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 2017 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

**Immersions:** 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 (attached) 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 (35 group classes + 5 mentoring classes) 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.

2018 Program Dates - Saturdays & Sundays, 10am - 6:30pm

| February 3 & 4 | June 30 & July 1 |
| March 3 & 4 | August 4 & 5 |
| April 7 & 8 | September 8 & 9 |
| May 5 & 6 | October 6 & 7 |
| June 2 & 3 | November 3 & 4 |

Karen Pierce, e-RYT 500 * karenjpierce@earthlink.net * www.InnerSpacesbyKaren.com
<table>
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<tr>
<th><strong>PERSONAL INFORMATION</strong></th>
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<tbody>
<tr>
<td>Name</td>
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<td>to be printed on your certificate of completion</td>
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<tr>
<td>Address</td>
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<td>Birth date</td>
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<td>Website</td>
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<td>Current Occupation</td>
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Why did you want to take this yoga teacher training and what do you hope to gain?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

**YOGA EXPERIENCE**

How long have you practiced yoga?  _______________________________________

List styles and main teachers
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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.
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Are you currently teaching yoga?

If yes, how many classes per week?  ___________________ What tradition/style?  ___________________

If yes, are you already certified at the 200 or 500 hour level with Yoga Alliance or other equivalent?  _______

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

Get certified to teach group classes  ___________________ Deepen your personal practice  ________________
MEDITATION EXPERIENCE
Do you already practice meditation? __________ If so, what type? ____________________________
If yes, how long have you practiced meditation? ____________________________________________
Describe your personal practice of meditation and how regularly you practice
____________________________________________________________________________________
____________________________________________________________________________________

OTHER EXPERIENCE
Please list other trainings you've taken and healing modalities you've studied, including self-awareness or personal growth work
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
What motivated you to pursue studies in yoga? What does yoga mean to you?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
How did you find out about this program? ________________________________________________
What do you hope to gain from this training? _____________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

HEALTH INFORMATION ** CONFIDENTIAL**
Does your physician know you are participating in this training program: __________________
What is the present state of your health: _________________________________________________
List all injuries or illnesses and how they affect your current condition: _____________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Chronic physical limitations/physical handicaps (i.e. vision, hearing, movement, etc.):
____________________________________________________________________________________
____________________________________________________________________________________
List prescription medications you are taking for physical or psychological reasons: _________
____________________________________________________________________________________
List any supplements and/or natural remedies (include what condition it's for):

___________________________________________________________________________________________
___________________________________________________________________________________________

List any allergies to food, medications or the environment:

___________________________________________________________________________________________
___________________________________________________________________________________________

**EMERGENCY INFORMATION**

*In case of emergency, please contact:*

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<th>Name</th>
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<tr>
<td>Physician</td>
<td>Phone</td>
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<tr>
<td>Therapist</td>
<td>Phone</td>
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_I hereby declare that the above information is true to the best of my knowledge._

Signature ___________________________________________________________________________________
Name (please print)__________________________________ Date __________________________________

**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 ______________________________________________ Date __________________________

Karen Pierce, e-RYT 500 * karenjpierce@earthlink.net * www.InnerSpacesbyKaren.com
INFORMATION & POLICIES

1. **Applying:** Complete and mail/email your "Getting to Know You" Registration (pages 4-8) 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.

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 in 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 an 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.*

Initials ___________________ Date ___________________
YOGA TEACHER TRAINING PAYMENT CONTRACT

Name (print) ____________________________________________ Date ____________________________

Program Dates (From) ____________________________ (To) ____________________________

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 hr Yoga Teacher Training $3,000

Deposit $250 (non-refundable)

Payment Options

PAID IN ADVANCE:

_____ Paid in Full Registration $2,700

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

_____ Early Bird Registration $2,800

Paid in Full 30 days prior to 1st Module

Payment Plan?

INSTALLMENT PLAN:

_____ 3 Installments of $1,000

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 ____________________________