

# THE STUDIO

## Advanced Yoga Teacher Training

### **Summer 2020 (500 hour) Advanced Alchemical Training Weekend Modular Catalog**

**500 hour training • vol 3.6f**

*[TheStudioMadison.com/the-studio-yoga-teacher-training/](http://TheStudioMadison.com/the-studio-yoga-teacher-training/)*

**Contact Info:**

*The Studio  
625 Williamson Street  
Madison, WI 53703*

**Director of Teacher Training Curriculum:  
Alex Pfeiffer**

[Apfeiffer@thestudiomadison.com](mailto:Apfeiffer@thestudiomadison.com)

**Administration for Teacher Training:**

*The Studio Front Desk: 608.441.5310  
Email: [info@thestudiomadison.com](mailto:info@thestudiomadison.com)*

*Approved by the Wisconsin  
Educational Approval Board*

*Yoga Alliance Registered School  
ID# 55724*



# Advanced Yoga Teacher Training Goes Live June 6<sup>th</sup>, 2020

Applications are due no later than  
May 5<sup>th</sup>, 2020. *Online, see page 14*

*Create your own schedule or follow any of these suggestions.... (other options also available).*

– **2021** – Jan 8 – 10 (Hot Yoga), Jan 29 – 31 (Ecstatic Dance),  
March 26 – 28 (Chakras), May 7 – 9 (Anatomy),  
Sept 24 – 26 (Meditation), Oct 8 – 10 (Integration),  
Oct 22 – 24 (Injury Rec), Nov 12 – 14 (Posture Clinic),  
Dec 3 – 5 (Sacred Geometry), Dec 17 – 19 (Flow Yoga)  
*or any Summer Self Study Modules listed on page 29.*

*More info on pages 23 - 29*

– **2022** – Jan 28 – 30 (Restorative Yoga), Feb 18 – 20 (Int),  
March 11 – 13 (Savasana), April 22 – 24 (Restorative),  
Aug 26 – 28 (Circling), Sept 23 – 25 (Accessible Yoga),  
Oct 7 – 9 (Int), Oct 21 – 23 (Yin Yoga),  
Nov 11 – 13 (Spiritual Growth)

– **2023** – Jan 21 – 23 (Adjustments Lab),  
Feb 4 – 6 (Integration), Feb 25 – 27 (Asana Breakdown),  
April 29 – May 1 (Pranayama), Aug 25 – 27 (Anatomy)

## Completing the 500 Hour Training in 1.5 Years – option 2

*Teleconference Call on May 28<sup>th</sup> 7 – 10pm*

June 6 – 15 (IMSN7 – **Anatomy Foundations Immersion**)

June 19 – 21 (TN – Holding Space)

Oct 9 – 11 (FT – Yoga for Inner Journey)

Oct 16 – 18 (TK – Cueing : Language & Voice Skills)

Nov 6 – 8 (IPN – Integration)

Dec 4 – 13 (HIM6 – **Practices Immersion**)

March 5 – 7 (IGK – Integration) – **2021** –

March 26 – 28, April 17 & 18 (AT2 – Advanced Basics)

April 16 – 18 (HS – Aligning to Mother Nature)

June 18 – 20 (TS – Sequencing & Adjustments)

Oct 8 – 10 (AI2 – Advanced Integration)

Oct 22 – 24 (Therapeutics)

Dec 3 – 12 (HIM6 – **Alignment & Adikara Immersion**)

*Plus 3 Electives from Orange Elective Box / pp 23 - 29*

**More Plan Suggestions on page 31**

## Completing the 500 Hour Training in 1.5 Years – option 1

*Teleconference Call on May 28<sup>th</sup> 7 – 10pm*

June 6 – 28 (IMSN14 – **Certification 200 Immersion**)

Oct 9 – 11 (FT – Yoga for Inner Journey)

Oct 16 – 18 (TK – Cueing : Language & Voice Skills)

Dec 4 – 13 (HIM6 – **Practices Immersion**)

Jan 8 – 10 (AT1 – Advanced Teaching Preparations) – **2021** –

March 26 – 28, April 17 & 18 (AT2 – Advanced Basics)

April 16 – 18 (HS – Aligning to Mother Nature)

June 18 – 20 (TS – Sequencing & Adjustments)

Oct 8 – 10 (AI2 – Advanced Integration)

Oct 22 – 24 (Therapeutics)

Dec 3 – 5, 11, 12 (DS – Sacred Geometry)

*Plus 3 Electives from Orange Elective Box / pp 23 - 29*

## Completing the 500 Hour Training in 2.5 Years

*Teleconference Call on May 28<sup>th</sup> 7 – 10pm*

June 6 – 9 (IMSN2 – **Mini Immersion**) – **or** –

June 6 – 10 (IMSN3 – **Foundation Immersion**)

Sept 18 – 20 (FF2 – Foundations of Poise on 21CYM Path)

Oct 9 – 11 (FT – Yoga for Inner Journey)

Oct 16 – 18 (TK – Cueing : Language & Voice Skills)

Dec 4 – 6 (FK – Union & The Human Condition)

Feb 19 – 21 (IPK – Integration) – **2021** –

March 5 – 7 (IGK – Integration)

March 26 – 28 (FS – Yoga Anatomy Foundations)

April 16 – 18 (HS – Aligning to Mother Nature)

June 18 – 20 (TS – Sequencing & Adjustments)

Oct 8 – 10 (IPS – Integration)

Oct 22 – 24 (Therapeutics)

Dec 3 – 5 (TN – Holding Space)

Dec 10 – 12 (FN – Traditional Practice Foundations)

Jan 8, 9, 29, 30 (AT3 – Advanced Teach Foundations) – **2022** –

Feb 18 – 20 (AI3 – Advanced Integration)

Apr 23, 24, May 14, 15 (AT4 – Pillars of Advanced Teaching)

Oct 7 – 9 (AI4 – Advanced Integration)

Nov 14 – 18 (HIMSN4 – **Energy Body Immersion**)

Dec 10, 11 & Jan 7 & 8 (AT5 – Metaphor & Theme) – **2023** –

Jan 20 – 22 (Adjustments Lab)

Jan 27 – 29 (AI5 – Advanced Integration)

*Plus 6 (if IMSN2) or 7 (IMSN3) Electives from Orange Elective Box / pp 23 - 29*

This catalog is for those who are new to Yoga Teacher Training and would like to advance beyond the basic 200 hour Training.

## Practicals – A Quick Reference

### **Module Schedule - Required Times**

32 Completed Modules are needed for completion.

Completion (plus Additional Training Requirements listed on pp 31 & 32) will give you 500-hour certification status, the highest universally recognized certification (per yoga alliance). One Module = One Weekend. Unless otherwise specified by The Studio or the Teacher Training Director, all modules will be held on the weekend with times as follows. Your FF1 weekend will supply you with the foundations to join the rest of the training. Because of this, there will be an all-day Friday.

**For the Immersion / Weekend Hybrid Format**, IMSN# counts as # of Weekend Modules. For example, IMSN2 counts as 2 weekend modules, IMSN7 as 7 mods.

### **How Long Does it Take to get through the program?**

The modular approach is custom. See page 2 for the most common durations. We've even had people take 7 years to move through the 500-hour program. You can fit the program into your own pace and lifestyle. See the scheduling tool online or talk to the program director to help plan your path.

### **Will I Still Get a 200-hour Certification? ... sooner than my 500-hour Certification?**

Yes. As soon as your modules completed fits the requirements for a 200 hour certification (14 modules including 2 T\_ + 2 I\_), you will be awarded your 200 hour certificate. This way you can teach even as you continue the advanced portion of your training.

### **Location & Facilities**

All modules held at The Studio, located in the historic Machinery Row Building (625 Williamson St. Madison, WI 53703) and Harvester Building (right around the corner from our main studio space, 301 S. Blount St. Madison WI 53703) unless notified otherwise (see above). Yoga blocks, straps & blankets are provided. Clean water is available at The Studio and dozens of restaurants, food carts, and markets are available within walking distance. The training is in the heart of downtown Madison with plenty of options. The Studio also has a Mini-Refrigerator Available for use.

### **Teleconference Calls & Video Learning**

There will be a teleconference meeting before your first live (FF1) module so that you can easily absorb the online 'pre-training' of videos (about 14 hours). Most subsequent will have 3 hours of media: video / audio / reading to take in before attending so that you will get a preview of the weekend beforehand.

Occasionally modules will have more than 3 hours of video / audio / reading. When this is the case, the live time during the weekend will be reduced in order to give you time to absorb the material.

## Quick Schedule Reference

**Initial Conference Call is Thursday May 28<sup>th</sup> from 7 – 10p**

**Immersion: June 6 – 9; 6 – 10; 6 – 15; or 6 – 28 (depending on your schedule)**

Starts Saturday 1pm

Other Days: 7am – 10pm with meal breaks or

9am – 7:30pm with lunch break

**The Immersion Schedule is Intense** (you are getting an entire certification in a short amount of time after all – this is like a bootcamp!). *Prepare Accordingly.*

**All other modules are Friday Eve, Saturday, Sunday – or – Saturday / Sunday**

**No non-weekend times other than the 2 dates listed here for Foundations 1 & 2.**

### **Other Modules – AM (Typical)**

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Saturday: **9am – 1pm;** **2:30pm – 7:45pm**

Sunday: **9am – 1pm**

### **Other Modules – PM (Typical)**

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Friday: **6pm – 10pm**

Saturday: **9am – Noon;** **1pm – 7:30pm**

Sunday: **9am – Noon;** **1pm – 7:30pm**

**Video Media** Some of the days, you may receive 1 to 4 hours of video to watch as homework before the next day. When these are given, we will have a shorter day so that you have time to watch the videos. Videos will be available online; however, we advise you bring a portable usb drive in case your internet is unreliable.

You will have 11 hours of video to watch and take notes on before your first teleconference call, and 11 additional hours to watch before you arrive the following week's Saturday. You will also need to read the book "Yogabody" (see page 19).

Wear yoga appropriate dress, ready with books and materials at the times stated. You will also want to bring food or lunch money for breaks. Food is not provided.

### **Training Application Deadline & Late Fee**

You must apply and have your deposit paid by the application deadline. Our staff and teachers have a lot of work to get this training ready for you and make it the best training it can be. This includes everything from having supplies ready to hiring decisions. It is quite a lot of extra work to let someone in past the deadline. If you wish to be considered for entry past the application deadline, you may be asked to submit a fee of no more than \$300.

