



SOLEIL LUNE  
YOGA CENTER, LLC

*A barefoot kind of place*

# SOLEIL LUNE YOGA TEACHER TRAINING

OCONOMOWOC 2022-2023  
RYT200 CATALOG

## WELCOME

Soleil Lune Yoga Center's Vinyasa Flow 200 Hour Advanced Studies & Teacher Training Program is a foundational yoga training based upon the deep roots of Hatha Yoga. With an emphasis on Vinyasa Sequencing, alignment and the use of Kramas (stages), this training will provide participants the knowledge, practice and experience to take their practice deeper as well as become dynamic, innovative and inspiring yoga teachers. This training is open to all students who would like to deepen their knowledge of yoga and/or become yoga teachers.

We welcome you to immerse yourself, discover who you are, and be the change!

## SCHOOL INFORMATION

- Soleil Lune Yoga School
- 29B South Main Street, Oconomowoc, WI 53066
- Website – [soleilluneyoga.com](http://soleilluneyoga.com)
- Telephone – 262-206-1285
- Email – [trish@soleilluneyoga.com](mailto:trish@soleilluneyoga.com)



## MISSION STATEMENT

Soleil Lune Yoga School was created to provide quality instruction of Vinyasa Flow Yoga in a way that will be transformative, inspiring and creative. Our goals are to provide aspirants with a solid foundation of yoga which includes:

- A solid self practice of devotion, meditation, pranayama, and asana.
- A steadfast ability to teach a yoga class with confidence in anatomy, subtle energy and basic yoga philosophy.
- A solid skill set to teach a multi-level class so all students feel seen, challenged and accomplished.
- A developed inner confidence to instruct students with physical limitations/injuries within a multi-level class setting by teaching progressions for all students to feel appropriately challenged while being safe in their bodies.
- Support for each aspirant's deepening internal shift of consciousness, from the inner process of yoga to the recognition that yoga is everywhere. We want you to live your yoga and BE THE CHANGE!

## HISTORY

### OUR BEGINNINGS

The Soleil Lune Yoga Center was started by the miraculous connection of The Healing Bath and two yoga instructor's dreams, Trisha Washburn and Robin Philips, in the summer of 2002. The Healing Bath provided an environment that directly mirrored Trish and Robin's core beliefs in business practice, human interaction and life philosophy. Since that time, life's journey has taken Robin and her family to the sunny south.

Trish has continued the Soleil Lune Studio and left her corporate job in April of 2003 to pursue her passion for yoga full time. She is continually blessed by the amazing students and instructors that find her and continue their yoga journey at the studio.

## STUDIO PHILOSOPHY

We believe that each and everyone of us should honor ourselves and others no matter what place in life we are at. We should be gracious in the positive and negative gifts that life has to offer. With every pitfall comes a Divine pruning that enables us to grow and bloom into stronger more compassionate human beings. We believe the discipline of yoga takes a life-time commitment in order to develop the consistency to achieve the still, calm, and peaceful mind that is alert each and every day.

We believe that our thoughts predestine our actions and through our yoga practice, we can learn a lot about ourselves and our thought patterns. We embrace the fact that our mats are our mirrors that reflect who and what we really, truly, authentically are.

- The Bible says: "according to your belief be it done unto you" Mathew 9:29 and "For as he thinketh in his heart, so is he" Proverbs 23:7
- Dale Carnegie said: "Our thoughts make us what we are".
- Buddha said: "We are what we think, with our thoughts we make the world."

## OUR OWNER'S SELF PRACTICE PHILOSOPHY

On my mat I remember how to feel, how to let go, how to forgive, and how to grow. I choose when to challenge myself and when to back off, when to be bold, and how to be gentle. I find my balance. Yoga offers me a wordless place that I can find, deep in my breath where my mind starts to seem less important. I can move to build heat, to burn away my struggles, and to let my heart become free; free to feel. There is discipline in asana: shoulders-back, pelvis tucked, feet rooted, spine long, inhale/exhale, rotation inward and outward reaching, keep focus on nothing but everything.

I become completely present. I find forgiveness as I exhale. I am truly able to uncover my graceful self, easy in my own body, soft and grateful in my heart. Within my practice, I find a place...a space...where I am complete with alive stillness connected to God. ~ Trish Washburn



## WHAT WE BELIEVE

The Soleil Lune Yoga Center is rooted in the Christian faith. We believe that God exists eternally in three persons: Father, Son, and Holy Spirit. All are co-equal and all are one God. We believe that God created the universe by His power and Word. We believe God is all-knowing, all powerful and ever present. He is continually at work and on mission. We believe Jesus was sent to earth to be God in flesh. He is the perfect reflection of God's heart, character, beauty and love for all people. Jesus lived a sinless human life and offered himself as the perfect sacrifice for the sins of all people by dying on the cross. Through faith in Jesus, we have been forgiven and brought into a right relationship with God. Jesus rose from the dead to demonstrate His power and authority over sin and death. He ascended to heaven's glory and will one day return to judge the world, restoring all things to God's original intent.

