

THE STUDIO

Yoga Teacher Training

Summer 2020 Hybrid Weekend Modular Catalog

200 hour training • vol 3.61

TheStudioMadison.com/the-studio-yoga-teacher-training/

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*Approved by the Wisconsin
Educational Approval Board*

*Yoga Alliance Registered School
ID# 55724*



Yoga Teacher Training Goes Live June 6th, 2020

**Applications are due no later than
May 3rd, 2020. Online, see page 14**

Create your own schedule or follow any of these suggestions....

Note: The Weekend Modular Program Starts at the Beginning of the Year and Every Autumn. The programs available for Summer are the June Immersion and the Weekend Modular / Immersion Hybrid Training. If you would like to attend the Complete June Immersion, see the June Immersion Catalog. If you do not want to attend any Immersion (you only want weekends), see the Autumn Catalog.

Completing the Training by End of Year

Teleconference Call on May 28th 7 – 10pm

June 6 – 14 (IMSN7 – **Anatomy Foundations Immersion**)
June 19 – 21 (TN – Holding Space)
June 26 – 28 (IGN – Integration)
Oct 9 – 11 (FT – Inner Journey Yoga)
Oct 16 – 18 (TK – Cueing: Voice & Language)
Nov 6 – 8 (IPN – Integration)
Dec 4 – 6 (FK – Embodiment Foundations)
Jan 8 – 10 (Hot Yoga) -- or -- Jan 29 – 31 (Ecstatic Dance)

One Year Yoga Teacher Training – Immersions Only

Teleconference Call on May 28th 7 – 10pm

June 6 – 14 (IMSN7 – **Anatomy Foundations Immersion**)
June 16 – 27, 2021 (IMSN7 – **Immersion Completion**)

Completing the Training in 10 Months

Teleconference Call on May 28th 7 – 10pm

June 6 – 14 (IMSN7 – **Anatomy Foundations Immersion**)
June 19 – 21 (TN – Holding Space)
Oct 9 – 11 (FT – Inner Journey Yoga)
Oct 16 – 18 (TK – Cueing: Voice & Language)
Nov 6 – 8 (IPN – Integration)
Dec 4 – 6 (FK – Embodiment Foundations)
Feb 19 – 21 (IGK – Integration) **– 2021 –**

Plus Choose 1 of the following electives:

Nov 6 – 8 (Practices), **– 2021 –** Jan 8 – 10 (EHOT – Hot Yoga), Jan 29 – 31 (Ecstatic Dance), May 7 – 9 (EATYMS – Musculoskeletal Anatomy)) *Or, any of the Summer Self Study Modules listed on page 29.*

Completing the Training in One Year

Teleconference Call on May 28th 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 – Inner Journey Foundations)
Oct 16 – 18 (TK – Cueing : Language & Voice Skills)
Dec 4 – 6 (FK – Embodiment Foundations)
Feb 19 – 21 (IPK – Integration) **– 2021 –**
March 5 – 7 (IGS – Integration)
March 26 – 28 (FS – Yoga Anatomy Foundations)
April 16 – 18 (HS – Aligning to Mother Nature)
June 19 – 21 (TS – Demos, Adjustments, Sequencing)

Plus Choose 3 (if taking IMSN2) or Choose 4 (if taking IMSN3) of the following electives:

April 16 – 18 (HS – Align Mother Nature), *Or, any of the above or Summer Self Study Modules listed on page 29.*

More info on pages 23 - 29

**For Shorter Plans: See Summer
Immersion Catalog**

**For Longer Plans: See Autumn
Catalog**

Practicals – A Quick Reference

Module Schedule - Required Times

14 Completed Modules are needed for certification.

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 & 2nd Module weekends are the ones that supply you with the foundations to join the rest of the training.

Because of this, these weekends will have all day Fridays.

This training is definitely for anyone who:

- wishes to become a yoga teacher
- wishes to go deeper in his/her own yoga practice
- wants the foundational experience of a lifetime in integrating one's life. The physical with the spiritual. Mind with Body. Work and Play. Being an individual with being a member of something bigger.

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 3 or 4 years to move through the 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.

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 10 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.