## **Pre-Immersion Preparation**

Should you be attending any Immersions (IMSN, HIM)...In order to fulfill the rich potential of an Immersion, it is necessary to prepare. In many ways, your training starts as soon as you sign up with **25 hours of video to watch before your first day, in addition to 2+ books to read before then.** Please take this seriously. The prep work is to give you the best possible experience in the Immersion. It is necessary and a requirement, so allot plenty of time for it.

## **Variations in Time**

Every training weekend is different with sub-topics explored, the absorption rate of the students, and weather emergencies. Also, there will be a degree of internal work in the training which can vary greatly in the amount of time necessary for best result. **The required times listed above are the maximum.** Many weekends will be shorter (and many won't), but all module weekends will be a minimum of 13 hours. You are expected to be in attendance at all the times listed above, so it is suggested to keep this part of your schedule clear and not expect early dismissal.

## **Optional Extra Time**

On the occasion that internal work or other learning could benefit significantly from a little extra time spent on it, the trainer(s) will provide extra time during the module for students not listed above. This time is an invitation for students and not required for any certification requirements. No material from this extra time will ever show up in a written test or quiz or show up in any way to negatively affect certification. It is purely for students' personal benefit and does not count for or against makeup time. If any extra time is provided during a module, it will be announced during the module itself. If you would like to take advantage of this extra time, it is suggested to keep your entire weekend flexible and open.

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## **Mandatory Time**

Mandatory Time is defined as all time inside of the hours listed above in "Required Times" where students are not dismissed early. All Mandatory Time that is missed must be made up with the module instructor or teacher training director unless other permission is granted. (See Make Up Time).

## **Time or Venue Changes**

Outright changes will be avoided if at all possible, but should there be a need for a time or venue change, students will be notified via email within one week of the module at the latest.

## **Modular / Practical**

The modular structure of this training means you can adapt it to your schedule and budget. It is suggested you look at online scheduling at [TheStudioMadison.com/the-studio-yoga-teacher-training/](http://TheStudioMadison.com/the-studio-yoga-teacher-training/) or contact Alex for help.

## **Housing**

If you are an out of town guest or anyone needing a place to stay during all or some of the modules, you will be allowed to inquire to others in the training through the training director. This is solely your responsibility and housing is not guaranteed. The Studio works with local hotels to provide options for discounted stays. Inquire at [Info@thestudiomadison.com](mailto:Info@thestudiomadison.com)

## **Module Sign Up Deadline**

So that we may adequately prepare to give you all the materials and teaching for the best training we can give you, you must sign up and arrange payment for your module by the closest Sunday to 5 days before the start of your module. If you attempt to sign up after the deadline, you will have to apply to The Studio for a special extension and you may not be granted access to the weekend. You will be sent an email at least 3 weeks in advance of the deadline to remind you of upcoming modules and their deadlines.

## **Multiple Module Weekends**

Occasionally (about 3 times per year), you may see more than one module on a single weekend. Should you want to take more than one module, you are allowed to; however, you will often need to watch an extra 10 hours of video for the additional module in order to get all the material (this is beyond the usual 3 hours of preparation video & other homework). Also note that your meal breaks will be very short if you are taking more than one module on a weekend. You will also need to announce your "doubling up" beforehand to the Weekend Trainer. Information will be enclosed in the weekend RSVP emails.

## **Module No Shows**

Once you sign up for a module, if you do not unsign up, you will be considered a "no show". As described in the prorated table under "Refund after Commencement of a Module", you will be eligible for a refund. However, since we plan our resources based on your sign up, a \$50 processing fee will be assessed.

## **Module Withdrawals**

As listed above, you will be eligible for a module refund if you withdraw from a

module that you previously signed up for, but you will be charged a processing fee. This is because we assign resources based on your signing up, including access to online material.

### **Additional Unlisted Modules**

Particularly if you are taking more than one year for certification, there will be additional modules available that are not listed in this catalog. These modules are unlisted because they fall into one of two categories: (1) The modules are advanced modules (see advanced training catalog), or (2) the modules will be setup to accommodate teachers not yet involved in the training. If you have questions on these modules, bring them to your conference call or Foundations Module.

## **General Information**

### **Mission Statement**

The purpose of **The Studio - Yoga Teacher Training** program is to provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the student to deepen their personal practice and find their unique voice and soul as a skilled yoga teacher. **Alex Pfeiffer & The Studio** will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry and strives to train our students to function as a professional member of the Yoga Instruction Industry.

### **Employment as a Yoga Teacher**

Professional and Full-Time opportunities in Yoga are very similar to professional & full time opportunities as a musician or other artist:

- A fortunate few will make a comfortable living
- The Studio's - Yoga Teacher Training Program** offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement.
- However, grads of training will have an inside track to The Studio's Apprentice Program (info given upon graduation)
- The program makes no guarantee of employment.
- Any student referral to prospective employers is not based on direct contact with the employer regarding current job openings.

### **Statement of Non-Discrimination**

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, sexual orientation, national origin, or physical disability.

# Culture of the Yoga Teacher Training

## **Statement of Choosing This Program or Another**

While no person shall be discriminated against for their worldview or beliefs, nor is **The Studio's - Yoga Teacher Training Program** or yoga for that matter about any particular worldview or system of beliefs, we do take some orienting generalizations to heart. If too many of these orienting generalizations or principles (listed in the big section below) conflict with your beliefs, you may wish to consider that this is possibly not be the best program for you and are advised to look for a program that best fits your personality and values where you can get more out of it. Also, if the creation of an environment of non-discrimination conflicts with your personal beliefs – if you are uncomfortable fostering an environment which welcomes and celebrates people diverse in sex, race, age, creed, religion, sexual orientation, national orientation, & physical ability and you are not willing to work with your discomfort as your own personal issue in these matters – you are advised to look elsewhere for training. **Actions that conflict with maintaining a nurturing atmosphere as outlined in the mission statement, and actions that conflict with fostering an environment of non-discrimination will not be tolerated.** As there is a spiritual component to yoga, one that joins or “yokes” the depth of all parts of life together, students are advised to be able to address comparative worldviews (from Christian to Atheist & so on) in a respectful way. If you do not believe you can do this, you are advised to look for training at a school that better aligns to your orientation to life.

## **Acceptance, Respect, and Receptivity - never forced belief - never dogma**

No one is expected to suddenly or blindly change their worldview to the Orienting Philosophy that follows. Yoga is about self discovery, not dogma. However, there are some orienting principles and philosophy to organize the meaning of yoga. All information has some kind of orienting philosophy behind it (even if it's a “just the facts” philosophy, which works great for science, but not well for art – and yoga is - part art & part science). We embrace the path of overt awareness and put words to our orienting philosophy & principles ...

## **Orienting Generalizations, Principles & Philosophy**

The mission of yoga is to bring us back to ease and harness vitality in mind, body, heart, and spirit. When we align ourselves with our natural blueprint, in natural rhythm, and remove the blocks to our most authentic self, there is great flow. After yoga we tend more and more to experience a spontaneous joy, goodness, beauty and ease. It is an ease that lets us know we are perfect just as we are. This condition may not last at all hours of the day, but this is what we refer to as our spontaneous and natural self. When we are disconnected from our natural self, we lose our spontaneity and authenticity.



## Yoga is our tool to reconnect to what is most alive inside of us.

### Confidentiality

In the interest of everyone in the training being provided with a safe space in which to work with their own growth, you will be requested to keep all personal sharing by others' confidential for one week after the module ends and for forever is the person sharing has requested confidentiality.

### Video Recording During the Training

In the interest of preserving the training's teachings for you beyond your time with us and to provide you with support beyond the training, some of the teacher's presentations will be recorded. These recordings will be available to you on a password protected website so that you may revisit them as often as you'd like. About 60 hours' worth of video will be available. In order to provide as safe space during recording:

1. You may request at any time the camera be turned off.
2. It will be made clear when the camera is on.
3. Should Alex or The Studio want to use any footage for public viewing: If my voice or image appears on the footage, the administrator or The Studio must secure my permission in order to make it viewable to the public. Otherwise, the footage will not be used. Permission request will be sent to email address provided with the application. Requests that take more than 10 days shall be considered granted.
4. Edited Videos containing my image or voice will only be available by password protected website where only other teacher trainees will have access to it.
5. Recording will never be done for circle work, processing work, or any other time where personal information may be more likely.

If the principles, ideas, or philosophy of this section conflict in a large way with who you are and how you see the world, you may wish to consider a program that aligns itself more closely to what you value in training or your beliefs in general. Safe space, but challenging space is very important for everyone's growth and ability to connect to what is most alive in them. The training culture will be upheld by all trainers at all times, therefore, this could be said to be the most important part of the catalog. **Read this Culture Section at Least Twice and make sure you understand it. This has been a powerful training for many before you; however it is not for the faint of heart, mind, or body. Read Closely.**

As always, you can direct any questions to Alex, the Training Director.

## Warning - This Training is Not for Everyone!

Though the technical requirements for this training are modest, an **attitude of genuine desire**: to immerse yourself in the intensive weekends; to commit to be present and participate to the best of your ability in all classes; with eagerness for challenge; and a willingness to venture beyond your comfort zone; **are absolutely necessary**. In other words, if you're only interested in the certification, a spa-like yoga retreat, or a leisurely place to zone out, this training is not for you.

You should also **be ready to go deeper**. This means being ready to have your current means of practice compassionately taken apart, reworked, and put back together again. This includes even the things that you're doing well and excel at. Like a tennis player reworking the mechanics of her swing, it is often necessary to take what appear to be a few steps backward before coming back stronger, faster, more flexible, more mindful, and more in tune with your true bliss. In other words, if you're not ready for having your practice significantly change and ready to receive feedback on how to deepen the great practice you already have... If you only want to hear that your practice is perfect and there is nothing else to deepen, this training is not for you.

You should **be willing to bring your best self forward** for the sake of yourself, for the sake of making the most out of your valuable immersion time in the training, and for your classmates. If you are unwilling to discern your emotions from facts and look at your own judgments; If you are unwilling to take on another's point of view (Empathize); If you are not willing to be open to the possibility that your first thought, emotion, or judgment may not best reflect reality; and If you are unwilling to accept the possibility that your instincts and beliefs may not reflect right action, this training is not for you.

We are dead serious about these. Although this training will focus mostly on physical yoga, it goes beyond that. You must have genuine desire to go deeper and be capable of empathy, openness, and discernment as listed above. If you do not, this training will not work very well for you. You will be learning powerful tools in this training, some of which are not for the general public for these reasons. While the training will spend a lot of time building confidence, the humility of the above capacities are necessary in order for these powerful tools to have nurturing and empowering results rather than destructive results.