## OUR YOGA SCHOOL

The school's curriculum follows the Yoga Alliance guidelines and is a Registered Yoga School (RYS) with Yoga Alliance. 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).

While the school's program is designed for aspiring yoga teachers, it also strongly recommended for individuals wanting to deepen their personal yoga and spiritual practices.

## OUR COMMUNITY

At Soleil Lune Yoga Center, we are proud to offer the Lake Country area an excellent group of like-minded yoga teachers providing high quality, friendly and accessible yoga classes. By offering classes, workshops, free educational opportunities, retreats, and teacher trainings, we are committed to building a welcoming, friendly, supportive, and inspiring atmosphere. We are proud of our respectful and caring culture in both our teaching staff and our students.

## PROGRAM DESCRIPTION

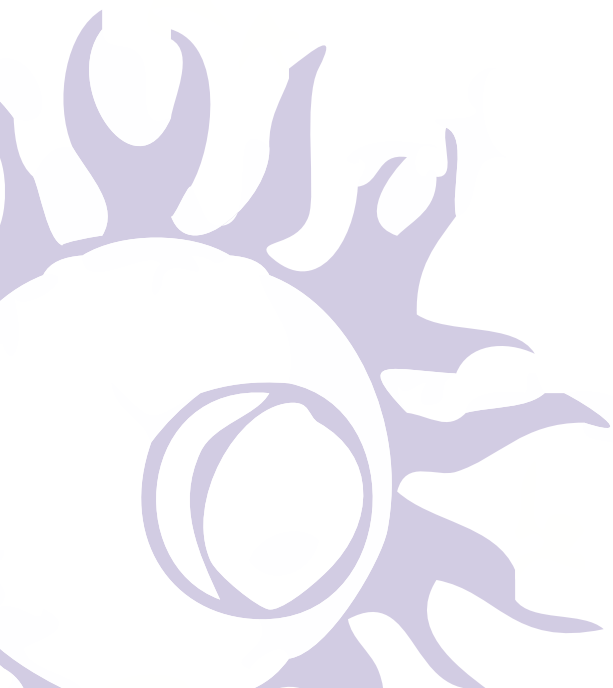
The Soleil Lune's Vinyasa Flow Teacher Training program meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Yoga Alliance requires 180 contact (class room) hours and 20 non-contact hours. The Soleil Lune program is comprised of 180 hours of contact study and 47 hours of non-contact hours of homework and self-study. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of all required written assignments, practice logs, and projects.

## SCHOOL FACILITIES AND LOCATION

The Soleil Lune Yoga School utilizes the Soleil Lune Yoga Center located in Oconomowoc, WI:

- Soleil Lune Yoga Center
- 29B South Main Street, Oconomowoc, WI 53066
- 262-206-1285

Just 40 minutes west of downtown Milwaukee and 50 minutes east of Madison, our Oconomowoc facility offers over 20 classes a week in its historic, two studio establishment with original birds eye maple flooring, 14-foot tooled tin ceilings. Our smaller studio space is 500 square foot while the larger studio is 1100 square foot. Our studio spaces offer a plethora of natural light, and a warm welcoming atmosphere. The studio is fully equipped with mats, blocks, blankets, straps and bolsters. Soleil Lune Yoga Center has a boutique stocked with yoga clothing, mats, essential oils, diffusers, and other yoga accessories. Fresh water (hot or cold), tea, and towels are provided complimentary. There is plenty of free parking provided in the municipal lot and on the street. Soleil Lune is within walking distance to several restaurants and local shopping. Nearby lodging includes hotel chains and bed and breakfast establishments all within a 5-15 minute drive to the studio.



## MEET YOUR INSTRUCTORS

### TRISH WASHBURN & KATE YANKE

Trish & Kate's Teacher Training is unlike any other! With over 40+ years of working with bodies both in sport and yoga along with their E-500-hour certifications, they bring you their hands-on experience. Trish & Kate believe everyone can achieve more than they ever thought possible! Their classes are designed to prove you really can do anything with a little faith, patience, knowledge and a sense of humor. Both are loved for creative sequencing taught in progression to the backdrop of their unique music. Their classes are grounded in physical and subtle body anatomy while being inspired by the deep transformations of body, mind, heart, and soul that yoga offers is practitioners. Their fun, fluid style comes from their own experiences and from being open to practicing and studying with various teachers. Their studies and yoga teaching empower students with the fact that nothing is impossible!



Trish & Kate's mission is to create a legacy of yoga teachers who together elevate and change the world. They believe we are all meant to shine and were born to make manifest the glory of God that is within each of us. They fully believe by each of us shining our own light, we unconsciously give other people permission to do the same in order to continually create and be the change!

