

Yoga Source 200-HOUR YOGA TEACHER TRAINING

2018 COURSE CATALOG

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Mission Statement

To provide the instruction and support necessary in developing successful yoga practitioners and teachers.

School Objectives

To provide students with an in depth comprehensive educational background in the basic theory and practices required to teach yoga.

200-Hour Program Objective

To provide students with instruction that meets curriculum standards set by Yoga Alliance to become a 200-Hour Registered Yoga Teacher.

Program Description

The 200 credit hour yoga teacher training course (YTT200) at YogaSource uses curriculum established by Yoga Alliance, a national registering organization for yoga teachers and yoga teacher training schools. The course includes 8 weekend intensives along with assigned reading, homework, and class participation/observation hour requirements. This is a comprehensive program designed to give students an in-depth knowledge of yoga techniques, philosophy, anatomy and teaching methodology in order to go forth and share their love of yoga with others. Upon successful completion of the YTT200 course, students will be awarded a Certificate of Completion and be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200 hour level.

Schedule

The course consists of 8 weekend intensives spanning 8 months. The weekend schedule is:

Friday 5:30 to 9:00 pm

Saturday 8:30 am - 1pm & 1:30 - 5:30 pm

Sunday 8:00 am - Noon & 12:30 -3:30 pm

Dates for the weekend intensives are as follows:

Weekend 1	March 23 - 25
Weekend 2	April 27 - 29
Weekend 3	May 18 - 20
Weekend 4	June 23, 24, 25
Weekend 5	July 29 - July 1
Weekend 6	August 24 - 26
Weekend 7	September 28 - 30
Weekend 8	October 26 - 28

Program Outline

Yoga Techniques Training Practice (100 credit hours) – includes group practice of asana in Hatha, Viniyoga and Ashtanga, and Vinyasa yoga styles; Pranayama; chanting; mantra; meditation; and other traditional yoga techniques. These hours will be a mix between guided practice of the techniques as well as analytical training in how to teach and practice the techniques. Time will be divided as follows: 65% lab (actual practice of techniques) and 35% lecture.

Yoga Teaching Methodology (25 credit hours) – includes principles of demonstrating and teaching yoga postures, basics of sequencing, class observation, how to safely assist/correct yoga students, teaching styles, qualities of a teacher, student's process of learning and business aspects of teaching yoga. Time will be divided as follows: 50% lab (actual practice of techniques) and 50% lecture.

Anatomy and Physiology (20 credit hours) – includes both human physical anatomy and physiology and energy anatomy (chakras). Topics will include both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.). These hours are 100% lecture.

Yoga Philosophy: Lifestyle and Ethics for Yoga Teachers (30 credit hours) – includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. These hours are 100% lecture.

Yoga Practicum (25 credit hours) – includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching. These hours are 100% lab.

Total number of credit hours is 200

Cost Information

Tuition for the YTT200 course is \$2,800

Application fee for the YTT200 course is \$25

Other payment options are detailed in the Enrollment Agreement.

Below is a list of books required for the course:

Meditation for the Love of it by Sally Kempton

Yoga Sequencing by Mark Stephens

Light on Yoga by B.K.S. Iyengar

The Key Muscles of Hatha Yoga: Scientific Keys Vol I by Ray Long and Chris MacIvor

The Secret Power of Yoga by Nischala Joy Devi
and/or *Threads of Yoga by Matthew Remski*

The Yamas and the Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele

Bhagavad Gita: A New Translation by Stephen Mitchell
or your favorite translation

The Great Work of Your Life by Stephen Cope

Other equipment required for the course:

All students must have their own yoga mat for their personal practice. Estimated cost is \$15 to \$75, depending on type of mat purchased.

Admission and Enrollment Requirements

Prospective students must be at least 18 years and have a basic knowledge of yoga. The requirements are a minimum of one year of personal yoga experience and a regular yoga practice along with a commitment to participating fully in this program. Students will not be discriminated against based on race, ethnicity, gender, age, sexual orientation, religion, or physical ability.