It is probable that after this training, your life will not be the same. Seen from new heights, previous terrain may look or feel completely different. Some of the tools we play with include: asana, intensity, prana, surrender, focus, action, stillness, meditation, breath work, and shadow work. This Teacher Training is ideal for those who wish to create something new, to fly higher. If you are ready, **we'd love to have you come fly with us**.

## Training Values (Biases)

As this training facilitates a deepening of the Relationship between mind, body, and heart with each other, ourselves, and our planet, there are important values that are necessary, not in mere theory, but in true practice – to exercise to accomplish this deepening. We would argue that without these values, transformation and deepening cannot be nearly as powerful. Values we humans believe to be misaligned with enlightened truth, goodness, or beauty, are often called bias. Everything in the training is colored by these values. Therefore, you will want to read and consider these values carefully to be sure they line up with what you want as a training experience.

All of these are practices – which no human being is “perfect” at. (That’s why we call it a **yoga practice**, not a *yoga perfect!*) While you are not expected to be perfect at these, understand that these values make up the culture of the yoga training. It is, in other words, where everyone is encouraged to aim both by training instructors and by other trainees. They are the yardstick against which you will be measured and your worldview challenged. If you do not like the aim of these, you may want to look for a different yoga teacher training or talk to the training director for clarification.

### Values / Biases

- **Self-Awareness:** It is “better” to be aware than unaware of my own experience.
- **Self-Acceptance:** It is “better” to recognize, fully feel, and express rather than repress or deny my own experience.
- **Living Purposefully:** It is “better” to create my values, inspired by my own experience, rather than take on the assumptions/judgments of others, the culture, or of a past version of myself that does not represent who I am now.
- **Self-Love:** It is “better” to proceed by being as right with ourselves as we can possibly be (even as we are also a masterpiece in progress).
- **Self-Transcendence:** It is “better” to play this game in constant discovery of ourselves, as a moment-by-moment dance, rather than filtering/rehearsing.
- **Discernment:** It is “better” to discern a difference rather than to ignore them.
- **Self-Ownership vs Projection:** It is “better” to own my reactions, judgments, and values than it is to project them as objective reality. It is “better” to own them as *I* rather than *you or it*.
- **Empathy:** It is “better” to come to an interaction using my full ability to put myself in another person’s shoes regardless of whether or not they put me in theirs. It is “better” to recognize in the moment that others can be and often are having a completely different experience of events than myself, and that I can put myself in their shoes both mentally and emotionally.
- **Humility:** It is “better” to recognize that, in every moment, there is an

opportunity to discover a truth that is hiding underneath my current experience. In any given moment I am completely unaware of this truth and its gift of revelation requires me to take a moment to step away from a universe that my life story is at the center of.

- **Objective Awareness:** It is “better” to recognize that when I have an emotional charge that this charge can significantly color my thoughts and judgments (as it can in all humans) to the point of not doing my best thinking or judging of the situation. It is “better” to recognize that the charge is about me (and not others or my surroundings, own it) and clear the charge (many times by expressing it, but certainly not by denying or repressing it) before proceeding on my track of thought or interaction.
- **Non-Objectification / Recognition of Thou:** It is “better” to come to an interaction with the intention to honor others’ Self that lies underneath their appearance, thoughts, beliefs, and values (recognize them as a “Thou”) than it is to turn them into (an “it”) a judgment, [stereo]type, or other nominalization.
- **Open Minded Awareness:** : It is “better” to create space for the possibility that my first thought, emotion, or judgment may not be the best fit to the reality of the moment even if it is most of the time.
- **Self Responsibility:** It is “better” to own my ability to respond to my own emotions, thoughts, judgments, and results of my past actions (both intended and unintended) than not.
- **Self Assertiveness:** It is “better” to focus on what I can change and act on than it is to take a disposition that things are always happening to me.
- **Personal Integrity:** It is “better” and it feels “better” to express my values through my choices than it is to intentionally or accidentally express the opposite values.
- **Lean into One’s Edge:** When experiencing a moment outside my comfort zone, it is “better” to stay with it so I can grow with it than it is to avoid everything outside my comfort zone. It is also “better” to lean into my edge (only be a little outside my comfort zone) than to push myself to the point of overwhelm (where it is impossible to grow).
- **Self Care for Limits:** It is “better” to separate myself from a group or situation if I experience unexpected overwhelm (which may cause me to act out of accord with my values) than it is to stay in an overwhelming situation. Only I know my limits and it is therefore my responsibility to report them.
- **Abundant Motivation:** It is “better” to be motivated out of love, appreciation, excitement, inspiration, or compassion than out of fear or anger.

## Agreements

If we are going to play a game together, we must agree to a set of rules or the game becomes chaos. In order that the training be a space in which emergence is possible, we must all (including teachers) agree to some basic rules. (Note, we will discuss these on the first day in detail to see if there is anything we need to modify so that we may all proceed together in good faith). The Agreements Are:

- **Accountability:** You agree to be held accountable to what you have agreed to do for the training, including for what is outlined in this catalog. This is only for that which you have explicitly agreed to. (example: If you are one hour late, by the outline of this catalog, you agree to be subject to make up time.)
- **Mind the Playing Field of the Training:** Honor training as a space for all as a vessel of increasing consciousness, compassion, and competence inside of space set aside for inner work (sacred space in Self, Culture, and Nature).
- **Honor Self:** Take Care of Yourself and Your Own Needs First
- **Honor Other:** Respect Your Classmates, Instructors, and the Space
- **Video Recording:** See Page 8
- **Speak Sincerely (Own Your Experience):** When not explicitly in a context of teaching, coaching, or leading, you agree to commit to being coached on making your truth as inarguable as possible. You are also committing to a humility that you are not an authority on anyone else's experience.
- **Consider Leaning Into Hiding Nothing:** This does not mean that there is no privacy. Quite the opposite (see confidentially). You may be a very private person and that's okay, but we do encourage you to share your internal process as it helps deepen the learning process. It is always 100 percent your call on what is transparent and what is not (note: Honor Self and Honor Other take precedence). This agreement encourages that your transparency be a conscious process.
- **Seek Synthesis:** When confronted with a view of reality that is different than my own (thesis & antithesis), it is "better" to navigate the paradox by getting curious about both realities and prod to see how they connect. While in this prodding it is "better" to explore incongruities of the other reality (antithesis) and my own (thesis) than it is to rigidly hold my own reality (because it's my own and what I've always known). It is also "better" to synthesize than to simply accepting the reality of an authority figure when that reality conflicts with my own.. In this way, I can seek a synthesizing of the two and produce true learning that is both open minded and grounded in my own experience.
- **Confidentiality by Request:** See Page 8
- **Take the Reins of Your Process:** You take responsibility for your own learning and commit to the training as a process.

# Getting Started

## How to Enter the The Studio's - Yoga Teacher Training

The **Application Process** is as Follows: *(easiest to start with the checklist and Application Form)*

1. Complete the Application Form online: <http://thestudiomadison.com/the-studio-yoga-teacher-training/yoga-teacher-training-application/>.
2. Include Your Personal Application Letter. *(see next page for details)*
3. If you are under 21 years of age, *(see "Requirements for Program Entry" #2 next page for details)*, also submit your Letter of Recommendation.
4. With the email account you use in your submission, please [whitelist](#) the following email addresses:

**teachertraining@thestudiomadison.com**  
**apfeiffer@thestudiomadison.com**  
**asanageek@yahoo.com**

5. We'll contact you within two weeks to confirm your place in the program and collect the \$200 deposit fee.
6. It is recommended that you make full payment for your first module soon after being admitted to the program as this cement your status as a student of the teacher training and allows you to receive access to the teacher training website where additional training materials are kept.

### **Application Deposit**

To encourage the entry of trainees who are sincere, committed, and willing to go through the entire training of 32 modules, an application deposit of \$200 is due when applying for The Studio's - Yoga Teacher Training. You are refunded within one week should you not be admitted to the program.

There is no refund of your deposit should you withdraw of your own accord, so apply only if you are sincere about training. Your deposit is applied to your tuition.

### **Personal Application Letter**

Your Personal Application Letter is an essay of 1 to 3 standard pages. This document should express who you are as a yogi (yoga practitioner) and who you are as a person. Feel free to include significant events and inspirations (including people, artists, writers, historical moments, etc.) that have shaped who you are today. Please include the same for your life as a yogi: what training, teachings, and classes have you done, and most importantly, what of these experiences have inspired you most. In short, who have you been, who are you now, and who are you becoming? As a person. As a yogi.

Please make this about what is closest to you. This letter is not a resume about showing how experienced you are and how much you have done from the outside. It is about the organic process of becoming on the inside. This is to help the training faculty understand you.

### Requirements for Program Entry

- 1) A Regular Yoga Practice, recommended at least 6-months, but enough that you know your body well enough not to injure yourself, even when practicing all levels of poses for several hours.
- 2) Applicants should be 18+ years of age. Applicants under 21 will need to have 1 or 2 extra face-to-face interviews with the Program Director as well as a reference and letter of recommendation.
- 3) Candidates must have a mature understanding of themselves and others.

Maturity is based on the applicants' reasonable capacity to exercise:

- Commitment and Personal Follow Through
- Understanding of basic human logic and emotion. (Ability to discern emotions from facts, and both from judgments.)
- Ability and Willingness for Empathy: The ability to take on another person's point of view and set your own temporarily aside when the environment is safe to do so.
- Open Mind: The ability to seriously consider that your first thought, emotion, or judgment does not accurately reflect reality.

- 4) Read and understand the The Studio's - Yoga Teacher Training Catalog (this document)
- 5) Have completed & signed the **The Studio's - Yoga Teacher Training Application Form** which includes the **Personal Application Letter** (described above).
- 6) Have Computer Literacy: comfort with email, whitelisting email addresses, navigating websites, and playing online video as much of intellectual part of the course will be coordinated online.
- 7) It is highly recommended that you set aside time in your life for this course. Think of this as a Bachelor's degree minus the general ed requirements (this fits the 200 hour program plus homework) in terms of time commitment. If you are taking one year or less, plan as if you were constantly taking 6 college credits. 2 years, as if 3 credits, etc.

This will give you time to get the most out of the course. It will be difficult if you have to stress to get your teacher training time into your schedule.

## The Long Term

### **Staying on Track for Advanced Certification**

You will be required, on Application, to either choose one of the 3 options listed on page 2 (2 year, 4 year, 5 year) OR pledge to stay in contact with the Teacher Training Director on your plans. Of course, there are several other combinations of modules that will work and some Trainees may wish to only take a few modules for Self Improvement and never become certified. All of that is all right, but if you are not following one of the prescribed plans, please consult the Teacher Training Director at each module or anytime your plans change to make sure that you are staying on track to your training goals.