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.

Quick Schedule Reference

Initial Conference Call is Thursday May 28th from 7 – 10p

Immersion: June 6 – 15; 6 – 10; or June 6 – 10 (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)

Saturday: **9am – 2pm;** **3pm – 7:30pm**

Sunday: **9am – 2pm**

Other Modules – PM (Typical)

Friday: **6pm – 10pm**

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

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

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.

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/ 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

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 Apprenticeship 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 confidentiality). 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 14 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) Six Months of Regular Yoga Practice or Program Director's Consent.
- 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.
- 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 to Become a Certified Teacher

You will be required, on Application, to either choose one of the 3 options listed on page 2 (1 year, 1.5 year, 2 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 certification or your other 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. (*copy at the end of this document*)

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.

Graduation / Certification Requirements

Students must satisfactorily complete 14 modules, (minimum of 4 foundations, two integration modules, plus electives), & complete all payment obligations, and return all property belonging to The Studio or Program Administrators to graduate and become a certified yoga teacher. They are listed in more detail in the "Program Outline" section of the catalog. The Studio's - Yoga Teacher Training Program promises to run all core modules twice over through the next two and a half years. For this reason, we recommend completing the program in one or two years. (see "Program Outline" section).

Students may complete any combination of 14 modules to be certified, so long as the choices include:

- At Least 3 Basics Modules. (FS, FK, FN, TS, TK, TN)
- At Least 2 Teaching Skills Modules. (TS, TK, TN)
- At Least Two Integration Modules (IGS, IPS, IGK, IPK, IGN, IPN or any other module labeled "Integration")

Students will also have graduation requirements outside the training modules. They are:

- Maintenance of a Regular Yoga Practice (avg 3+ per week) marked in a Practice Log. (can be at any studio – or – home practice)

- Keep a Teaching Log which will include teaching 3 to 15 full yoga classes outside of training time.
- These classes can be with anyone, anywhere, any time, any size. Just you and your roommate, partner, etc. Better if you can get more than 1 student, but any will do in order to meet the requirement.
- Complete all other Teaching Log Assignments (given in modules). Total Time for assignments is approximately 8 hours (based on previous trainees' experience).
- Score a 90 percent or better on Final Written Test (study guides, assessments, and infinite retakes will be given)
- Watch and Take Notes On Approximately 3 hours of Online Video before each module (10 hours before your first module).
- Complete the Ethics, Business, Sequencing & Observation Requirements as outlined on page 30
- Read the Books:
 - Getting Real by Susan Campbell, PH.D.
 - The Power of Focusing by Ann Weiser Cornell, PH.D.
 - Yogabody by Judith Lasater, PH.D.
 - Functional Anatomy of Yoga by David Keil
 - Teaching People Not Poses by Jay Fields

More detailed information on the modules, outside module requirements, and material covered in the training can be found in the "course of study section" on page 23 and more on required reading on page 30.

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.

Credit for Previous Training

The Studio Yoga Teacher Training Program – 200 hour modular 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.

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 Board for further assistance: <http://eab.state.wi.us/> or 608.266.1996.

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	<i>(4 weeks before the module starts)</i>
Pay Date after early bird:	\$329	<i>(Will need to pay for 14 Modules in Total) (your final module is on us!)</i>
Pay All Modules in Advance	\$3250	<i>(saves \$656 to \$1356 vs. pay as you go)</i>

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 cancellation 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

The Studio's - Yoga Teacher Training Course of Study

Objective of the The Studio's Yoga Teacher Training Program

Upon completing this program, the student will be able to teach a solid yoga class backed by a refined knowledge of human anatomy, the psychology of practice, personal experience, the teaching & learning cycle, and yogic tradition.

Two Year Promise of Fulfillment by Teacher Training Director

From your first module and 2 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 two years.

The Studio Yoga Teacher Training Website

More training materials will be accessible online upon program entry.

Clock Hours

Approximately 250 total hours including online learning (varies on module combination, may be as low as 200, but will not typically exceed 250). This will prepare you to go deeper in your practice, teach a solid public yoga class, and apply yoga to your life.

