



WELCOME!

Welcome to InnerSpaces by Karen Yoga Teacher Training 200-hour Certification Program. I am delighted that you have chosen this program at this time in your life to explore the vast and profound healing applications of the art and science of yoga.

It is a great honor and pleasure to serve as your teacher, friend and guide on this adventure of transformation. I am grateful for this opportunity to support you and wholeheartedly dedicate myself to your journey. It brings me immense joy to be with you through your growth and development and I hope that during this training, you'll discover and fulfill your dharma, or purpose.

I extend my appreciation to my teachers who have inspired and guided me over the years. It has been an honor to learn from them, and they have been a blessing in my life. I open myself to be a channel and share all that I have learned from them to you throughout this program.

I, and speaking on behalf of our esteemed studio & faculty, humbly offer you our knowledge and experience to assist you in your journey as you deepen your yoga practice.

Becoming a yoga teacher/yoga therapist is one of the noblest professions and highest forms of service in this life. My aspiration is that you will blossom into a dedicated teacher that will continue to inspire others to the yogic principals of love, peace, compassion, and oneness.

***Your breath and body are your greatest teachers.
Yoga allows you the space to listen to your teachers!
- Mark Whitwell***



ABOUT THE PROGRAM

Empower yourself with a solid yoga foundation, deepen your practice and make teaching a reality. This YTT embarks you on a profound journey to self-discovery; empowers you to listen to your inner teacher - the Sat Guru; offers a holistic, integrated, comprehensive training to build a foundation upon which to teach the ancient art and healing practice of yoga. You do not need to have the desire to become a yoga teacher to participate. Many participants are simply enthusiastic students! Our mission is to guide you on a journey to deepen your own practice and knowledge of yourself, while empowering you to help build a happy, healthy world. It begins with the individual and spreads as you live yoga - live union - live love - in your life. Transformation is in the journey.

Authentic Yoga

According to yoga master Krishnamacharya, yoga must be adapted to the individual, not the individual adapted to the style of yoga. In this yoga teacher training, you will learn how to apply Krishnamacharya's principles to the style of yoga you already know and love in order to make it more efficient, powerful, and safe for yourself and your students. This program has significant training in Breath and Energy work, our original healing Source.

Taught by Karen Pierce and assisted by other experienced yoga teachers, this YTT curriculum has been developed over the course of Karen's nearly 40+ years' experience to offer you a solid foundation in the art of teaching authentic yoga. You will participate in a wide variety of teaching activities where learning is achieved through discovery of experiential knowledge. This includes lecture, videotaping, group circles, practice teaching and partner work.

Appropriate for yogis of all experience levels, this YTT includes a detailed study of asana, pranayama, bandha, meditation, and yoga as a seamless process. You will learn appropriate sequencing and how to adapt asana to individual and cultural needs. We will study from a variety of yogic texts such as the Yoga Sutras of Patanjali.

You will take home a personalized practice that, in Krishnamacharya's words, creates "peace and power in our daily life," as well as the tools you need to help others do the same.

LEVEL I - RYT 200-hour Yoga Teacher Training Program:

Who is this training for?

- *Anybody with a sincere interest in learning the authentic meaning of yoga, meditation, and Ayurveda.*
- *Aspiring yoga teachers who want a sound foundation in the principals of yoga theory and practice so they can skillfully teach yoga in group classes*
- *Serious yoga students who seek a deeper experience of personal practice*

Course Content:

You will learn:

1. Skills for teaching yoga
2. Classic Teachings
3. Context for practice and future study

The course content is taught in a practical, skills-based format, while allowing for and supporting the inevitable and personal journey of self-inquiry and discovery. Each training day consists of an asana clinic, teaching skills and practice, formal study/lecture time, unsupervised study/reading time, discussion time as well as time spent in

meditation. You will have ample teaching skills practice on each other and in the group to help put into practice what you have learned during training and how to apply it. You will also be given regular practical and theoretical homework to further enhance your leaning and practical skills.

In this 200 hr Yoga Teacher Training, you will explore:

Yoga Techniques, Training & Practice (75 hrs):

Asana, pranayama, mantra, meditation and introduction to other traditional yoga techniques; study includes analytical training in how to teach and practice the techniques along with guided practice of techniques methodology (principles of demonstration, observation, assisting/corrections, instruction, teaching styles, qualities of a teacher, the student's process of learning, and the business aspects of conducting yoga classes).