### **Student Records**

Student Records will be stored for a period of ten years from the date of graduation from The Studio's - Teacher Training Program. For privacy reasons, records can only be accessed with written permission from the teacher trainee and will only be sent to the teacher trainee.

## Teacher Training School Policies

### **Who is considered a Yoga Teacher Training Student?**

We consider an applicant to be a student of the yoga teacher training when they have met the following criteria:

1. Have Successfully Gone Through the Application Process. (see above)
2. Have made satisfactory arrangements for payment of the first module.
3. Have signed and handed in a copy of the Training Application Form.  
(online and at first module)

### **Completed Module**

Only 2 conditions give a student the status of having "Completed Module Hours". (1) The Student attends all Mandatory Time in the module. -- or -- (2) If the student has missed Mandatory Time (because of tardiness or absence), the student has successfully made the time up according to the rules outlined in "Make Up Time" in this catalog. Students are responsible for completing a missed time form and turning it into the instructor for all time missed. Students must Complete All Module Hours and Complete All Module Rubrics (see "Grading System") in order to have the status of a completed module.

### **Attendance Policy**

Students are expected to be present for all Mandatory Time. If Mandatory Time in a module is missed, it must be made up according to the Make Up Time Rules or none of the said module will count towards certification. Students are responsible for completing a missed time form any time they are late or missing



Mandatory Time.

### **Tardiness**

Tardiness is subtracted from the total time of the program (as is leaving early), and counts against the minimum required attendance and against module completion. Students are responsible for completing a late form each time they are late and must submit a completed form to the instructor. Missed time will be rounded up to the nearest half-hour and must be made up.

### **Total Time to Complete Program**

The training is made up of modules. Usually 1 module is 1 weekend of class at The Studio. If the student attends every possible module through the course of one year, the student will complete the teacher training and become a certified yoga teacher within one year. Each teacher will then have a certificate recognized by *Yoga Alliance*. Time to complete the program will vary based on how long the student decides to take in completing certification requirements. The program is very flexible. This is one of its strengths as you can tailor it to your schedule. In order to fully utilize the program's adaptability to complete the program on your schedule and timing.

### **Advanced Certification Requirements**

Students must satisfactorily complete 32 module & complete all payment obligations, and return all property belonging to The Studio or Program Administrators to graduate and become a 500-hour certified yoga teacher.

Specific Module Requirements are listed on page 25 and Additional Requirements on pages 31 & 32. Upon Completion of these requirements & payments & obligations completed, 500-hour certification is granted.

### **Grading System**

The program is pass/fail. Satisfactory Progress / Whether the student passes or fails the program is based on completion and participation in all assignments, tests, observations, and performance evaluations given during the course of the program. Requirements to pass a module will be submitted by email as a "Rubric Sheet" before the module begins within the RSVP for said module.

### **Credit for Previous Training**

The Studio Yoga Teacher Training Program – 300-hour Advanced Training – will only accept credit from a sister program such as: The Studio Immersion Teacher Training. You can talk to the Program Director for more information. No other previous education, training, work experience, or yoga practice will be accepted for credit, though a Yoga Alliance Accredited 200-hour certification is required for entry.

## **Transcripts**

Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee of \$15 will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

## **Program Advising**

The student's yogic objectives, attendance and conduct are reviewed on an ongoing basis. If program standing or conduct is unacceptable, the student will be advised. Students will be advised at each module.

## **Payment of Tuition**

Satisfactory arrangements for payment of tuition and other fees must be made between the student and The Studio prior to the student's official start date. The Studio accepts cash, check, Visa, MasterCard and Discover.

## **Satisfactory Progress**

Satisfactory progress is defined as actively participating in all core modules & levels of the training program and completion of the practice log (3x per week yoga practice, can be home or at any studio). In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be notified and given the opportunity to establish these criteria via the means outlined in the "Make Up Hours" section. Personal time with the instructor may be assigned for as long as it takes for the student to demonstrate the competence outlined in the Rubric Sheet (which is handed out at the module's beginning). The student cannot pass the module until he/she meets the requirements on that module's Rubric Sheet. No unattended module will be given as a prerequisite unless there is instructor consent. Students will receive updates on their progress orally and via email at the end of each module and be properly advised on how to properly proceed.

## **Unsatisfactory Progress**

Students struggling to keep up will be given an opportunity to make satisfactory progress through the personal attention of makeup hours and by repeating modules. In the event that the student is unable to make the satisfactory progress outlined on the Rubric Sheet after three attempts to make satisfactory progress, the student will be released from the program. Students unable to complete their practice log will also be released from the program.

## **Absence Records**

Absences are recorded by attending faculty and assistants and kept with student records in a secure database.

## **Make-Up Hours**

The cost of makeup hours with an instructor is \$125 per hour. While the training director will consider special cases, particularly if you invoke discussion before your absence, do not expect it. Our recommendation is to be on time and attend all modules by being prompt, even early and attend the full module. Be prepared by being on your mat or seated in circle a couple minutes before the module starts. Leave plenty of time for traffic, bathroom & other preparation.

## **Student Conduct**

Students must adhere to the rules and regulations of **The Studio**. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or **The Studio** in general. **Alex Pfeiffer** and the Administration of **The Studio** reserve the right of judgment to terminate a student on any of the following grounds:

- 1) Non-conformity of rules and regulations of **The Studio** or the **The Studio Teacher Training**.
- 2) Excessive tardiness which disrupts other students.
- 3) Conduct that is unsatisfactory to **The Studio** its staff, faculty, and its students.
- 4) Falsifying school records.
- 5) Failure to pay fees when due.
- 6) Entering school premises while under the influence of alcohol or drugs.
- 7) Carrying a concealed or potentially dangerous weapon.
- 8) Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of **The Studio**.
- 9) Theft.

## **Termination Procedure**

Students to be terminated from the program are notified in writing and may appeal to the Director of the The Studio's - Yoga Teacher Training Program within three (3) days of Notice of Termination.

## **Reinstatement**

All students requesting reinstatement may be denied at the discretion of the program director. Students applying for reinstatement must attend a meeting with the program director (at a non-refundable fee of \$90/hr) where the terms of reinstatement will be established based on the original reason for termination from the program (see student conduct above). These terms will be put into a written **reinstatement agreement** which must then be signed by the student in order to be reinstated. The student understands that any breach of the reinstatement agreement results in termination. All decisions are final.

## Student Grievance Procedure

- 1) Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
- 2) If one-on-one discussion fails to result in satisfactory resolution, a written complaint must be submitted to the Program Director. The director's decision on all complaints will be made normally within 1 week (to make time for interviewing all witnesses) is final.
- 3) If resolution cannot be reached, the student may contact the State of Wisconsin Educational Approval Program for further assistance :  
<https://dsps.wi.gov/pages/programs/educationalapproval/default.aspx> or calling 608.266.2112.

## Tuition Schedule

### Program Tuition Fees

Tuition may be pay as you go (per module) or all in advance. Each module will have a designated "early bird" date. The early bird date is usually at the end of the module immediately preceding it or is at most 4 weeks before the module. "Paid date" is the date payment is received by **The Studio**. See "Module Schedule" section that starts on page 25.

### Pay As You Go. Cost per module:

Pay Date at or before early bird:	\$279	(4 weeks before the module starts)
Pay Date after early bird:	\$329	( Will need to pay for 18 Modules in Total ) ( your final module is on us! )
Pay All Modules in Advance	\$4125	(saves \$ 897 to \$1,797 vs. pay as you go)

## Cancellation and Refund Policy

### Rejection

An applicant rejected by the school is entitled to a refund of all monies paid.

### Before the First Module

Applicants who have not yet attended a module are entitled to a refund of all monies paid minus the application deposit.

### Notice Of Absence

If a student is going to miss a module that he/she signed up for, the student must notify the Director of Teacher Training to avoid Constructive Notice of Withdrawal.

### Constructive Notice of Withdrawal

If a student misses a module without providing an explanation to the Director of Teacher Training (DTT) regarding the absence, the student is considered to be

withdrawn from the entire program starting one day after the unexplained absence. This means that if you "disappear" from the training program for a module you were expected to attend, and do not let the DTT know the reason, you will be dismissed from the program and need to reapply. You will be refunded in full for the module. Students who have gone over 12 months without attending a module and have not contacted the DTT will also be considered withdrawn from the program.

### **Refunds Before the Training Starts**

If a refund is requested within three business days of the initial payment, the applicant shall receive a full refund within 10 days. All refunds requested after the three business day window will be paid in full, minus a processing fee of \$100.

### **Refund after the Commencement of a Module**

Should cancelation come in the middle of a weekend module, all refunds once a module has started are pro-rata. A student who withdraws or is dismissed after attending one day, but before completing 60% of the instruction is entitled to a prorated refund as follows:

After completion of at least	Prior to completion of	Refund will be
N/A	FIRST DAY	100%
1 unit/class	10% of module	90%
10%	20% of module	80%
20%	30% of module	70%
30%	40% of module	60%
40%	50% of module	50%
50%	60% of module	40%
60%	N/A	NO REFUND

## **Advanced 500hr Yoga Training Course of Study**

### **Objective of the The Studio's Yoga Teacher Training Program**

Upon completing this program, you will be able to teach many and dynamic styles of yoga backed by a refined knowledge of human anatomy, the psychology of practice, personal experience, the teaching & learning cycle, and yogic tradition. You will have an understanding of many of the traditions of yoga, most modern styles of yoga, and how they all fit together so that you may maximize their genius and minimize the negative impact of their blindspots.

### **Three Year Promise of Fulfillment by Teacher Training Director**

From your first module and 3 years after that date, the Teacher Training Director promises to run modules on time and to run all required modules at least twice in those three years.

## **The Studio Yoga Teacher Training Website**

More training materials will be accessible online upon program entry.

### **Clock Hours**

Approximately 570 total hours including online learning (varies on module combination, may be as low as 500, but will not typically exceed 540). This will prepare you to go deeper in your practice, teach a sophisticated yoga class, and apply yoga to your life.

### **Course Title**

The Studio's – Advanced Alchemical Yoga Teacher Training Program 500 Hour Level.