Course Title

The Studio's - Yoga Teacher Training Program 200 Hour Level.

Course Description

Topics covered in the 200 hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

Techniques – the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation. minimum **101.25 hrs**

Teaching Methodology – principles of demonstration, observation, assisting/correcting, instruction, qualities of a teacher, and business aspects of teaching yoga. minimum **60 hours**

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 **25.75 hours**

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers. – 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 **30.25 hours**

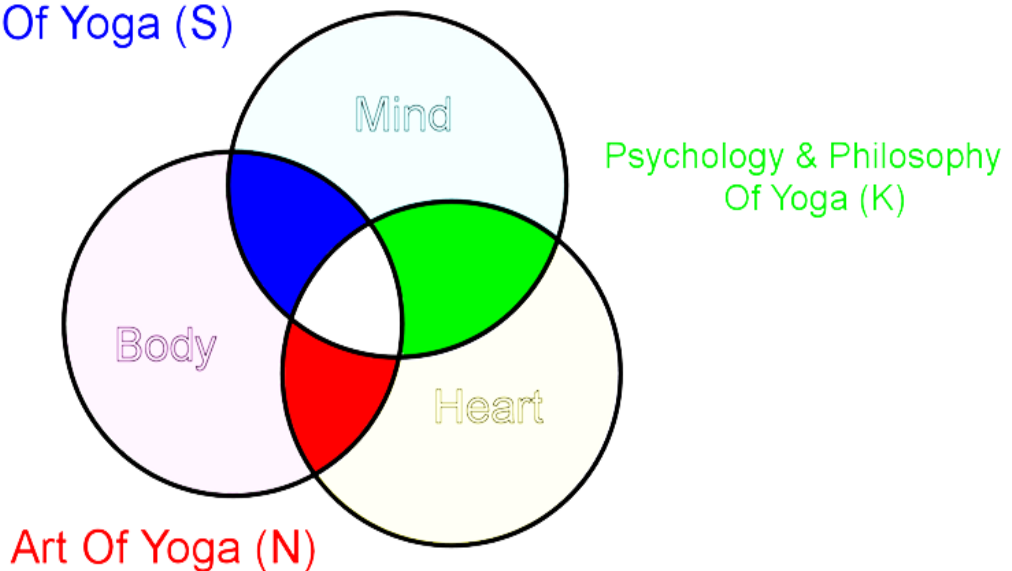
Practicum – actual practice teaching, giving and receiving feedback and observing others teaching.

minimum **20.5 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

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” or “D”

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 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 - More information on these in the Advanced Training Catalog. Towards the end of your 200 hour training, you may be eligible for some of these and they will count for your 200 hour training. You typically will not receive RSVPs for Advanced Modules while in the 200 hour training (except for depth modules). If you'd like to receive these RSVPs, contact the director at one year into your program.

Module Design on Next Page.....

