3 hours)

- Practice is taught in a workshop fashion. Poses will be broken down, modifications will be introduced, and adjustments will be experienced through partner work.
- Volunteers will occasionally be asked to teach a pose or short sequence on the spot.

4:00pm - Discussion/Lecture

- Could include: practice reflection, philosophy, subtle body, pranayama, meditation, teaching skills, anatomy, adjustments, therapeutic concerns, etc.

5:00pm - Meal Break

5:30pm - Discussion/Lecture

- Could include: philosophy, subtle body, pranayama, meditation, teaching skills, anatomy, adjustments, therapeutic concerns, etc.

7:00pm - Closing Practice: restorative asana, meditation, pranayama

8:00pm - Dismissed

## **CODE OF CONDUCT**

**By Judith Lasater--Berkeley, California**

### **SECTION 1: Statement of Purpose**

We recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally, and spiritually.

### **SECTION 2:**

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers we agree to accept the following foundation principles:

- To avoid discrimination against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religious, or national origin.
- To stay abreast of new development in the field of yoga through educational activity and study.
- To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
- To manage our personal lives in a healthy fashion and to seek appropriate assistance for our own personal problems or conflicts.
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
- To establish and maintain appropriate professional relationship boundaries.
- To cultivate an attitude of humility in our teaching, we dedicate our work to something greater than ourselves.

### **SECTION 3: Professional Practices**

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

- We see our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward professional manner.
- We at times render service to individual or groups in need without regard to financial remuneration.

- We neither receive nor pay a commission for referral of a student.
- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.

#### **SECTION 4: Student Relationships**

It is our responsibility to maintain relationships with students on a professional basis.

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our belief on others, although we may express them when appropriate in the yoga class.
- We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g. business, close personal or sexual relationships) that could impair our professional judgment, compromise the integrity of our instructions and/or use the relationship for our gain. We do not engage in harassment, abusive words or actions or exploitive coercion of students or former students.
- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to all forms of overt and covert seductive speech, gestures, and behaviors as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contact of a sexual nature.
- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student

#### **SECTION 5: Confidentiality**

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

- All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
- We treat all communications from students with professional confidence.
- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situation where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
- We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purpose of supervision of consultation; or by previously obtained written permission. In case involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
- We obtain written consent of students before audio and/or video tape recording or permitting third party observation of their sessions.
- When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

#### **SECTION 6: Assistant, Student, and Employee Relationships**

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to current and former assistants, students, and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

- We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.

- All forms of sexual behavior as defined in Section 4.6 with our assistants, students, and employees are unethical.
- We advise our assistants, students, and employees against offering or engaging in or holding themselves as competent to engage in, professional services beyond their training level of experience and competence.
- We do not harass or dismiss an assistant or employee, who has acted in a reasonable, responsible, and ethical manner to protect or intervene on behalf of a student or other member of the public or another employee.

#### **SECTION 7: Interprofessional Relationships**

As yoga teachers, we relate and cooperate with other professional persons in our immediate community and beyond. We are part of a network of healthcare professionals and are expected to develop and maintain interdisciplinary and inter-professional relationships.

- Knowingly soliciting another teacher's student is unethical.
- Speaking of other teachers with disrespect is unethical.

#### **SECTION 8: Advertising**

Any advertisement including announcements, public statements, and promotional activities done by us or for us, is undertaken for the purpose of helping and public make informed judgment and choices.

- We do not misrepresent our professional qualifications affiliations and functions or falsely imply sponsorship or certification by any organization.
- Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquires or as long as that promotional material is sent to a reasonable audience in a non-invasive way.
- We do not make public statements which contain any of the following:
  - A false, fraudulent, misleading, deceptive or unfair statement.
  - A false representation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
  - A statement implying unusual unique or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration or superficiality.
  - A statement concerning the comparative desirability of offered services.
- Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors, are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experience of the provider involved are to be appropriately specified.