### **Course Description**

Topics covered in this 500 hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

**Techniques, Training, Practice** – the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation. **minimum 175 hrs**

**Anatomy and Physiology** – both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, meridians, etc.)  
**minimum 75 hours**

**Professional Essentials** – principles of demonstration, observation, assisting/correcting, instruction, qualities of a teacher, and business aspects of teaching yoga as well as actual practice teaching, giving and receiving feedback. **minimum 90 hours**

**Yoga Humanities.** – a look at the history and evolution of yogic worldviews including how yoga is now being embraced and absorbed in the west with some theories on the future of yoga, the yogic lifestyle, and teaching ethics.  
**minimum 70 hours**

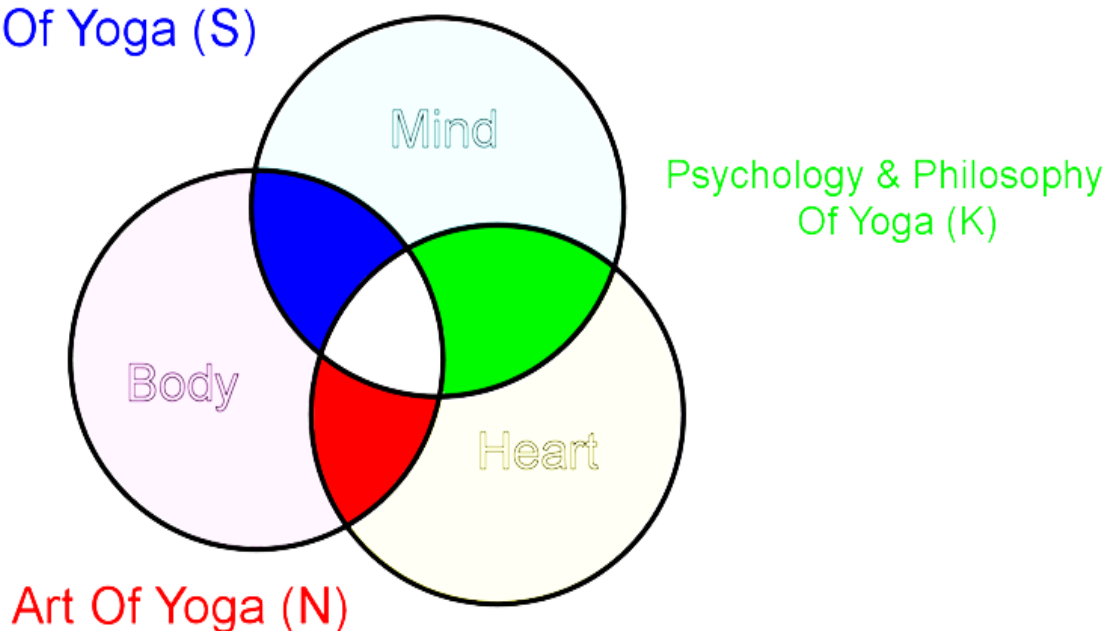
## General Material Covered in the Sessions

Basic history, philosophy and evolution of yoga. Gain knowledge of basic and advanced asanas (postures) of yoga Pranayama and the use of breath as a transformative tool. Ability to develop and communicate a themed class that teaches and inspires. Art of sequencing to create a fluid and balanced class. Basic yogic anatomy and physiology. Therapeutic value of various asanas. Alignment and how to avoid injuries. Verbal and physical adjustments. How to read bodies - physically and energetically. Bandhas (energy locks) and inward focus. Art of meditation - developing deeper levels of awareness

## Advanced Modules

Advanced Modules will open up in the second half of your training. These modules set the table for and teach the Transformational (Sarvanga) elements of advanced yoga practice. You will get to practice in this manor yourself as well as learn the techniques for teaching a transformational class (in AT\_ modules) in the second half of your training. As such, Advanced Integration Modules (in 2<sup>nd</sup> half of your training) will consist of teaching workshops to demonstrate your ability to teach a transformational class.

## Science Of Yoga (S)



# Module Centered Syllabus

This section provides a brief description of what material matches to what module.



## Definitions

**Foundation Modules** – start with “F”: FF1, FF2, FT, FA, FN, FK, FS

**Essentials Modules** – modules required for certification: FF1, FF2, FT, FA

**Elective Modules** – any module that starts w/ “E”, “P”, “O”, “H” or “A”

**Depth Modules** – module that starts with a “D” (DN, DS, DK)

**Advanced Modules** – modules start with an “A”, “D”, “R”, or “Q”

**Teaching Skills Modules** – module that starts with a “T” (TN, TS, TK)

**Integration Modules** – any module that begins with an “I” (IGK, IPK, IGS, IPS, IGN, IPN), “HI” or “AI”

**“K” Modules** - FK, HK, TK, IGK, IPK

**“S” Modules** - FS, HS, TS, IGS, IPS

**Core Modules** - All “K”, “S”, and “N” Mods

**“N” Modules** - FN, HN, TN, IGN, IPN

**Advanced Preparation Modules** – All “H” modules in the major (KNS) categories: HN, HK, HS

**Advanced Core Modules** – Core Modules, Depth Modules, and “A” Modules

**FF1 & FF2** – Your first two modules will introduce you to the Foundations or Basics that you will dive into more detail of inside other modules. This preps you for the rest.

**S Modules** - The Science of Yoga, Exercising of Will Consciousness, Alignment, Basic Structural Anatomy. TS: Demos, Sequencing, Adjustments

**N Modules** - The Art of Yoga, Exercising of Creative Consciousness, Intuition, Observation, Energetic/Subtle Body, Energetic Sequencing, Introduction to Mudras, Kriyas, Bandhas, Chakras, etc. TN: Holding Space / Seat of the Teacher

**K Modules** - Yoga Philosophy & Psychology, Exercising of Being Consciousness, Breath, and Surrender. Mythology, Chant, Meditative Aspects of Yoga. TK: Cueing

**Integration Modules** - Yoga Teaching Intensives. This is where you get experience running a yoga room! You must take one of these to certify. If you are planning to teach yoga, we recommend at least two. If you have little experience running group classes / trainings, we recommend a minimum of three, and if you have some challenge anxiety, etc. around leading a class or just want to begin with a mastery of holding the yoga room, we recommend four to six of these.

**Advanced Modules** - After completing Teaching Skills and Advanced Preparations modules, you will receive access to Advanced Modules (start with “D” or “A”). These are where you experience, learn, and understand how to run an alchemical / transformational practice. With “H” mods worth one-half credit, “A” mods worth one credit, “D” mods worth 2 credits, “R” mods worth 3 credits, and “Q” mods worth 4 credits, you must accumulate 10 of these advanced credits for 500 certification.

Module Design on Next Page.....



## Integration 200 Mods

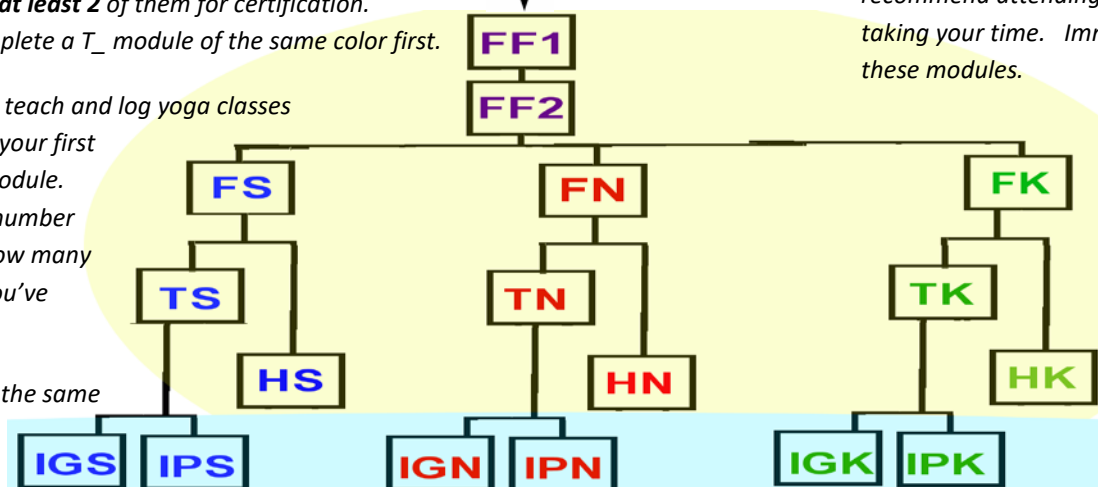
The Modules in the Cyan Bubble are the 200 hour Integration Modules.

You will **need at least 2** of them for certification.  
You must complete a T\_ module of the same color first.

You must also teach and log yoga classes before taking your first Integration Module.  
The required number depends on how many T\_ modules you've taken first.

You may take the same integration module multiple times (and receive corresponding credit)

After acceptance to the program, start with ....  
**online preparation**  
(about 14 hours)



## Essentials Modules

The Modules in the Yellow Bubble are the Essentials: You will need to complete all essentials modules for Advanced certification. Also, essentials are required for most other modules. For this reason, we recommend attending essentials ASAP unless taking your time. Immersions often cover these modules.

## Core Modules

Listed On This Page: Start with the FF1 Module, then continue as shown.

## Elective Modules

Are Not Listed Here. Over 30 options are listed on pages 27 – 29. Choose from the list for your preferred specific area of Study.

## Advanced 500 Hour Certification

To meet the Modules Certification Requirement, you must complete the following (or equivalent w/ Immersion):

- 32 Total Modules Completed
- Completed All Essentials Modules
- At Least 2 (Cyan) 200 Integration Modules Completed.
- Complete 10 Advanced Credits
  - Advanced Credits are Awarded as Follows:
    - One Credit for each module completed that begins with “A”
    - One Half Credit for each module completed that begins with “H”
    - One Half Credit for each module completed that begins with “I” after two such modules have been completed.
    - Two Credits for each module completed that begins with “D”
    - Three Credits for each module completed that begins with “R”
    - Four Credits for each module completed that begins with “Q”
- Plus “Additional Training Requirements” listed on pages 30 and 31.

## Advanced Teaching Skills Modules & Workshop

The Modules listed on page 28 are the Advanced Teaching Skill Modules. We recommend taking a few of these. Although you technically do not need any of them (so long as you complete enough Advanced Credits), these are the modules that aim to help you complete your Workshop Requirement. While your first 200 hours will focus on teaching public yoga classes, your next 300 hours will focus on “transformational teaching.” Before graduating, you must display a capacity for “transformational teaching” by completing a workshop containing all the 21CYM Transformational / Alchemical Elements. These elements will be taught to you upon completion of all your essentials modules. **You must complete all Essentials Modules before you are eligible for your first Advanced Teaching Skills Module.** (or obtain instructor approval). It is these Advanced Teaching Skills Modules (AT\_\_) where you will learn, practice techniques, and play with putting Transformational Elements together. Advanced Integration Modules are where you may attempt workshops and get feedback on them. It typically will take a couple attempts before successfully putting all Alchemical / Transformational Elements together.

## Confused?

That’s okay. The program is very adaptable, covers a variety of areas of study, and can be a little confusing at first: 3 Resources. (1) Page 2 (2) Online Scheduler Tool (3) Talk to Alex **25**

Also, there will be time for private consults at your first two modules to make sure that your plan is on track.