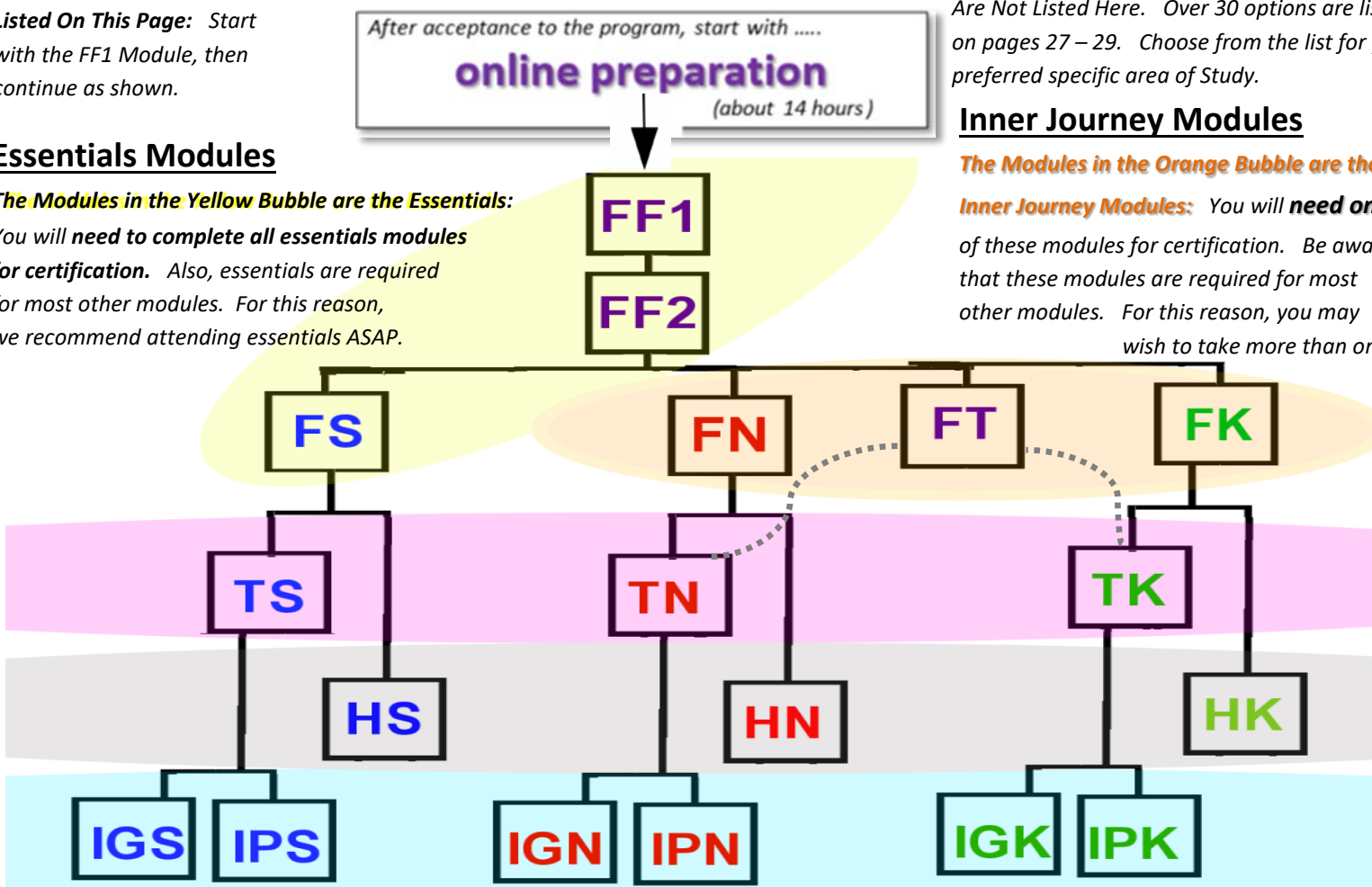
Core Modules

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

Essentials Modules

The Modules in the Yellow Bubble are the Essentials:

You will need to complete all essentials modules for certification. Also, essentials are required for most other modules. For this reason, we recommend attending essentials ASAP.



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.

Inner Journey Modules

The Modules in the Orange Bubble are the Inner Journey Modules: You will need one of these modules for certification. Be aware that these modules are required for most other modules. For this reason, you may wish to take more than one.

Teaching Skill Building Modules

The Modules in the Pink Bubble are the Teaching Skill Building Modules. You will need two of these modules for certification. Take all three for a more robust teaching focus or if you want to skip the modules in the gray bubble....

Foundations of Transformational Practice

The Modules in the Gray Bubble are the Foundational Modules of Transformational Practice. You need zero of these modules for certification if you take all 3 teaching skill modules (in the pink bubble), otherwise, you will need one should you complete less than three Teaching Skill Modules.

Certification

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

- 14 Total Modules
- All Essentials Modules (Yellow Bubble)
- At least 2 Teaching Skills Modules (Pink Bubble)
- At least 3 Total Teaching Skill + Transformational Practice Mods (T_ + H_)
- At least 2 Integration Modules (Cyan Bubble)
- Plus “Additional Training Requirements” listed on pages 30 and 31.

Integration Modules

The Modules in the Cyan Bubble are the 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.

If completed # T_ mods	Need to teach # classes
1	8 before & 4 after
2	4
3	1

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

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.