Prospective students wishing to apply for admission must submit a completed signed Application for Admission, which includes a 200-word essay along with an application fee of \$25 to the school.

Upon receipt of a completed Application, the Program Director will hold an admission interview with prospective student by telephone or in person to determine eligibility and appropriateness of participation in the program. Upon acceptance into the program, a Letter of Admission will be sent to the student.

Prospective students must demonstrate the ability to pay for the program and make satisfactory arrangements for payment of tuition.

Enrollment Procedure

Once admitted to the program students will complete an Enrollment Agreement detailing the payment options, cancellation and refund policies. The Enrollment Agreement must be completed prior to the first class meeting.

Enrollment Agreement Cancellation Policy

The student can cancel the Enrollment Agreement without penalty by directly (in person, in writing, or by telephone) notifying the Program Administrator within 3 business days (excluding Saturdays, Sundays, and legal holidays) of the signing of the Enrollment

Agreement. If cancellation notification is received within 3 business days (excluding Saturdays, Sundays, and legal holidays), full refund of any deposits will be made to the student or to a third party designated by the student within 14 days of receipt of the cancellation notification. If a third party makes the deposit payment, the deposit will be refunded to that third party. If a student chooses to cancel the agreement after 3 business days, no deposit refund will be made.

Tuition Payments

There are a variety of payment options available on the enrollment agreement. Students will make a written payment agreement at the time of enrollment.

Tuition Refund Policy

If a student chooses to withdraw from the program within the first week of class, they will be eligible for a full refund of tuition fees paid less any deposit amount and the \$25 application fee. Students choosing to withdraw within the first quarter of the enrollment period will be eligible for a 75% refund of fees paid less any deposit amount and the \$25 application fee. Students choosing to withdraw up to half way through the enrollment period will be eligible for a 50% refund of fees paid less any deposit amount and the \$25 application fee. Students choosing to withdraw more than half way through the enrollment period will not be eligible for a refund.

Withdrawal Policy

The student can withdraw from the program and cancel the Enrollment Agreement without penalty by directly (in person or in writing or by telephone) notifying the Program Director within 3 business days (exclusive of Saturdays, Sundays, and legal holidays) or the signing of the Enrollment Agreement. If cancellation notification is received within 3 business days (exclusive of Saturdays, Sundays, and legal holidays), full refund of all monies paid will be made to the student or to a third party designated by the student within 14 days of receipt of the cancellation notification. If a third party makes the deposit payment, the deposit will be refunded to that third party. If a student chooses to cancel the agreement after 3 business days, no deposit refund will be made.

Student Progress Information

Whether the student passes or fails the program is based on completion and participation in the following areas:

- Attendance for all required class work totaling a minimum of 180 contact hours
- Passing grade of 70% or better on any written exam
- Completion of all required homework assignments
- Attendance of 8 required classes plus written report for each
- Performance evaluation based on practicum teaching (teach a safe class, utilize teaching techniques, language, create a class that flows smoothly)

Definitions of Measures of Progress

Academic progress will be monitored at the end of the fourth and eighth weekend intensives. Progress will be measured based on attendance at 90% of class meetings, completion of assigned homework and passing grade on the written exam. Completion of course requirements must be made within one year of initial enrollment. Failure to complete course requirements will result in student needing to reapply for the course.

Credit for Previous Training

Yoga Source does not accept credit from previous education, training, or work experience.

Grading Methods

A pass/fail system applies to all coursework. Whether the student passes or fails the program is based on attendance, completion and participation in all assignments, observations and performance evaluations given during the course. A passing grade is defined as 70% or better on all course requirements.

Academic Progress

Academic progress will be monitored throughout the training program. Successful students will receive the equivalence of a passing grade (70%), and will attend 100% of the class meetings. Students unable to attend 100% of class meetings must make written or verbal arrangements with the Program Director to make up time and content within one month of the missed class period. Students missing more than 10% of class meetings must retake the class. At the end of midterm, students not demonstrating satisfactory academic progress will be placed on academic probation.