If completed # T_ mods	Need to teach # classes
<b>1</b>	<b>8 before &amp; 4 after</b>
<b>2</b>	<b>4</b>
<b>3</b>	<b>1</b>

# Full Module Schedule

**Essentials Modules:** *FF1, FF2, FS, HS, FK, HK, FN, HN, TN, TS, TK, Integrations*

**FF2** 21CYM: Walking the Path with Poise: Maintaining Your Center in the Fire  
September 18<sup>th</sup> – 20<sup>th</sup> 2020  
February 19<sup>th</sup> – 21<sup>st</sup> 2021  
October 22<sup>nd</sup> – 24<sup>th</sup> 2021  
Prerequisites: *FF1*

**FS** Yoga Anatomy Foundations : The Spanda of Structure, Fascia, & Posture  
March 26<sup>th</sup> – 28<sup>th</sup> 2021  
June 10<sup>th</sup> – 12<sup>th</sup> 2022  
November 11<sup>th</sup> – 13<sup>th</sup> 2022  
Prerequisites: *FF2*

**HS** Science of Yoga Transformation Foundations: Aligning to Mother Nature  
April 16<sup>th</sup> – 18<sup>th</sup> 2021  
November 18<sup>th</sup> – 20<sup>th</sup> 2022  
January 10<sup>th</sup> – 12<sup>th</sup> 2025  
Prerequisites: *FS*

**TS** Teaching Skills: Physicality (Demos, Adjustments, & Sequencing)  
June 18<sup>th</sup> – 20<sup>th</sup> 2021  
January 6<sup>th</sup> – 8<sup>th</sup> 2023  
June 15<sup>th</sup> – 17<sup>th</sup> 2024  
Prerequisites: *FS*

**FN** Traditional Practice Foundations : Concentration, Bandha, Mudra  
December 10<sup>th</sup> – 12<sup>th</sup> 2021  
March 10<sup>th</sup> – 12<sup>th</sup> 2023  
November 22<sup>nd</sup> – 24<sup>th</sup> 2024  
Prerequisites: *FF2*      Note: *Required for Advanced (Possible Future) Certification*

**HN** Yoga as Art Transformational Foundations: The Energy Body  
December 8<sup>th</sup> – 10<sup>th</sup> 2023  
January 3<sup>rd</sup> – 5<sup>th</sup> 2025  
December 11<sup>th</sup> – 13<sup>th</sup> 2026  
Prerequisites: *FN*

**TN** Teaching Skills: Holding Space (Seat of the Teacher, OS, Observation)  
December 3<sup>rd</sup> – 5<sup>th</sup> 2021  
June 17<sup>th</sup> – 19<sup>th</sup> 2023  
December 13<sup>th</sup> – 15<sup>th</sup> 2024  
Prerequisites: *FN, FA or FT or Instructor Approval*

# FK

## Embodiment Foundations : Deep Listening to the Spanda Within

December 4 <sup>th</sup> – 6 <sup>th</sup>	2020
November 4 <sup>th</sup> – 6 <sup>th</sup>	2022
October 6 <sup>th</sup> – 8 <sup>th</sup>	2023

Prerequisites: *FF2*

Note: *Required for Advanced (Possible Future) Certification*

# HK

## Yoga Psychology & Philosophy Xform Foundations: The Human Condition

December 1 <sup>st</sup> – 3 <sup>rd</sup>	2023
December 12 <sup>th</sup> – 14 <sup>th</sup>	2025
December 4 <sup>th</sup> – 6 <sup>th</sup>	2026

Prerequisites: *FK*

# TK

## Teaching Skills: Cueing (Ethics, Voice, Language)

October 16 <sup>th</sup> – 18 <sup>th</sup>	2020
June 17 <sup>th</sup> – 19 <sup>th</sup>	2022
October 20 <sup>th</sup> – 22 <sup>nd</sup>	2023

Prerequisites: *FT or FK*

## Integration Modules (I \_)

*(need at least 2 for certification)*

IPK: Psychology / Cueing – Building Skill	February 19 <sup>th</sup> – 21 <sup>st</sup>	2021
IGK: Psychology / Cueing – Letting Go	March 5 <sup>th</sup> – 7 <sup>th</sup>	2021
IEX: Integration Elective (during Week)	June 22 <sup>nd</sup> – 26 <sup>th</sup>	2021
IPS: Science / Physicality – Letting Go	June 25 <sup>th</sup> – 27 <sup>th</sup>	2021
IGS: Science / Physicality – Building Skill	October 8 <sup>th</sup> – 10 <sup>th</sup>	2021
IGN: Art / Holding Space – Letting Go	February 18 <sup>th</sup> – 20 <sup>th</sup>	2022
IPN: Art / Holding Space – Building Skill	April 1 <sup>st</sup> – 3 <sup>rd</sup>	2022
IEX: Integration Elective	June 21 <sup>st</sup> – 24 <sup>th</sup>	2022
IGK: Psychology / Cueing – Letting Go	June 24 <sup>th</sup> – 26 <sup>th</sup>	2022
IPK: Psychology / Cueing – Building Skill	October 7 <sup>th</sup> – 9 <sup>th</sup>	2022
IGS : Science / Physicality – Letting Go	February 10 <sup>th</sup> – 12 <sup>th</sup>	2023
IPS : Science / Physicality – Building Skill	May 5 <sup>th</sup> – 7 <sup>th</sup>	2023
IEX: Integration Elective	June 21 <sup>st</sup> – 24 <sup>th</sup>	2023
IGN: Art / Holding Space – Letting Go	June 24 <sup>th</sup> – 26 <sup>th</sup>	2023
IPN: Art / Holding Space – Building Skill	November 10 <sup>th</sup> – 12 <sup>th</sup>	2023
IPK: Psychology / Cueing – Letting Go	February 9 <sup>th</sup> – 11 <sup>th</sup>	2024
IGK: Psychology / Cueing – Building Skill	March 1 <sup>st</sup> – 3 <sup>rd</sup>	2024
IEX: Integration Elective	June 19 <sup>th</sup> – 22 <sup>nd</sup>	2024
IGS : Science / Physicality – Letting Go	June 22 <sup>nd</sup> – 24 <sup>th</sup>	2024
IPS : Science / Physicality – Building Skill	October 11 <sup>th</sup> – 13 <sup>th</sup>	2024
IGN: Art / Holding Space – Letting Go	February 7 <sup>th</sup> – 10 <sup>th</sup>	2025

Prerequisites: *T\_ of the same color plus classes as indicated on page 25*

## Advanced Teaching Skills (AT\_\_) & Integrations (AI\_\_)

Once you take all the essentials modules, you may take Advanced Teaching Skills Modules. You must also be teaching regularly (at least weekly) and have plenty of class teaching experience (300 or more total classes taught) because these modules will focus on the skills of being a transformative teacher. This requires that you can run a yoga class and exercise all basic yoga teacher skills on autopilot. You may reduce the teaching prerequisite requirements by completing four 200-hour Integration Modules or have it waived by completing all six 200-hour Integration Modules.

### Advanced Teaching Skills Module Schedule (AT\_\_)

<b>AT1:</b> Advanced Teaching Preparations	<b>Dec 4 – 6, 2020 &amp; Jan 8 – 10, 2021</b>
<b>AT2:</b> Advanced Teaching Basics	<b>March 26 – 28 &amp; April 16 – 18, 2021</b>
<b>AT3:</b> Advanced Teaching Foundations	<b>Jan 7 – 9 &amp; Jan 28 – 30, 2022</b>
<b>AT4:</b> Pillars of Advanced Teaching	<b>April 22 - 24 &amp; May 13 – 15, 2022</b>
<b>AT5:</b> Building Metaphor & Theme	<b>Dec 9 – 11, 2022 &amp; Jan 6 – 8, 2023</b>
<b>AT6:</b> Advanced Sequencing	<b>April 21 – 23 &amp; April 28 – 30, 2023</b>
<b>ATN2:</b> Energetic Space	<b>Oct 6 – 8 &amp; Oct 20 – 22, 2023</b>
<b>ATK1:</b> Advanced Cueing	<b>April 12 – 14 &amp; May 3 – 5, 2024</b>
<b>ATS2:</b> Advanced Physical Sequencing	<b>Nov 22 – 24 &amp; Dec 13 – 15, 2024</b>
<b>ATN1:</b> Journey Through the Energy Body	<b>April 11 – 13 &amp; May 2 – 4, 2025</b>
<b>ATK2:</b> Metaphor & Theme	<b>Nov 14 – 16, 2025 &amp; Jan 9 – 11, 2026</b>
<b>ATS1:</b> Unfolding Theme	<b>May 1 – 3 &amp; May 8 – 10, 2026</b>
<b>ATN2:</b> Energetic Space	<b>October 2 – 4 &amp; October 16 – 18, 2026</b>
<b>ATK1:</b> Advanced Cueing	<b>April 23 – 25 &amp; May 14 – 16, 2027</b>
<b>ATS2:</b> Advanced Physical Sequencing	<b>Nov 5 – 7, 2027 &amp; Jan 7 – 9, 2028</b>

### Advanced Integration Module Schedule (AI\_\_)

<b>AI1:</b> February 19 – 21, 2021	<b>AIK1:</b> October 11 – 13, 2024
<b>AI2:</b> October 8 – 10, 2021	<b>AIS2:</b> February 7 – 9, 2025
<b>AI3:</b> February 18 – 20, 2022	<b>AIN1:</b> October 10 – 12, 2025
<b>AI4:</b> October 7 – 9, 2022	<b>AIK2:</b> February 6 – 8, 2026
<b>AI5:</b> January 27 – 29, 2023	<b>AIS1:</b> November 6 – 8, 2026
<b>AI6:</b> November 3 – 5, 2023	<b>AIN2:</b> February 19 – 21, 2027
<b>AIN2:</b> February 9 – 11, 2024	<b>AIK1:</b> October 8 – 10, 2027