Full Module Schedule

Essentials Modules: FF1, FF2, FS

(all required)

Foundations Essentials Modules (F)

FF1	<u>21st Century Yoga on the Mat Foundations : Preparing to Walk the Path</u>
	August 27 th – 30 th 2020
	January 28 th – 31 st 2021
	September 23 rd – 26 th 2021

Prerequisites: *Admittance to the Yoga Teacher Training (this is your 1st module)*

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

Prerequisites: *FF1*

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

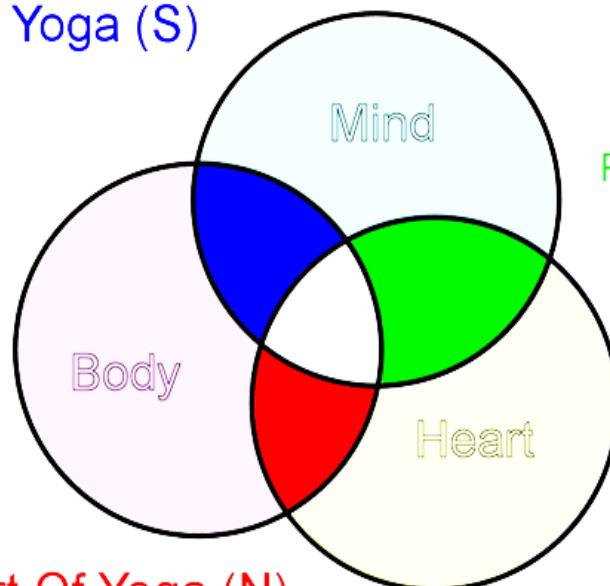
Prerequisites: *FF2*

Nearly All Other Modules Segmented into **Science of Yoga (S)**, **Art of Yoga (N)**, and

Psychology / Philosophy of Yoga (K)

(Color Coded: *Blue, Red, Green*)

Science Of Yoga (S)



Psychology & Philosophy
Of Yoga (K)

Art Of Yoga (N)

Inner Journey On the Mat Modules: (FN, FK, FT) (one required)

FT

Inner Journey Foundations : Deep Listening in the Heart of the Yogi

October 9 th – 11 th	2020
June 11 th – 13 th	2021
June 8 th – 10 th	2024

Prerequisites: FF2 **Note:** *Recommended only if you will not be able to attend FN or FK before your certification. Otherwise, skip this and take FK and/or FN.*

FN

Traditional Practice Foundations : Concentration, Bandha, Mudra

December 10 th – 12 th	2021
March 10 th – 12 th	2023
November 22 nd – 24 th	2024

Prerequisites: FF2 **Note:** *Required for Advanced (Possible Future) Certification*

FK

Embodiment Foundations : Deep Listening to the Spanda Within

December 4 th – 6 th	2020
November 4 th – 6 th	2022
October 6 th – 8 th	2023

Prerequisites: FF2 **Note:** *Required for Advanced (Possible Future) Certification*

Teaching Skills Modules: (T_) (two required, all three recommended if time)

TS

Teaching Skills: Physicality (Demos, Adjustments, & Sequencing)

June 18 th – 20 th	2021
January 6 th – 8 th	2023
June 15 th – 17 th	2024

Prerequisites: FS

TN

Teaching Skills: Holding Space (Seat of the Teacher, OS, Observation)

December 3 rd – 5 th	2021
June 17 th – 19 th	2023
December 13 th – 15 th	2024

Prerequisites: FN, FA or FT or Instructor Approval

TK

Teaching Skills: Cueing (Ethics, Voice, Language)

October 16 th – 18 th	2020
June 17 th – 19 th	2022
October 20 th – 22 nd	2023

Prerequisites: FT or FK

Foundations of Transformational Practice Modules: (HS, HN, HK)

(none required if taking 3 T_ mods or if taking both (FK, FN), otherwise one required)