Academic Probation

Failure to maintain satisfactory academic progress, including less than the equivalence of a passing grade (70%), failing to attend 100% of class meetings without making written arrangements to make up time and content missed or failing to attend 90% of class meetings will result in academic probation. The student will meet with the Program Director to determine a written course of action. The initial probationary period will be one month. During that period the student is required to meet all academic obligations. Tutoring is available for reviewing course content missed while absent. The student will be responsible for tutoring fees at the rate of \$50 per session.

Academic Program Termination

If at the end of the academic probationary period the student has failed to make satisfactory academic progress, or failed to meet the terms of the probation, the student's participation will be terminated. The student will be notified in writing of their

termination from the program. The student may reapply for the program in the future, and if admitted, must begin the program over and must meet requirements for all course work. The student will be responsible for full payment of all applicable tuition and fees, if they choose to reenroll in the program.

YTT200 Certification

Upon satisfactory completion of the YTT200 course, students will be awarded the YTT200 Certificate of Completion. Students will be eligible to apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level.

Student Services Information

Teacher training contact hours take place at Yoga Source located at 1500 South Big Bend, 2nd Floor in St. Louis, Missouri. Classes will take place in one of two classrooms at the studio. The facility is equipped with two bathrooms.

Equipment

Teacher training students should have their own yoga mat, and are encouraged to purchase their own yoga blanket, two yoga blocks and a yoga strap. Students will also be able to use equipment provided which includes: yoga mats, yoga blankets, yoga blocks, yoga straps, sandbags, yoga bolsters, folding chairs, and tables.

Library

YogaSource does not have an onsite library. Teacher training students must purchase the required books listed in the cost information section prior to the start of the course.

Registered Yoga School

YogaSource Yoga School is a 200 hour Registered Yoga School in accordance with the standards set forth by Yoga Alliance, an international yoga organization whose mission is “to lead the yoga community, set standards, foster integrity, provide resources, and uphold the teachings of yoga.” More information can be found on their website at www.yogaalliance.org.

Placement Assistance Information

Yoga Source does not offer placement assistance to graduates and does not guarantee job placement after completion of the 200-hour YTT.

Student Policies

Students are required to attend a minimum of 90% of class meetings. For missed class periods, students must make arrangements with the instructor to make up missed

content and class time. Students must complete makeup assignments within one month of the class missed.

Tardiness and Make-Up Work

Tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum required attendance. Arrangements must be made with the Program Director to make up any assignments not completed on schedule. All assignments must be made up within one month of class periods missed. The maximum number of hours that can be missed during the entire 200-hour training is 20. Any missed hours will need to be made up by completing the observation of or participation in extra classes equal to the number of hours missed.

In addition, if a student is absent for more than 6 hours, it is required that they schedule a private session with the Program Director (\$75 additional fee) to go over topics discussed during any missed hours.

Dress Code

Students are expected to dress in a manner appropriate for the practice and instruction of yoga at all times during all class sessions. Dress code consists of yoga or sports pants and yoga tops or shirts that provide for full coverage of the torso and buttocks during body movement. Students are expected to exhibit excellent hygiene, wear no obvious scents or colognes and have long hair tied back out of the face. Students failing to comply with the dress code will be dismissed from class with an opportunity to return when in compliance. Time missed in order to comply with the dress code will be treated as an absence and the attendance policy and tardiness and make-up work policies above will be enforced for time missed.

Conduct

Students are expected to dress and behave in a professional and ethical manner. Students are required to be respectful of instructors, staff and other students as well as school property. Students should not enter the school while intoxicated or under the influence of alcohol or illegal drugs, and no alcohol or drugs are allowed on campus.