### Elective Modules Follow

**Live Elective Modules (also called Non - Core Modules) (E )****Prerequisites****2021.**

<b>EHOT</b>	<b>Hot Yoga</b>	<b>Jan 8<sup>th</sup> – 10<sup>th</sup></b>	<i>FF2</i>
<b>HKED</b>	<b>Ecstatic Dance</b>	<b>Jan 29<sup>th</sup> – 31<sup>st</sup></b>	<i>HK</i>
<b>HCHKR</b>	<b>Chakras Elective</b>	<b>March 26<sup>th</sup> – 28<sup>th</sup></b>	<i>HN</i>
<b>EATYMS</b>	<b>Musculoskeletal Anatomy</b>	<b>May 7<sup>th</sup> – 9<sup>th</sup></b>	<i>FS</i>
<b>AEER2</b>	<b>Emotional Release</b>	<b>May 7<sup>th</sup> – 9<sup>th</sup></b>	<i>HK</i>
<b>HKMED</b>	<b>Meditation</b>	<b>Sept 24<sup>th</sup> – 27<sup>th</sup></b>	<i>FK</i>
<b>H/ASTPY#</b>	<b>Therapuetics Series</b>	<b>Oct 22<sup>nd</sup> – 24<sup>th</sup></b>	<i>HS</i>
<b>HSPCA</b>	<b>Posture Clinic &amp; Adjustments</b>	<b>Nov 12<sup>th</sup> – 14<sup>th</sup></b>	<i>FS</i>

**2022.**

<b>EFLOW</b>	<b>Flow Yoga</b>	<b>Jan 7<sup>th</sup> – 9<sup>th</sup></b>	<i>FK, FS, or FN</i>
<b>ESAV</b>	<b>Savasanah</b>	<b>March 11<sup>th</sup> – 13<sup>th</sup></b>	<i>FK, FS, or FN</i>
<b>EREST</b>	<b>Restorative Yoga</b>	<b>April 22<sup>nd</sup> – 24<sup>th</sup></b>	<i>FK, FS, or FN</i>
<b>EYIN</b>	<b>Yin Yoga</b>	<b>Sept 23<sup>rd</sup> – 25<sup>th</sup></b>	<i>FK, FS, or FN</i>
<b>EAY</b>	<b>Yoga Accessibility for All</b>	<b>Oct 21<sup>st</sup> – 23<sup>rd</sup></b>	<i>FF1</i>
<b>HKSG</b>	<b>Spiritual Growth</b>	<b>Dec 9<sup>th</sup> – 11<sup>th</sup></b>	<i>FK</i>

**2023.**

<b>HSLAB</b>	<b>Adjustments Lab</b>	<b>Jan 20<sup>th</sup> – 22<sup>nd</sup></b>	<i>TS</i>
<b>H/ASTPY#</b>	<b>Therapuetics Series</b>	<b>Feb 17<sup>th</sup> – 19<sup>th</sup></b>	<i>HS</i>
<b>ENPRN</b>	<b>Pranayama</b>	<b>March 31<sup>st</sup> – April 2<sup>nd</sup></b>	<i>FN</i>
<b>HSPA</b>	<b>Arm Balances &amp; Inversions</b>	<b>March 31<sup>st</sup> – April 2<sup>nd</sup></b>	<i>HS</i>
<b>HNID</b>	<b>Yoga Nidra</b>	<b>April 21<sup>st</sup> – 23<sup>rd</sup></b>	<i>FS, FK, or FN</i>
<b>EATYNS</b>	<b>Anatomy of Nervous System</b>	<b>Aug 25<sup>th</sup> – 27<sup>th</sup></b>	<i>FS or FN</i>
<b>ESNAB</b>	<b>Asana Breakdown</b>	<b>Sept 15<sup>th</sup> – 17<sup>th</sup></b>	<i>FS</i>

**2024.**

<b>HKED</b>	<b>Ecstatic Dance</b>	<b>Jan 5<sup>th</sup> – 7<sup>th</sup></b>	<i>FK</i>
<b>ACHKR</b>	<b>Chakras Elective</b>	<b>Jan 5<sup>th</sup> – 7<sup>th</sup></b>	<i>HN &amp; HK</i>
<b>HKCRC</b>	<b>Circling</b>	<b>Jan 26<sup>th</sup> – 28<sup>th</sup></b>	<i>FK</i>
<b>ACHKR</b>	<b>Chakras Elective</b>	<b>March 22<sup>nd</sup> – 24<sup>th</sup></b>	<i>HN &amp; HK</i>
<b>EATYMB</b>	<b>Anatomy of Muscle &amp; Bone</b>	<b>April 12<sup>th</sup> – 14<sup>th</sup></b>	<i>FS</i>
<b>HSPCA</b>	<b>Posture Clinic (Align &amp; Adjust)</b>	<b>May 3<sup>rd</sup> – 5<sup>th</sup></b>	<i>FS</i>
<b>AEER</b>	<b>Emotional Release</b>	<b>Sept 6<sup>th</sup> – 8<sup>th</sup></b>	<i>HK</i>
<b>EFLOW</b>	<b>Flow Yoga</b>	<b>Sept 6<sup>th</sup> – 8<sup>th</sup></b>	<i>FK, FN, or FS</i>
<b>ESEQ</b>	<b>Sequencing Lab</b>	<b>Sept 27<sup>th</sup> – 29<sup>th</sup></b>	<i>TS</i>
<b>AENGY</b>	<b>Nuerogenic Yoga</b>	<b>Nov 1<sup>st</sup> – 3<sup>rd</sup></b>	<i>HK</i>

**2025.**

<b>ACHKR</b>	<b>Chakras Elective</b>	<b>Jan 24<sup>th</sup> – Jan 26<sup>th</sup></b>	<i>HN &amp; HS</i>
<b>ACH__</b>	<b>Chakras Elective</b>	<b>Feb 28<sup>th</sup> – March 2<sup>nd</sup></b>	<i>HN &amp; HS</i>

### Online Elective Modules (O )

Online modules are done online. If you are interested in these modules and plan to attend more than two of them, talk to the Training Director as some combinations of modules do not allow for enough hours to be Yoga Alliance compliant

#### OPHEME : Theming Yoga Classes, a Primer

*Reading the Book "Teaching Yoga Beyond the Poses" by Sage Roundtree & Alexandra Desiato, with online meetings TBA : Starts immediately and ends in April of 2021 with Live Meetings TBA.*

#### OLP : Life Practice

*online & live meetings TBA : Starts in Summer 2022*

### Self Study Online Elective Modules (OSS )

Self Study Modules are done on your own time. You will receive information and RSVPs on these in the Spring. Generally, Online Modules are setup to be done during the Summer, but they may be done and completed by Thanksgiving Day.

#### 2021

OSSMUSIC Music for Yogic Journey  
OSSSBHY Sanskrit & Brief History of Yoga  
OSSYIN Online Yin Yoga  
OSSMMYTH Myth

#### 2022

OSSRHYP Hatha Yoga Pradipika  
OSSRKUN Kundalini Tantra  
OSSHOT Online Hot Yoga

#### 2023

OSSMUSIC Music for Yogic Journey  
OSSSBHY Sanskrit & Brief History of Yoga  
OSSYIN Online Yin Yoga

#### 2024

Mythology  
Kundalini Tantra  
Hatha Yoga Pradipika

You may choose as many as five online modules to count towards your 500 hour certification. If you want to do more than three, you must consult the Program Director to ensure that you accumulate the Live Hours and Contact Hours required by Yoga Alliance.

## Immersion

*Immersion* are non-weekend, highly compact, and intense (usually 12 hour days) durations of training that cover practices & content from multiple modules. Often used to shorten training duration, there is often a substantial amount of homework to complete for these Immersion. RSVP's will go out early.

<u>Immersion Name</u>	<u>Dates</u>	<u>Pre-Reqs</u>	<u>Curriculum Credit</u>	<u># Mods</u>
<b>Practices Immersion</b>	<b>Dec 4<sup>th</sup> – 13<sup>th</sup>, 2020</b>	FT	FK, FN, HN, TX	6
<b>Completion Immersion</b>	<b>June 18<sup>th</sup> – 27<sup>th</sup>, 2021</b>	FF2	TS, 3 Integrations	6
<b>Integration Immersion</b>	<b>June 23<sup>rd</sup> – 27<sup>th</sup>, 2021</b>	One T_	2.5 Integrations	3
<b>Art of Yoga Immersion</b>	<b>Dec 3<sup>rd</sup> – 12<sup>th</sup>, 2021</b>	FF2	TN, FN, 2 Integrations	6
<b>Alignment &amp; Adikara Im</b>	<b>Dec 3<sup>rd</sup> – 12<sup>th</sup>, 2021</b>	HS & T_	DS, 2 Integrations	6

All modules will run again in a similar pattern after December of 2023. Specific Dates beyond what is listed will be announced by December 30<sup>th</sup>, 2023 and will not include federal holiday weekends. The future (over 2 years out) schedule will be formed, in part, with feedback from those enrolled in the teacher training program.

## More Suggested Schedules (Continued from page 2)

### Completing the 500 Hour Training in 3.5 Years

Teleconference Call on May 28<sup>th</sup> 7 – 10pm  
 June 6 – 9 (IMSN2 – **Mini Immersion**) – **or** –  
 June 6 – 10 (IMSN3 – **Foundation Immersion**)  
 Sept 18 – 20 (FF2 – Foundations of Poise on 21CYM Path)  
 Oct 9 – 11 (FT – Yoga for Inner Journey)  
 Oct 16 – 18 (TK – Cueing : Language & Voice Skills)  
 Dec 4 – 6 (FK – Embodiment Foundations)  
 Feb 19 – 21 (IPK – Integration) – **2021** –  
 March 5 – 7 (IGK – Integration)  
 March 26 – 28 (FS – Yoga Anatomy Foundations)  
 April 16 – 18 (HS – Aligning to Mother Nature)  
 June 18 – 20 (TS – Sequencing & Adjustments)  
 Oct 22 – 24 (Therapeutics)  
 Dec 3 – 5 (TN – Holding Space)  
 Jan 8, 9, 29, 30 (AT3 – Advanced Teach Foundations) – **2022** –  
 Feb 18 – 20 (AI3 – Advanced Integration)  
 Apr 23, 24, May 14, 15 (AT4 – Pillars of Advanced Teaching)  
 Oct 7 – 9 (AI4 – Advanced Integration)  
 Dec 10, 11 & Jan 7 & 8 (AT5 – Metaphor & Theme) – **2023** –  
 Jan 20 – 22 (Adjustments Lab)  
 Jan 27 – 29 (AI5 – Advanced Integration)  
 March 10 – 12 (FN – Traditional Practice Foundations)  
 Dec 1 – 3 (HK – Human Condition)  
 Dec 8 – 10 (HN – The Energy Body)  
 Plus 8 Electives (if IMSN3) / 9 Electives (if IMSN2)  
 from Orange Elective Box on p2 / pp 23 - 29