- Module 1: Building a Strong Foundation. The 5 principles of Vinyasa technique of breath and movement synchronicity. What is progressive teaching? Knowledge of basic poses and what posture category they fall under – standing, kneeling, supine, inversion, prone, twisting, or seated. Structuring and sequencing the poses in the 7 Directions. An introduction to Sanskrit and important Sanskrit terms.
- Module 2: Asana & Alignment. How to perform asana correctly. Exploration of alignment fundamentals and how specific muscles and bones react during movement. In-depth study of foundational poses and the many variations. Delving deeper into Standing Poses, Forward Bending, Back Bending, Kneeling, Hip Openers, Twisting, and Seated Poses. How to incorporate warm-ups, Sun Salutations, basic yoga poses, relaxation, and breathing techniques into the class. How to develop flexibility and strength. Benefits of each pose and contraindications.
- Module 3: Your Yoga Toolbox - Pranayama and the Pranic Body. Using the breath for self-awareness. Exploration of Ujjayi, Nadi Shodhana, Brahmari, Sitali & Sitkara, Kapalabhati and 4 Square Breath. Devotional chanting to assist in correct Sanskrit pronunciation (focus on Gayatri Mantra & Mrityunjaya). How mudras effect the energy flow of the body. The benefits of Mahamudra. Opportunity to experience a variety of mindfulness techniques such as Vipassana breath focus, Sat Nam mantra, So Hum, Shamanic Journeying, Loving Kindness and Yoga Nidra. How to bend the body to bend the mind. Finding your authentic voice, creating balance between body, mind & breath and producing a complete experience.

Professional Essentials: Teaching Skills & Methodology (50 hrs):

Exploration of various traditions and styles as well as teaching to a range of different populations (children, seniors, pre-natal, injuries, etc.), the use of props for modifications and touch ethics.

- Module 4: The Art of Teaching & Developing a Safe Class Plan. Learning to instruct and organize a class. Developing class themes. How to demonstrate poses using the body as a teaching tool. How to use props and partner work. How to observe students. Creating sacred space and safety in the class. Adapting class plans based on observation, deduction and meeting the needs of the group. Posture modifications for specific health concerns. Sequencing a mixed level class. Create classes that balance material, inquiry, inspiration and asana practice. Teaching tools include observation, listening, voice, language and verbal instruction. Important of vocal clarity to successfully lead a class. Choosing the right words, volume, tempo & pacing. Having confidence, giving clear instructions and clarity of intention. The qualities of a good teacher. How to be a good "student". The Business of Yoga and how to market yourself and your services. Earning a living without sacrificing your spirit. *(Prerequisite for Class Assisting)*

Anatomy & Physiology (30 hrs):

Includes both human physical anatomy and physiology (body systems, organs, etc.), kinesiology and energy anatomy and physiology (chakras, nadis, etc.). This segment includes both the study of and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.). As well as understanding how connective tissue works in relation to the joints.

- Module 5: Provide foundational knowledge of the human body and a basic understanding of how the body functions. Overview of the skeletal and muscular system. Study of the physical anatomy with an emphasis on the joints (shoulders, spine, pelvis & knees). How asana affects the body's systems. Using mantra with asana to explore bandhas. The intelligent cooperation of mulabandha, uddiyana bandha and jalandhara bandha. Exploring the bandhas for energy loss.
- Module 7: The Energetic Body. An introduction to the subtle anatomy and the energetic/luminous body. Subtle Anatomy and the chakras and how they relate to the ida, pingala & sushumna. Exploration of the Chakra System, a practical, scientific presentation of the mystical. How yoga raises the vibration of the body. Discussion on the Vayus, 5 Koshas and Gunas. Explore emotional anatomy. Awakening and listening to the body's intelligence. Introduction to Ayurveda.

Yoga Humanities: Philosophy, Ethics & Lifestyle (30 hrs):

Includes the study of yoga sutras, 8 Limbs, and ethics for yoga teachers as well as making conscientious personal choices for a yogic lifestyle.

- Module 6: Ancient Wisdom. Overview of the major yoga systems – Bhakti, Raja, Karma, Jnana, Tantra, etc. and introduction to Georg Feuerstein's ideas in "The Philosophy of Classical Yoga". The origins and development of Hatha Yoga. Understanding the 8 Limbs of Yoga. The philosophy and lineage of T. Krishnamacharya. Study of the text and commentaries on the Yoga Sutras of Patanjali, The Bhagavad Gita and The Heart of Yoga by TKV Desikachar. Discussion of non-duality and the non-dual philosophy. Taking the best from the West (modern scientific research) with the best from the East (yoga and spirituality) and the best from indigenous teachings. Breaking free from samskaras. Letting go of old habits and patterns using a symbolic fire ceremony. The importance of self-care and how kriyas such as self-massage, tongue cleaning, neti pot and Nauli can support a healthy lifestyle. How muscle testing can be used in self-care.
- Module 10: Yoga Code of Conduct. Discuss yoga as a profession with its challenges, benefits, ethics, and professional boundaries. This includes the student-teacher relationship, integrity, personal behavior, language, etc. Yoga can both help and harm, therefore, teaching yoga carries a great deal of responsibility. What type of ethical issues could show up and what are the teacher's roles and responsibilities? The 8 limbs of yoga serve as a guide on how to live ethically. Discuss the yamas & niyamas and how to conduct a life consistent with yoga's moral principles as well as live an environmentally sustainable lifestyle. How to create an environment where students feel safe and respected and yet allows for transformation. Discussion on touch ethics about where and how you can touch a student. (Deeper discussion on verbal assistance versus physical adjustments.) Basic building blocks of being trauma informed and how that influences your professional behavior.