HS

Science of Yoga Transformation Foundations: Aligning to Mother Nature

April 16 th – 18 th	2021
November 18 th – 20 th	2022
January 10 th – 12 th	2025

Prerequisites: FS

HN

Yoga as Art Transformational Foundations: The Energy Body

December 8 th – 10 th	2023
January 3 rd – 5 th	2025
December 11 th – 13 th	2026

Prerequisites: FN

HK

Yoga Psychology & Philosophy Xform Foundations: The Human Condition

December 1 st – 3 rd	2023
December 12 th – 14 th	2025
December 4 th – 6 th	2026

Prerequisites: FK

Integration Modules (I)

(need at least 2 for certification)

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

Prerequisites: F_ & T_ of same color (S,N,K) plus either A or B where:

- (A) Have taught 8 classes + 4 after* or
- (B) Have taught 4 classes* & also completed one additional Teaching Skills Module T_ (TN, TK, TS) or
- (C) Have taught 1 class* having completed all T_ mods. (TN, TK, TS)

* NOTE * These classes can be with anyone, anywhere, any time, any size. Just you and your roommate, partner, etc. Better if you can get more than 1 student, but any will do in order to 28 meet the requirement.

Elective Modules

Live Elective Modules (also called Non - Core Modules) (E)

Prerequisites

2020.

EPRCT2	Practices & Workshops	Nov 6th – 8th	FF1
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2021.

EHOT	Hot Yoga	Jan 8th – 10th	FF2
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HKED	Ecstatic Dance	Jan 29th – 31st	HK
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EPRCT3	Practices & Workshops	Feb 19th – 21st	FF1
---------------	----------------------------------	--	------------

HCHKR	Chakras Elective	March 26th – 28th	HN
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EATYMS	Musculoskeletal Anatomy	May 7th – 9th	FS
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AEER2	Emotional Release	May 7th – 9th	HK
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HKMED	Meditation	Sept 24th – 27th	FK
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EPRCT4	Practices & Workshops	Oct 8th – 10th	FF1
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H/ASTPY#	Therapeutics Series	Oct 22nd – 24th	HS
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HSPCA	Posture Clinic & Adjustments	Nov 12th – 14th	FS
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2022.

EFLOW	Flow Yoga	Jan 7th – 9th	FK, FS, or FN
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EPRCT5	Practices & Workshops	Feb 18th – 20th	FF1
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ESAV	Savasana	March 11th – 13th	FK, FS, or FN
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EREST	Restorative Yoga	April 22nd – 24th	FK, FS, or FN
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EYIN	Yin Yoga	Sept 23rd – 25th	FK, FS, or FN
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EAY	Yoga Accessibility for All	Oct 21st – 23rd	FF1
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EPRCT6	Practices & Workshops	Oct 7th – 9th	FF1
---------------	----------------------------------	--	------------

HKSG	Spiritual Growth	Dec 9th – 11th	FK
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2023.

HSLAB	Adjustments Lab	Jan 20th – 22nd	TS
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EPRCT7	Practices & Workshops	Jan 27th – 29th	FF1
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H/ASTPY#	Therapeutics Series	Feb 17th – 19th	HS
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ENPRN	Pranayama	March 31st – April 2nd	FN
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HSPA	Arm Balances & Inversions	March 31st – April 2nd	HS
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HNID	Yoga Nidra	April 21st – 23rd	FS, FK, or FN
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EATYNS	Anatomy of Nervous System	Aug 25th – 27th	FS or FN
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ESNAB	Asana Breakdown	Sept 15th – 17th	FS
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EPRCT8	Practices & Workshops	Nov 3rd – 5th	FF1
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2024.

HKED	Ecstatic Dance	Jan 5th – 7th	FK
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ACHKR	Chakras Elective	Jan 5th – 7th	HN & HK
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HKCRC	Circling	Jan 26th – 28th	FK
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Check Online and Reading Modules for more elective options. There are Advanced Training Modules that also do not appear in this catalog. You may look at the Advanced Training Catalog if interested in that module list (there are much more rigorous requirements for those modules such as needing to complete all Basics Modules to take many Mat Practice focused Advanced Modules or needing to teach 100 classes for many Teaching Skills Advanced Modules).

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

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

You may choose as many as three online modules to count towards 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 Immersions. RSVP's will go out early.

