



YOGA TEACHER TRAINING CURRICULUM

A Yoga Teacher Training (YTT) can be an intense personal and professional journey. This YTT program is open to anyone with a sincere interest in learning the authentic meaning of yoga. The journey of a teacher is an ever-unfolding expansion of possibility. The process of teaching unravels the heart and awakens you to the source of creativity within. It's the ability to stay on the path with a sense of awe and wonder at the beauty and magnificence of life expressing itself through you as you. Great teaching is learning how to artfully give voice to your journey as means to inspire and uplift others. Whether you wish to teach or deepen your practice, YTT is an excellent way to accelerate in your personal development.

This YTT teaches you how to teach asana to others by lecture, demonstration, observation, correction - not by performing yoga with your students. As a teacher, your purpose is to provide a safe, progressive curriculum of learning, to help your students create a home practice appropriate to their current state of health and conditions, to where they inevitably don't need you. They become their own teacher!

Learn through interactive lectures with visual aids, guided experiences, and small group interactions, as well as private sessions and guided home study between program sessions. You will be taught to inspire, to lead, and to powerfully use your own style to share the practice with populations you wish to target.

The purpose of each module is to explore yoga practice and philosophy in an in-depth fashion. This allows each participant to explore the many dimensions of yoga practice to help deepen one's own practice. This program is an opportunity for practitioners and teachers of all levels to improve their personal practice, provide a well-rounded understanding of the philosophies of yoga, and prepare you how to teach a group with various abilities and conditions.

A YTT manual is provided to students at the first session who are enrolled in the full 200-hour program. InnerSpaces by Karen YTT Program is registered with the Yoga Alliance at the 200-hour level under the current guidelines. A 200hr YTT graduate is qualified to work with the varying levels of yoga students teachers encounter.

Mission Statement:

This Yoga Teacher Training is designed to:

- Provide a vehicle for honing personal practice (sadhana)
- Cultivate a knowledge base from which to teach breath-centered yoga
- Learn techniques to prepare you to take on the role of teacher
- Study physical anatomy and the yogic body
- Learn how to assist and observe experienced teachers and learn how to look at, assess, and guide students safely in asana poses
- Explore the ethics and business of teaching yoga
- Provide an inspiring environment and supportive community (satsang) where you can share your experiences and findings and reflect on their meaning
- Explore the concepts of yoga and support the unfolding of your own Sat Guru, or inner teacher, so you learn to teach from intuition.



This training has applications well beyond teaching yoga as it provides a supportive and nurturing environment for you to develop the confidence needed to become a teacher and will give you the real-world know-how to make it a profession.

Program Format

Immersion: Each Immersion training module will be the first Saturday and Sunday of the month from 10am - 6:30pm.

In addition to these group training sessions each student will be required to practice and complete the required amount of written observation forms signed by the teacher of the class they participated in.

Traveling students will be given priority to observe their classes on the weekends of the actual training sessions. The program format includes lecture, practice of dialog for Yoga sequence, group study of mechanics of asana, question and answer sessions and small group processes.

These immersion weekends allow the enthusiastic student to join for individual sessions along with those who are committed to completing the full 200-hour YTT. Therefore, certain modules will be open to the general public. Please be aware that these sessions can be quite challenging and fun.

Observation classes entail participating in or observing a regular public class and filling out an observation form detailing the experience. We recommend that you complete all observation classes at YogaSpace; however, you can complete these classes at any willing studio provided the instructor signs the form post class completion. This process serves integral to the program and many students have expressed having received tremendous benefit from this exercise.

Program Faculty

Contact hours are taught by Experienced (E-RYT500) teachers who meet the Registered Yoga Alliance years of teaching and continued education requirements as well as RYT500 teachers who support a portion of those hours.

The primary teacher is Karen Pierce, E-RYT 500, founder of InnerSpaces by Karen. As needed, she will be assisted by an experienced team of certified Yoga teachers. Teaching since 1994, Karen is an e-RYT 500, Certified Yoga Therapist, YogaEd teacher, and Shamanic Energy worker. She is a member of the IAYT (International Association of Yoga Therapist) and this 200-hour Yoga Teacher Training is a Registered Yoga School with Yoga Alliance.

Why this program is unique?

The therapeutic orientation of the yoga practice, which is inspired by TKV Desikachar/Krishnamacharya one-to-one, breath-centered tradition but has also been adapted to conventional group class setting. This program is unique for its inclusion of Ayurveda, the ancient Science of Life, helping students develop skills of self-diagnosis and interpretation of symptoms as well as practical and adaptable Shamanic techniques to facilitate a deepening appreciation for the inter-connected web of life.



Prerequisites

It is preferred that applicants have an established yoga practice in any yoga system prior to the beginning of the program. The strength of this foundation will support the Yoga Teacher Training program, but it is not required. The only requirement is fill out the "Getting to Know You" **Registration Form** (pg 5-9) and to come with an open mind and hopefully leave with an open heart.