Elective Hours (15 hrs):

To support any of the previous competencies.

- Module 8: Group Teaching. Teaching takes practice. Trainees will have the opportunity to lead a weekly free community class at the studio. Practice observing, assisting, adjusting & receiving feedback. However, these hours will be applied depending on the specific needs of each unique training group.

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Training Calendar:

Workshops are run in a weekend Immersion format. One weekend per month plus mentoring and field work. Pick whatever suits your schedule and lifestyle. Weekend Workshops include announcements, asana, pranayama, lecture and discussion, practice teaching and critique in small groups and whole group, ending relaxation and/or meditation, and journaling. Estimated time for completion is 10 months.

In the event of inclement weather, the training will be live streamed on Zoom or re-scheduled for a mutually agreeable weekend.

Classroom Hours

You are required to complete a total of 200 classroom hours. 180 hours are built into the YTT Weekend Workshops. The 40 remaining hours are to be completed online, outside of yoga classroom attendance.

Personal Practice, Homework & other Assignments

Not included in classroom hours are your personal practice, evaluations of other classes, reading/audio/visual assignments, internet aids, written assignments/tests, field work, and group discussions/activities.

- A personal sadhana (spiritual practice) that includes asana/vinyasa, pranayama, bandha, mantra/mudra, and meditation. Daily practice should include a minimum of 30 min (10 min Body + 10 min Breath + 10 min Brain). A personal journal/logbook must be maintained.
- Personal study hours may include reading material, homework assignments, etc.
- You will be required to shadow at least 2 classes per month taught by the YTT Director (20 hrs).
- Evaluation of outside group classes. Observe 2 classes at studio and 3 classes outside of studio with different teachers and of different styles. You will provide a written evaluation (discussion) about teaching style, methodology, likes/dislikes.
- Practice teaching skills and receiving feedback from students. 10 hrs unsupervised class instruction with demonstrations, assisting and modification of yoga asanas. Hours can be met teaching classes to family & friends or volunteer service for special needs organizations in the community (homeless shelters, hospitals, nursing homes, youth centers, etc.); total of 10 hrs Teaching Experience are required*.
- You will have the opportunity to teach 1-2 free Community Classes at the studio in exchange for student feedback in order to improve confidence and competence in your teaching skills. This is optional.
- Using teaching skills as well as alignment and energetic principles to submit a class plan and develop a minimum 60-minute class which will be presented to the YTT group at the end of the program.

*If you are taking this YTT to deepen your practice rather than receive a yoga teaching certificate, you do not need to fulfill the hours required for teaching others.

This program is registered through and complies with all requirements of the Yoga Alliance at the 200-hour level. Upon satisfactory completion of the course, you will be eligible to register with Yoga Alliance, the premiere national yoga network.

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.

- Karen Pierce, E-RYT 500, Founder-Director, Certified Yoga Therapist
- Guest Teachers TBD



Prerequisites/Commitment:

This training qualifies participants for certification as a Registered Yoga Teacher (RYT 200) through Yoga Alliance.

- Attendance at all trainings and workshops are mandatory in order to receive a certificate of completion and to graduate. In the event you are unable to attend, all sessions will be recorded and posted privately online.
- Completion of all reading and writing assignments in a timely manner.
- Active participation and attentiveness at all trainings will enhance your experience in the course and will also help you to find your voice.
- Show improvement in your personal asana practice and demonstrate an ability to understand asana dynamics.
- Expect to spend at least a few hours per week reading and writing, and several hours practicing. You will be expected to practice a minimum of 5 days per week, for at least 30 minutes, and you will also journal as a tool to gain additional insight.
- You will also need to commit to attending a minimum of 2 yoga classes per month with the YTT Director in addition to weekend trainings.
- Read the Code of Conduct (below).
- Most important is a sincere desire to learn, open, grow, and develop on all levels of body, mind, heart and spirit - and be willing to integrate the teachings and practice of yoga and meditation into daily life.