Expectations of Reprimand, Probation or Termination for Violation of Conduct

Students who fail to meet conduct expectations will be given a verbal reprimand during which conduct policies will be reviewed. If questionable conduct continues, a second verbal reprimand will be made. Continued failure to comply with conduct expectations will result in student being placed on conduct probation. A Conduct Probation Form will be completed and signed by the student and the Program Director. The conduct probation period is a period of two months. If compliance is adequately maintained for this period conduct probation will be discontinued. If compliance is not maintained throughout this period, student may be suspended. Termination for Violation of Conduct

will result in the student being required to retake the entire session at full fee. A Letter of Program Termination for Conduct Violation will be sent to the student. Any unlawful act by a student while under school supervision or on school property will be considered a breach of the Conduct Agreement and will be grounds for termination.

Grievances

Students wishing to file a formal grievance with the school should submit a written letter of explanation to the Program Director at:

Yoga Source
1500 South Big Bend, 2nd Floor
St. Louis, Missouri 63117

A grievance team made up of the instructor and another Yoga Alliance Registered Teacher (E-RYT) will meet to review the issues contained in the written letter. The team will respond to the student in writing within 10 days of receipt of the letter and offer the student three optional dates to meet with the grievance team. At the grievance team meeting, the issue will be discussed and a course of action determined. A Grievance Action document will be completed following the meeting that will be signed by the grievance team and the student either in agreement or dissent. Any other parties involved in the grievance shall also sign the document. The grievance team will schedule a follow up meeting a month from the initial grievance meeting to determine the outcome of the course of action including input from all parties involved.

Transcripts

Transcript requests must be made in writing and bear the signature of the student. Up to three official transcripts will be provided free of charge, and will be sent to licensing and certification boards and other entities at a student's request. Any additional transcripts requested or required will carry a \$10 processing fee.

Faculty

Angie Campbell, E-RYT 500, began her teaching career in pilates in 1998 in Calgary Canada, completing her Anusara yoga teacher training in 2006 in Albuquerque. Her continuous experience includes studying with Noah Maze, Douglas Brooks, and Desiree Rumbaugh.

Julie Funke, RYT 500, has been an avid fitness guru for 30 years, including personal training, fitness classes, spinning and becoming certified in yoga with Yoga Alliance. Julie will be teaching therapeutic yoga adjustments and partner yoga techniques.

Liam Springer, Liam Dougherty Springer is a Healthy Living and Fitness Consultant with a broad and detailed training background. Including body mechanics, exercise, nutrition, and psycho-social wellbeing. Liam is a Certified Personal Trainer (CPT) and

Corrective Exercise Specialist (CES) through PTA Global, and the National Academy of Sports Medicine (NASM). He is accredited as an exercise therapist through the Corrective Holistic Exercise Kinesiology (CHEK) Institute in San Diego, CA, and is a C.H.E.K. Practitioner Level 2, that includes training to design highly specific corrective exercise programs. He has continued his education in the direction of Osteopathic Manual and Exercise therapy designed by internationally renowned Guy Voyer D.O. The founder of the E.L.D.O.A. Methodology.

Chris Yonker, E-RYT, began practicing yoga in the early 1970s & began teaching in 1993. She holds certifications from Kripalu Center, Integrative Yoga Therapy, White Lotus Foundation, and Santa Barbara Yoga Center. She has studied with master teachers in the Astanga, Iyengar, Viniyoga & Vinyasa traditions.

JennTara Ward, has a deep understanding of the body and alignment and students enjoy the pace and flow of her classes. JennTara has been teaching yoga since 2003 and has been a licensed massage therapist since 1998. Her formal yoga studies are in the tradition of Anusara Yoga and she has studied many hours with John Friend and other senior teachers of the Anusara Tradition.

Taj Work, RYT 500, Taj completed her 200-hour teacher training in St. Louis in the summer of 2015 and has been leading yoga classes in the area since that time. Taj's classes are gradual and intentional, where flowing and dynamic movements prepare the body for longer sustained poses. Her emphasis is often on breath and inquiry, creating space for students to get out of their heads and into their bodies. She has attended workshops with teachers such as Tias Little, Bryan Kest, and Cat Matlock. For Taj, teaching is a blessing, a privilege, and a practice in itself. She has completed her 500-hour training in the Dynamic Yoga Method with Holly and Matthew Krepps of Circle Yoga Shala, Arkansas.

Thomas Fortel