Make-up Policy

Because this training is based on a specific number of hours attended, missed classes or modules must be made up. You are given these dates in advance to make space for this training in your schedule. If you know there will be a conflict, please let the teacher trainer know as far in advance as possible. If you miss more than 20 hours of training, you will be unable to complete the rest of the training. However, you are able to attend future trainings.

One-on-one private sessions are available to go over the material covered at \$50 per hour. Depending on the number of hours missed, you may be able to make up some of the time with a written paper or additional project depending on the lesson.

Training Calendar

Modules are fun in a weekend format. One weekend a month plus one-on-one mentoring and field work.

- 10 scheduled monthly modules that take place on weekends
- Remaining components (25 group classes + 1 community class) are customizable to fit to your schedule and to be completed in your own time.
- Reading, writing & online assignments including submitting a class plan.

Contact Hours

Weekend Immersions are considered "contact hours" and are required to graduate. 200+ contact hours are built into the YTT, leaving some room for absence. Remaining hours are considered "non-contact".

Non-Contact Hours

In addition, participants must complete 60 hours outside classroom attendance for personal development not covered by tuition. This includes a home practice, evaluations of other classes, reading/audio/visual assignments, internet aids, written assignments/tests, and group discussions/activities/meet-ups.

2019 Program Dates - Saturdays & Sundays, 10am - 6:30pm

February 2 & 3

June 29 & 30

March 2 & 3

August 3 & 4

April 6 & 7

September 7 & 8

May 4 & 5

October 5 & 6

June 1 & 2

November 2 & 3

Information & Policies

1. **Applying:** Complete and mail/email your "Getting to Know You" Registration (pages 5-9) or drop off at YogaSpace with your \$250 deposit to hold your spot (applied to tuition). Please note on the envelope "InnerSpaces by Karen YTT " and feel free to contact me if you have any questions regarding applying. My cell is 203-470-6969.
2. **Interview:** Karen Pierce, Director of InnerSpaces by Karen, will contact you for a phone or personal interview to discuss your participation. This is a great opportunity to ask any question about Yoga Teacher Training.
3. **Deposit:** Your deposit is non-refundable. Make your payment online through the YogaSpace website or drop off a check.
4. **Tuition:** Your tuition must be paid in full by the 1st module. Tuition is non-refundable but transferrable. Any returned payments will be subject to merchant service fees.
5. **Books:** Books are not included in your tuition. A recommended reading list will be provided at the first class.
6. **Acceptance:** Once your deposit is received, you will receive a Welcome Package with more detailed training information.
7. **Photos:** Please be advised that filming and photography may take place during modules. By participating in this YTT, you will be giving consent to being photographed, filmed and/or recorded.

Certificate of Completion

Each trainee is required to attend and successfully complete all outlined assignments, classroom instruction and module hours to earn their Registered Yoga Teacher Certificate.

Participation for non-certification is welcomed. This is a wonderful experience to increase your personal practice as well as expand your knowledge in all aspects of yoga. Non-certification allows you to opt-out of any assignments outside the classroom hours. You will not be awarded a certificate at the completion of YTT.

To ensure the highest level of quality instruction and personalized attention, each program is limited to 15 participants for optimum, individual learning and comfort. First come first served. Complete and include the Payment Contract with your Registration forms.





YOGA TEACHER TRAINING REGISTRATION

This "Getting to Know You" questionnaire is an important tool for helping your instructor insure your safety and the appropriateness of your yoga experience. This information is only for your instructor's use and will be treated as confidential and will not be released or revealed to any person without your written consent. Thank you for taking the time to complete this form. Any questions, please email me at: karenjpierce@earthlink.net

Training Location: YogaSpace

Please type directly in the Text box, print out and sign.

Program Dates: Feb - Nov 2019

Today's Date Click or tap here to enter text.

PERSONAL INFORMATION

Name Click or tap here to enter text.

to be printed on your certificate of completion

Address Click or tap here to enter text.

City Click or tap here to enter text.

State Click or tap here to enter text.

Home Phone Click or tap here to enter text.

Work Phone Click or tap here to enter text.

Email Click or tap here to enter text.

Nickname Click or tap here to enter text.

Birth date Click or tap here to enter text.

Age Click or tap here to enter text.

Current Occupation Click or tap here to enter text.

Cell Phone Click or tap here to enter text.

Website Click or tap here to enter text.

Why did you want to take this yoga teacher training and what do you hope to gain?

Click or tap here to enter text.

What particular skills and qualities do you bring to this program?

Click or tap here to enter text.

YOGA EXPERIENCE

How long have you practiced yoga? Click or tap here to enter text.

List styles and main teachers Click or tap here to enter text.

Describe your personal practice and/or spiritual practice, what style of yoga and how regularly you practice.

Feel free to include practices of faith, rituals and traditions.

Click or tap here to enter text.

Are you currently teaching yoga? Click or tap here to enter text.

If yes, how many classes per week? Click or tap here to enter text.