### Completing the 500 Hour Training in 4 Years

Teleconference Call on May 28<sup>th</sup> 7 – 10pm  
 June 6 – 9 (IMSN2 – **Mini Immersion**) – **or** –  
 June 6 – 10 (IMSN3 – **Foundation Immersion**)  
 Sept 18 – 20 (FF2 – Foundations of Poise on 21CYM Path)  
 March 26 – 28 (FS – Yoga Anatomy Foundations) – **2021** –  
 April 16 – 18 (HS – Aligning to Mother Nature)  
 June 18 – 20 (TS – Sequencing & Adjustments)  
 Oct 8 – 10 (IPS – Integration)  
 Dec 3 – 5 (TN – Holding Space)  
 Dec 10 – 12 (FN – Traditional Practice Foundations)  
 Feb 18 – 20 (IGN – Integration) – **2022** –  
 Apr 23, 24, May 14, 15 (AT4 – Pillars of Advanced Teaching)  
 June 17 – 19 (TK – Cueing)  
 Nov 4 – 6 (FK – Embodiment Foundations)  
 Dec 10, 11 & Jan 7 & 8 (AT5 – Metaphor & Theme) – **2023** –  
 Jan 20 – 22 (Adjustments Lab)  
 Feb 17 – 19 (Therapeutics)  
 April 22, 23, 29, 30 (AT6 – Advanced Sequencing)  
 Nov 3 – 5 (AI6 – Advanced Integration)  
 Dec 1 – 3 (HK – Human Condition)  
 Dec 8 – 10 (HN – The Energy Body)  
 Feb 9 – 11 (AIN – Advanced Integration) – **2024** –  
 Plus 10 Electives (if IMSN3) / 11 Electives (if IMSN2)  
 from Orange Elective Box on p2 / pp 23 - 29

# Additional Training Requirements

There is no extra charge for these requirements. Each one is required for Certification. Alex or another trainer will help you map these out at your first and second module. If you are not meeting these requirements in their listed module(s), you are required to declare to the Training Director that you will be finishing them outside of module.

## Yoga Class Teaching Credit Requirement

You will also need to log 150 hours of extra teaching hours *after your 200 hour certification*. You will have assigned elements to work on during these teaching hours that we will establish at your first module and continue to follow up with through successive modules. You may meet these hours by your own classes or if you don't have classes or don't want to meet your hours this way, talk to the Yoga Teacher Training Director to meet this requirement via helping assist the 200 hour training (once you've completed 14 modules – *Note you must declare your desire for this option at your 10<sup>th</sup> module to the director in order for it to become available*).

## Alchemical / Transformational Workshop Requirement

One of the final requirements of your 500-hour certification is to complete a workshop or workshops that can demonstrate all the transformational elements of practice (which you will learn in your advanced modules). We usually recommend doing three of these, but you must successfully complete one of these. These are done at Advanced Integration Modules (p28)

## A Note on Reading Requirements

All "Required Texts" listed on page 34 will be read over the course of preparing for your required modules. Advanced modules will require some of the books marked \*\*\* on page 34. Your Module RSVP's will include which reading is required.

### **Additional Requirements Details:**

- Practice Log: Maintain a Regular Practice (3+ per week). Each practice log entry shall contain:
  - Date, Time, and Length of Practice
  - Practice Intention (Assigned in Module)
  - Teacher of class, DVD or CD practiced with
  - Motivation Level
  - One to Six Sentence recap on any insights, physical progress, or new experiences in mind-body-spirit relationship. Can be as simple as: "Maintained Side Body Long through 90% of poses. My highest ever!"
- Teaching / Life Practice Log
- Training Journal. Kept for module exercises and is never collected.
- Notebook: Take Notes on the videos provided on Teacher Training Website.
- Must Agree to Ethics Standard on pp 35-38 & Bring this Catalog to your first modules.



### **Books, Other materials, & Supplies**

May be purchased anywhere. The teacher training website will provide links to purchasing locations of the books for the student's convenience. Teacher Training Students will need five notebooks or notebook divisions (one practice log, one teaching log, one journal, and three notebooks (Practice, Teaching, Lifestyle) ), pens/pencils (multi-color recommended for visual learners), required books (listed below), and a yoga mat. All other props, manuals, and materials will be provided.

### **Complete Cost of the Training**

*(only Tuition is due to The Studio)*

Tuition (early bird - pay as you go)	\$8928	
Tuition (pay in advance)	\$7250	
Books	\$210	
Notebooks/Pen/Pencil	\$24	
Yoga Mat	\$20	
Detox Bath Mix	\$120	
Teacher Training Manual	\$120	
Total	\$7736 (in advance)	\$9432 (pay as you go)

### **Yoga Teacher Training Faculty**

Alex Pfeiffer eRYT – Primary Teacher & Director, Asana, Pranayama, Teaching Methodology

Sarah Higgins, eRYT - Asana, Pranayama, Teaching Methodology

Autumn Bonner, eRYT – Working w/ Injury, Physiology, Body Mechanics

Katy Wallace, ND/RYT - *Shat-Karman*, Anatomy, Physiology, & Nutrition as it relates to Yoga.

Matt Lerner eRYT – Philosophy, Lifestyle, Special Yoga Topics, & Teaching Methodology

Kathleen Slattery-Moschkau, Business & Marketing

# Training Textbooks

## Required Texts

[Yogabody](#) : Anatomy, Kinesiology, and Asana by *Judith Lasater, PH.D.*

[Getting Real](#) : 10 Truth Skills You Need to Live an Authentic Life by *Susan Campbell, PH.D.*

[The Power of Focusing](#) : Guide to Emotional Self-Healing by *Ann Weiser Cornell, PH.D.*

[Teaching People Not Poses](#) : 12 Principles for Teaching Yoga with Integrity by *Jay Fields*

[Functional Anatomy of Yoga](#) : A Guide for Practitioners and Teachers by *David Keil*

[Teaching Yoga Beyond the Poses](#) : A Practical Workbook for Integrating Themes, Ideas, and Inspiration into your class by *Sage Roundtree & Alexandra DeSiato*

See page 32 for completing the readings.

## Provided Text

**21<sup>st</sup> Century Yoga on the Mat Training Manual** by *Alex Pfeiffer*, Provided in modules bits at a time in pdf format in total 100 - 300 pages of presentation slides depending on modules attended. We will go through the manual together or in web video format. Provided via online website. It is your responsibility to print it yourself or bring it with you in another (electronic) format to training modules.

## Optional Reference Books

[Therapeutic Wisdom of Yoga Set — Both Volumes 1 and 2](#) by *Doug Keller \*\**

[The Yoga Bible](#) by *Christina Brown (helpful for Sequencing if new to Anatomy)*

[Yoga Anatomy](#) : by *Leslie Kaminoff & Amy Matthews*

[Key Poses of Yoga](#) by *Ray Long*

[Key Muscles of Yoga](#) by *Ray Long*

[Anatomy Trains](#) by *Thomas Myers \*\**

[2,100 Asanas](#) by *Daniel Lacerda*

[Eastern Body, Western Mind](#): Psychology and Chakra System As a Path to the Self by *Anodea Judith*

[Integral Meditation](#): Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life by *Ken Wilber \*\**

[Nonviolent Communication](#) : A Language of Life, by *Marshall Rosenberg Ph.D \*\**

[Full Body Presence](#): Learning to Listen to Your Body's Wisdom by *Suzanne Scurlock-Durana \*\**

[Yoga Sequencing](#): Designing Transformative Yoga Classes by *Mark Stephens \*\**

[Theme Weaver](#): Connect the Power of Inspiration to Teaching Yoga by *Michelle Berman Marchildon*

[Getting Our Bodies Back](#): Recovering, Healing, and Transformation by *Christine Caldwell \*\**

[Loving What Is](#) : Four Questions that can Change Your Life by *Byron Katie \*\**

[The Unfolding Now](#): Realizing Your True Nature through the Practice of Presence by *AH Almaas \*\**

[The Body Keeps the Score](#): Brain, Mind, and Body in the Healing of Trauma by *Bessel van der Kolk \*\**

\*\* = book is used in the 500 hour Advanced "Alchemical" Training or/and Mastery Training, which ones are required will depend upon which modules are taken and what years one is in the training. See program administrator for more information. All these books are required reading for the 1008 hour training.

## Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only The Studio Teacher Training, 21<sup>st</sup> Century Yoga on the Mat, its faculty, and the Program Director to your students, but the yogic lineage itself. Certified teachers are expected to uphold the following ethics standard. Please read the standard to be sure that it is consistent with your values as all certified teachers will be trained to follow this standard.

### Ethics Standard

**Purpose:** As Yoga Instructors, each of us recognizes the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to create a sacred space in which a nurtured student can grow physically, mentally, emotionally, and spiritually.

**Principles:** In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers to provide an environment which encourages inner work. This environment will be somewhere on the spectrum between a safe space and encouraging leaning into an edge. The goal is to set clear context for the sake of nurturing growth. To this end, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
- To not use context to step over the line and trigger students on purpose when there are other methods available to bring the light of awareness.
- To not use context to step over the line and keep the safe space within its borders where there is distinction between therapeutic context and growth context.
- To stay abreast of new developments in the field of yoga through educational activities & study.
- To seek out and engage in collegial relationships and peer relationships, recognizing that isolation can lead to a loss of perspective and judgment.
- To manage our personal lives in a healthful fashion as to be resourced and to seek appropriate assistance for our own personal problems or conflicts. **A huge part of this is maintaining your personal yoga practice!**
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence and be honest when you are not sure if it is.
- To establish and maintain appropriate professional relationship boundaries founded upon the understanding of transference and countertransference.
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves, but completely within ourselves.

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

- We use 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 may at times render service to individuals 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.
- Knowingly soliciting another teacher's students is unethical.

**Practice Of Student Relationships:** In recognition of the trust placed in us as teachers by our yoga students, it is our responsibility to maintain relationships with students on a professional basis that honors the unique and sensitive nature of this relationship.

- 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 beliefs on others, although we may express them when appropriate in the yoga class and own them as foundational to yoga itself or us personally.
- 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 instruction, and/or use the relationship for our own gain.
- Should we feel extraordinary circumstances to engage in such a dual relationship, it is our responsibility to consult our own teacher for advice before proceeding. We vow to represent the situation honestly, honor our teacher's advice, and follow up with the situation.
- We do not engage in harassment, abusive words or actions, or exploitative 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.
- 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.

- 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 situations 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 purposes of supervision or consultation; or by previously obtained written permission. In cases 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.
- When current or former students are mentioned as an example in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

**Practice Of Advertising:** Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments 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 inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
- We do not make public statements which contain any of the following:
  - A false, fraudulent, misleading, deceptive or unfair statement.
  - A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
- 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.
- Should any participant of our services have reason (to a 3<sup>rd</sup> party) to conclude that they did not receive benefits promised or stated in our advertising, we will immediately give the participant's money back. (We recommend anyone who claims a misrepresentation from advertising be given full money back immediately with few exceptions.)