

## Teacher Training and Certification

### **Program Description**

The YogAsylum Teacher Training program exceeds the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. The standards set by Yoga Alliance includes 180 contact (class room) hours and 20 non-contact hours. Our program includes 190 hours of contact study and 40 hours of non-contact hours of homework and self-study.

### **School Facilities and Location**

The YogAsylum Teacher Training School uses the facilities of YogAsylum at 3815 North Brookfield Road, Suite 101 in Brookfield, Wisconsin. We are located in the Town Center Shopping Center at the intersections of Brookfield Road and Capitol Drive.

### **Certification**

The YogAsylum Teacher Training School is a Registered School with Yoga Alliance and approved by the Wisconsin Educational Approval Board (WEAB). Upon completion of the program, students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

### **Spring/Summer 2010 Calendar**

Class sessions meet Fridays from 6 p.m. - 9 p.m., Saturdays and Sundays from 9 a.m. - 5 p.m. on the following designated weekends:

Spring/Summer 2010 Calendar  
Weekend 1 - March 12 - March 14, 2010  
Weekend 2 - March 26 - March 28, 2010  
Weekend 3 - April 23 - April 24, 2010  
Weekend 4 - May 7 - May 9, 2010  
Weekend 5 - May 21 - May 23, 2010  
Weekend 6 - June 4 - June 6, 2010  
Weekend 7 - June 18 - June 20, 2010  
Weekend 8 - July 16 - July 18, 2010  
Weekend 9 - July 30 - August 1, 2010  
Weekend 10 - August 13 - August 15, 2010

### Required Textbooks

*Hatha Yoga Illustrated* by Brooke Boon, Daniel DiTuro, Martin Kirk

*Light on Yoga* by B.K.S. Iyengar

*The Bhagavad Gita* by Eknath Easwaran

*The Heart of Yoga* by T.K.V. Desikachar

*Yoga Anatomy* by Leslie Kaminoff

### **Non-Discrimination Policy**

The YogAsylum Teacher Training School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

### **Program Curriculum**

The YogAsylum Teacher Training Program consists of five areas of class work:

1. Techniques Training and Practice (T) consists of learning how to teach and practicing traditional yoga teaching techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. This training will consist of 100 contact hours and include analytical training in how to teach and practice the techniques and guided practice of the techniques themselves.
2. Teaching Methodology (TM) includes principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. This training will consist of 25 contact hours.
3. Anatomy and Physiology (A&P) includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). This training will consist of 20 contact hours and 10 non-contact hours. It includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).
4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (PLE) includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. This training will consist of 35 contact hours and 30 non-contact hours. The philosophy portion of the training will include the reading and discussion of ancient yoga texts. Text commentaries are discussed in a group setting to distill the core yogic philosophies and their application to everyday life. Students are encouraged to explore their own connection to the teachings and examine the integration of yogic philosophy into their classes.
5. Practicum (PR) includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. This training will consist of 20 contact hours.



Registered Yoga School

### **Admission and Entrance Requirements**

Applicants should be at least 18 years of age. (Exceptions will be considered upon submission of additional application materials.)

Applicants should have a regular yoga practice and should be able to physically perform techniques they will teach.

Applicants must sign the Agreement and Liability Release Form, the Yoga Teacher Code of Ethics form, and the Catalog Release form.

### **How to Apply**

Submit a completed application form along with \$100 application fee to the school.

Upon receipt of the above an admissions interview will be scheduled.

Applicants should think of questions and bring them to the interview.

Applicants are encouraged to submit applications early, as spaces in the program are limited and filled as qualified applications are approved.

Applicants will be notified of acceptance in writing or by e-mail.

Applications should be received at least two weeks before the start of a Teacher Training Program.

### **Tuition and Fees**

Tuition for the entire course is \$3800 (Check, Visa and MasterCard accepted for payment). Program includes 6 month unlimited membership to YogAsylum. The entire tuition is due before the first session. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$200 deposit must be submitted with seven days to hold a place in the class for the student. The remaining \$3500 is due before the first session.

### **Faculty**

Pamela Bliss, Director of Teacher Training



Guest teachers may also be used to teach morning asana practices, anatomy & physiology, or yoga philosophy and lifestyle classes.

## **YOGASYLUM TEACHER TRAINING SCHOOL**

### **APPLICATION FOR ADMISSION**

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Fax Number: \_\_\_\_\_  
Email: \_\_\_\_\_  
Current Occupation: \_\_\_\_\_

Please respond to the following questions. Include the original question with your response. Please include a color photo of yourself with the application (by way of e-mail, please use .jpg or .tif).

To enroll in the YogAsylum Teacher Training School Teacher Training Program, please submit the Application for Admission, reference letter, resume and the \$100 deposit.

**Resume-** Using an outline form, summarize your educational and employment history.

**Letters of Recommendation-** You may obtain a letter of recommendation from your yoga teacher(s) or another colleague, friend or teacher supporting your application.

**Acceptance and Notification-** You will be contacted upon receipt of your application and an admissions interview will be scheduled. In-person interviews are preferred.

**Deposit-** The deposit will be refunded in full in the event that you are not admitted into the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Applications should be sent to:  
Pamela Bliss, Director  
YogAsylum Teacher Training School  
3815 North Brookfield Road, Suite 101  
Brookfield, Wisconsin 53045

### **Essay Questions:**

1. Do you currently teach yoga? If so, where have you been trained and what style(s) do you teach? Describe your current teaching.
2. If you do not currently teach yoga, why do you want to teach?
3. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn or improve?
4. How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
5. What teachers have influenced you the most? Give a detailed summary of your yoga background including all workshops and training sessions you have attended.
6. Please describe two influential events in your life; one that has challenged you and second that has been life-affirming.
7. Describe some of your other interests and hobbies.
8. Describe your physical health (major illnesses, injuries, surgeries, physical conditions).
9. List all injuries and illnesses, past and present.
10. Have you ever been injured from your yoga practice? If so, please describe in detail.
11. Have you studied other Eastern systems or philosophies?
12. How would you compare self-practice to studying in a class with a teacher?
13. Who can we call in case of an emergency?