What tradition/style? Click or tap here to enter text.

If yes, are you already certified at the 200 or 500-hour level with Yoga Alliance or other equivalent? Click or tap here to enter text.

If you are not currently teaching yoga, are you taking Yoga Teacher Training to...

Get certified to teach group classes Choose an item.

Deepen your personal practice Choose an item.

MEDITATION EXPERIENCE

Do you already practice meditation? Choose an item.

If so, what type? Click or tap here to enter text.

If yes, how long have you practiced meditation? Click or tap here to enter text.

Describe your personal practice of meditation and how regularly you practice
Click or tap here to enter text.

OTHER EXPERIENCE

Please list other trainings you've taken and healing modalities you've studied, including self-awareness or personal growth work

Click or tap here to enter text.

What motivated you to pursue studies in yoga? What does yoga mean to you?

Click or tap here to enter text.

How did you find out about this program? Click or tap here to enter text.

What do you hope to gain from this training?

Click or tap here to enter text.

HEALTH INFORMATION

**** CONFIDENTIAL ****

Does your physician know you are participating in this training program: Choose an item.

What is the present state of your health: Click or tap here to enter text.

List all injuries or illnesses and how they affect your current condition:

Click or tap here to enter text.

Chronic physical limitations/physical handicaps (i.e. vision, hearing, movement, etc.):

Click or tap here to enter text.

List prescription medications you are taking for physical or psychological reasons:

Click or tap here to enter text.

List any supplements and/or natural remedies (include what condition it's for):
Click or tap here to enter text.

List any allergies to food, medications or the environment:
Click or tap here to enter text.

EMERGENCY INFORMATION

In case of emergency, please contact:

Name Click or tap here to enter text.

Phone Click or tap here to enter text.

Physician Click or tap here to enter text.

Phone Click or tap here to enter text.

Therapist Click or tap here to enter text.

Phone Click or tap here to enter text.

I hereby declare that the above information is true to the best of my knowledge.

Signature

Name (please print) Click or tap here to enter text.

Date Click or tap here to enter text.

RELEASE OF LIABILITY

I hereby acknowledge that I have voluntarily applied to participate in activities related to physical training involving Yoga. As is the case with any physical activity, the risk of injury, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body and discontinue the activity. I am voluntarily participating in these activities with knowledge of the danger involved and hereby agree to accept any and all risks of injury or death. I acknowledge that I have been given my physician's approval to participate in this program

I hereby agree that I, my heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute InnerSpaces by Karen, or any of its affiliated organizations and/or the owner or lessor of the premises where the activities are conducted for injury or damage resulting from the negligence or other acts, howsoever caused, by any employee, agent or contractor of InnerSpaces by Karen, or its affiliates, as result of my participation in yoga training. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against InnerSpaces by Karen, or any of its affiliated organizations

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM SIGNING THIS AGREEMENT VOLUNTARILY, AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND RECOGNIZE MY SIGNATURE SERVES AS COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE EXTENT ALLOWED BY THE LAW IN THE STATE OF CONNECTICUT.

Signature

Name (please print) Click or tap here to enter text.

Date Click or tap here to enter text.





YOGA TEACHER TRAINING PAYMENT CONTRACT

Name (print) Click or tap here to enter text.

Date Click or tap here to enter text.

Program Dates (From) February 2019

(To) November 2019

Tuition Fees:

Fees include classroom time, Skype classes, YTT training manual and CPR certification. Cost does not include recommended books. A reading list will be provided upon registration.

✓ Check which tuition fee you are paying below

Level I: 200-hour Yoga Teacher Training \$3,000

_____ **Deposit** \$250 (non-refundable)

Payment Options

PAID IN ADVANCE:

_____ **Paid in Full Registration** \$2,700 Prior to 12/15/18

10% discount if Paid in Full 60 days prior to 1st Module

_____ **Early Bird Registration** \$2,800 Prior to 1/3/19

Paid in Full 30 days prior to 1st Module

_____ **Regular Registration** \$3,000 Due by 2/3/19

Paid in Full prior to 1st Module

INSTALLMENT PLAN:

_____ **3 Installments** of \$1,000 Due by 2/3/19

Balance due by the 1st module

Financial Aid will be awarded to those candidates who not only demonstrate financial need but who also write the most compelling essay. Financial aid cut-off date is 60-days prior to start of course.

Cancellation/Refund Policy:

No portion of your deposit/tuition will be refunded for partial program attendance. While tuition is non-refundable, it is transferrable. In case of an emergency cancellation, you may apply the fee to another YTT within two (2) years of the course for which you originally registered.

Tuition Payment Methods

- Payable in cash, check or money order payable to: YogaSpace
- Credit card payments may be made online through the YogaSpace website.

I have read, understand and agree to the terms and conditions explained in the Yoga Teacher Training Registration Form, Payment Form, Curriculum (subject to change), Required Books & Materials, Homework Assignments, Attendance/Certification policies, terms and condition in this packet.

Signature

Date