Code of Conduct Policy:

The purpose of our Code of Conduct is to help our teachers serve in their purest spirit and to protect our students and community.

Harassment Against Members of Protected Class

We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

Sexual Harassment in the Workplace

We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors and other verbal, visual or physical conduct of a sexual nature when the conduct harms the person's employment or working environment.

Sexual Misconduct

We prohibit sexual misconduct in our studio. Sexual misconduct is any unsolicited and unwelcome sexual advance including requests for sexual favors, sexual touching, and verbal, visual, or physical conduct that creates a sexually hostile environment in a yoga class or studio.

Romantic Relationships Between Teachers and Students

Teachers shall avoid getting into personal or sexual relationships with students that may result in the impairment of their professional judgment or that may compromise the integrity of their teaching. If a relationship begins to develop, the teacher should bring it to school management.



Grievance Policy

We encourage anyone who has been the subject of sexual misconduct or any other action that violates our policies and Code of Conduct to report the incident to our Ethics Committee, Human Resources department, or school management (henceforth referred to as the “reviewing body”).

The report should contain the following information:

- Your full name;
- Your email and phone number;
- The name of the person who the grievance is against;
- A description of the alleged policy violation;
- The date and location of the policy violation;
- Names and contact information of any witnesses with first-hand knowledge of the situation; and,
- Any other credible evidence that is available to support the grievance.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct.

All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate.

We may request additional information from the person reporting the incident throughout the course of review of the report.

We will take appropriate action to ensure compliance with our policies. The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all circumstances.

We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation.

Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions that the taken in response to the report will also be confidential.

Anti-Retaliation Policy

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

Supplies & Materials:

Yoga mat, blocks, straps and blankets are provided.* Wear comfortable clothing. Bring a water bottle and snacks. You will need a notebook for additional notes as well as a separate journal for recording your personal practice, insights and end of day gratitude. Highlighters, colored pencils and post-it notes are recommended.

**These props are available at the studio for your use, but you will want to purchase a set for your personal practice.*

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Required Reading:

Students are responsible for the purchase of their texts. A comprehensive "Recommended Reading" list for your personal development is included in your YTT manual.

1. InnerSpaces by Karen YTT Manual (included in the cost of tuition)
2. The Heart of Yoga: Developing a Personal Practice by TKV Desikachar
3. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda
4. The Bhagavad Gita by Stephen Mitchell
5. The Yoga Anatomy Color Book by Kelly Solloway

Homework Assignments:

To benefit and enhance your teaching skills, this requires a series of assignments to be completed. These assignments include yet are not limited to: regular reading assignments from required textbooks; writing out essays, scripts and charts; journaling; oral presentations; book reports; practice teaching and so on. You will be expected to practice and apply what we are studying in class. You will be expected to develop asana sequences, meditation, pranayama, and guided relaxation sequences to present for group critique on a regular basis. You will be expected to discuss assignments with your study partner/group. And you will be expected to continue your home practice and journal in your logbook as well as attend other yoga classes of your choice.

Required Projects

You will be expected to complete experiential and written assignments to support your learning process.

1. Reflection paper on the Yoga Sutras (250-500 words, approx. 1 page single spaced or 2 pages double spaced).
2. Reflection paper on the Bhagavad Gita (250-500 words).
3. Monthly homework assignments will be emailed to you.
4. Writing Assignment – Yoga Class Script & Lesson Plan (60 min class).
5. Therapeutic Paper – Research & Yoga Class based on the therapeutic value of yoga to your topic of choice.

Please note that specific assignments may have a due date and must be handed in prior to that date. All other materials must be handed in before certification is received.

Graduation Ceremony:

The last class is a sacred sharing of one's experience and lessons learned in the teacher training course. Please come prepared to talk about what you learned and where you are headed. Please wear an article of white clothing to represent the purity of your intention. You will also be given a Feedback Survey. Your feedback at the end of the course is used to improve the teachings as well as refine and tweak the class offerings.

Attendance/Certification Requirements:

- Ability to be present, serve from your heart, and connect with fellow students/clients.
- Demonstrate honor and commitment to the entire group and program as well as respect for the time, energy and commitment invested by all.
- Participants are expected to arrive early to class and maintain an active presence. All hours of the program must be completed for certification.
- Full participation in the program and a positive yogic attitude.
- Exhibit excellent yoga teaching/yoga therapy skills.



- Successful completion of homework and reading assignments.
- You receive a Certificate of Completion upon meeting all requirements at the Graduation Ceremony.