<u>Immersion Name</u>	<u>Dates</u>	<u>Pre-Reqs</u>	<u>Curriculum Credit</u>	<u># Mods</u>
Practices Immersion	Dec 4 th – 13 th , 2020	FT	FK, FN, HN, TX	6
Completion Immersion	June 18 th – 27 th , 2021	FF2	TS, 3 Integrations	6
Integration Immersion	June 23 rd – 27 th , 2021	One T_	2.5 Integrations	3
Art of Yoga Immersion	Dec 3 rd – 12 th , 2021	FF2	TN, FN, 2 Integrations	6
Alignment & Adikara Im	Dec 3 rd – 12 th , 2021	HS & T_	DS, 2 Integrations	6
Completion Immersion	June 17 th – 26 th , 2022	FF2	TK, 3 Integrations	6
Integration Immersion	June 22 nd – 26 th , 2022	One T_	2.5 Integrations	3
Depth Of Practice Imsn	Nov 4 th – 20 th , 2022	FF2	FK, HK, FS, HS, FN, HN	9
Embodiment Immersion	Nov 4 th – 11 th , 2022	FF2	FK, HK	4
Traditional & Modern Pr	Nov 11 th – 20 th , 2022	FF2	FS, HN, FN, HN	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 30th, 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.

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.

Reading Requirements

The 5 books listed on page 32 under “required texts” are required reading for certification and are discussed in the core modules. You can complete these at any time before or during your training. If we cover a book in a module you attend (and you fully participate in the discussion & forum posts), you do **not** need to write a report for that book, otherwise you’ll need to write a report for the book as follows....

If you do NOT take Module(s)	... you must complete a written report for the book(s)
TK	<u>The Power of Focusing</u>
HK & TK	<u>Getting Real</u>
IGN or IPN	<u>Teaching People, Not Poses</u>
HS & TS	<u>Functional Anatomy of Yoga</u>

Reports shall consist of 3 sections made up of 3 topics each. Each topic at least 300 words:

- What are the 3 most compelling topics in the book? (at least 300 words per topic)
- List 3 concepts/topics you discovered in this book that will affect your personal yoga, meditation, or life practice. (at least 300 words per concept)
- List 3 concepts/topics you discovered in this book that will affect how you teach yoga or live your yoga centered lifestyle. (at least 300 words per concept)

Extra Integration Requirements

You may not be taking all the teaching skills modules – particularly if you are taking one of the quicker certification paths. To make sure you get an adequate chance to learn all of the yoga teaching skills, there will be extra (usually video content watching) to do during or for your 2nd integration module to get any missed skills. Please budget extra time for these as follows:

- If you are not taking the **TK** module before certification, budget an extra **3** hours for homework.
- If you are not taking the **TN** module before certification, budget an extra **2** hours for homework
- If you are not taking the **TS** module before certification, budget an extra **4** hours for homework.

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, or if a self practice, the focus of your practice (ie. Intention, backbends, to de-stress, to practice Side Body Long, etc.)
 - 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!”
 - Practice logs will be checked at the beginning of each module.
- Teaching / Life Practice Log: Must teach a number of full yoga classes. The number depends upon your experience with Teaching Skill Modules. See page 24 for the number. These yoga classes may be taught anywhere. There will be Teaching Log Assignments given included in the modules. (plus optional Life Practices)
- Training Journal. Kept for module exercises and is never collected.
- Take Notes on the videos provided on Teacher Training Website.
- Must Agree to Ethics Standard on pp 35-38

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)	\$3486	
Tuition (pay in advance)	\$3250	
Books	\$110	
Notebooks/Pen/Pencil	\$24	
Yoga Mat	\$20	
Detox Bath Mix	\$50	
Teacher Training Manual	\$90	
Total	\$3544 (in advance)	\$3780 (pay as you go)

Yoga Teacher Training Faculty

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

Sarah Higgins, RYT - Asana, Pranayama, Teaching Methodology

Autumn Bonner, RYT – 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

Elizabeth Fadell, Shaman & Corporate Consultant - Ethics & Philosophy

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*

See page 30 for completing the readings.

Provided Text

21st 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*

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

[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

Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only The Studio Teacher Training, 21st 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 3rd 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.)