Incomplete Attendance Policy:

For certification, full attendance is required. Our program expects students to be on time for class, after breaks, and after lunch. Each student is expected to be at each session 10 minutes before the start time in order to set up and so that the training may start on time.

Any absence must be approved in advance by the YTT Director. We do not accept unapproved absences and they may result in dismissal from the program. In this case, graduation will be at the sole discretion of the YTT Director.

In the case of extenuating circumstances that cause incomplete attendance for some portion of the training you are registered for, you may retake the missed portion of the program, in a subsequent program, providing space is available, or review the live recorded video of the module (included in the cost of the program). Making up missed portions of any training is fully the responsibility of the participant. If more than one weekend of training is missed, the student must schedule make-up sessions at a rate of \$75 per hour to graduate from the program.

Training Extensions:

Participating in this YTT program is a great opportunity. Entering this program is a commitment of time and energy for you the student, as well as for the program director and guest teachers. You will progress optimally throughout the program if you submit your completed homework by the due dates and complete the training in the allotted time. However, we understand that due to unforeseen circumstances, this isn't always possible. That is why there is **two (2) years** to complete your program once you are enrolled. For example, if you enrolled in the 2022 YTT, you would need to complete your program by 2024.

Cancellation/Refund Policy:

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

In the event you must withdraw from your participation in the YTT program you are registered for: All fees/deposits are non-refundable; however, they are transferrable. A student cannot be replaced once the course begins.

Transfer Policy:

In case of an emergency cancellation within the first month of training, you may apply the fee to another person interested in this TTY to be transferred within **two (2) years** of the course for which you originally registered.

Refresher Discount Policy:

We offer a discount on the price of tuition to students who have already attended, completed, and graduated from this program, and wish to retake it for the purposes of review and/or deepen and hone their skills:

- 50% discount applies to any part of the training taught by Karen Pierce.
- For the portions of the training taught by guest teachers, a 25% discount applies.
- If you attended & graduated from a 200 hr training at another studio but would like to audit or deepen your studies, a \$500 discount will apply but only if it is not taking the space of an attendee paying full tuition.



2023 Training Calendar - 200 hr YTT

February - Saturday & Sunday, February 4 & 5

Ancient Wisdom – Yoga History & Philosophy*	Feb 4	10am-6:30pm
Asana & Alignment – Sun Salutations 101 & Deconstructing Poses	Feb 5	10am-6:30pm

March - Saturday & Sunday, March 4 & 5

Building a Strong Foundation – 5 Principles & 7 Directions*	Mar 4	10am-6:30pm
Asana & Alignment – Progressive Teaching	Mar 5	10am-6:30pm

April - Saturday & Sunday, April 1 & 2

The Art of Breathing*	Apr 1	10am-6:30pm
The Art of Teaching & Your Yoga Toolbox	Apr 2	10am-6:30pm

May - Saturday & Sunday, May 6 & 7

Shakti Power - Subtle Anatomy & the Energy Body*	May 6	10am-6:30pm
The Art of Teaching & Your Yoga Toolbox	May 7	10am-6:30pm

June - Saturday & Sunday, June 3 & 4

Demystifying the Bandhas*	Jun 3	10am-6:30pm
The Art of Adaptation & Hands-on Adjustments	Jun 4	10am-6:30pm

July - Saturday & Sunday, July 1 & 2

Yoga Asana as Archetypes & Metaphors*	Jul 1	10am-6:30pm
The Business of Yoga: Yoga as a Profession & Code of Ethics	Jul 2	10am-6:30pm

August - Saturday & Sunday, August 5 & 6

Yoga on the Ball & Wall*	Aug 5	10am-6:30pm
The Heart of Yoga	Aug 6	10am-6:30pm

September - Saturday & Sunday, September 9 & 10

Relaxation 101: Training the Mind through Meditation & Chanting*	Sep 9	10am-6:30pm
The Art of Teaching & Your Yoga Toolbox	Sep 10	10am-6:30pm

October - Saturday & Sunday, October 7 & 8

Intro to Ayurveda: What's your Dosha? *	Oct 7	10am-6:30pm
Specialty Populations: Yoga as a Healing Tool	Oct 8	10am-6:30pm

November - Saturday & Sunday, November 4 & 5

Therapeutics & Practice Teaching	Nov 4	10am-6:30pm
Therapeutics & Graduation Ceremony	Nov 5	10am-6:30pm

TOTAL: 10 Weekend Workshops Required (160 hrs) plus Classes with Mentor (20+ hrs)

* Continuing Education Yoga Studies (2 hrs) are open to the public and count for Yoga Alliance CECS