## BENEFITS OF ENROLLMENT

As an enrolled student in the training, from opening day of YTT to the closing day, you will receive 20% discount on all workshops and special events. There are no discounts on boutique items, Continuing Education, and Retreats.

## ADMISSIONS & ENTRANCE REQUIREMENTS

It is desired that applicants be at least 18 years of age. However, exceptions will be considered for individuals meeting other requirements. To be considered for the program applicants should have a regular yoga practice and have practiced yoga for at least one year. Applicants should be able to physically perform the techniques they will teach. This does not mean an applicant must perform all techniques (asanas) covered in the training, only those they will teach.

There is a \$100 nonrefundable application fee to be submitted with the application. The applicant must complete and submit the online application form. Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail. This fee will be refunded if the applicant is not accepted into the program or cancels their application within 3 business days of original submission.

Upon acceptance into the program, applicants must sign the Soleil Lune Yoga Center's Agreement & Liability Release form, the Soleil Lune YogaSchool Code of Etiquette form, and the Teacher Training Student Covenant form.



## HOW TO APPLY

To apply to the program, please submit the online application form and \$100 fee: <http://www.soleilluneyoga.com/#!application/c1zkl>

Once your application is received, an interview may be scheduled with Trish Washburn, School Director. Please understand application to the program does not guarantee acceptance. The interview process is an ideal opportunity to have any of your questions regarding the program answered.

Please submit your application early and at least two weeks prior to the start of the program, as spaces are limited and filled in order as qualified applications are approved. Applicants will be notified of acceptance by e-mail.

## PROGRAM CURRICULUM

The Soleil Lune Vinyasa Flow Teacher Training Program includes five program disciplines. The full program consists of 210 hours. These hours are considered “contact” hours. As defined by Yoga Alliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are reading and homework assignments. Our program has met and exceeded the newly defined RYS 200 Core Curriculum requirements set forth by the Yoga Alliance.

## TECHNIQUES, TRAINING & PRACTICE

Consists of learning how to teach and practice traditional yoga techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. Within the study of Asana you will learn about the historical context, poses specific to our yoga school's lineage, complete sequencing of asana, pranayama, meditation in order to achieve a particular effect safely. You will also learn anatomical and alignment principles plus contraindications. Within the study of the Subtle Body and Pranayama you will investigate the effects of pranayama on anatomy and the subtle body. You will learn complete sequencing of pranayama safely, including alternative and adaptations of Ujjayi, Nadi Shodhana, Kapalabhati among others. You will also study the Koshas, Kleshas, Chakras, Nadis and Prana Vayus. Within the study of Meditation you will learn key terms and meditation techniques and methods according to our yoga school's lineage. You will develop your own meditation practice and study chanting, mantras and mudras.

This discipline includes over 80 contact hours.

## ANATOMY AND PHYSIOLOGY

Consists of human physical anatomy and physiology (bodily systems, organs, etc., and biomechanics). Within the study of Anatomy you will learn about your skeletal system; the major bones, types of joints, major muscles involved in asana, and the types of muscle contractions. Within the subject matter of Physiology you will study the nervous system, Fight/Flight/Freeze stress response, vagal theory, and overall mind-body connection. You will also delve into the exploration of the cardiovascular, circulatory, endocrine, and digestive systems as they relate to yoga practice. You will learn about the respiratory system, muscles that affect breathing, voluntary vs. involuntary breath, and how air enters and exits the body. Within the study of Biomechanics you will learn about the types of joint movements and joint stabilization. You will explore safe movement as it pertains to balancing, stretching, awareness, and physical limitations. You will also invest time learning about contradictions, misalignment, and adaptations.

This discipline includes over 30 contact hours.

## YOGA HUMANITIES

Consists of the study of the history of yoga, yoga philosophies, and ethics for yoga teachers. Within the study of the History of Yoga you will learn about the meaning behind the term 'yoga' as well as our yoga school's lineage, style, and methodology. You will learn dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, and Modern. Within the study of Yogic Philosophy you will learn the definition of you and key terms. You will explore the relationship between asana, pranayama, and meditation according to our school's lineage. You will develop familiarity with major yogic texts such as the Yoga Sutras, Bhagavad Gita, Upanishads, and the Hatha Yoga Pradipika. You will also spend time in monthly self-exploration on how philosophy relates to practice. Within the study of Ethics you will develop an awareness of the Yoga Sutras and similar yogic ethical precepts. You will learn about the Yoga Alliance Ethical commitment including scope of practice, code of conduct as well as their equity position statement. You will gain a comprehension of and responsibility to increase equity in yoga and develop accountability measures. You will spend months self-reflection on how yoga ethics relate to practice and teaching.

This discipline includes over 30 contact hours.

## PROFESSIONAL ESSENTIALS

Consists of the principles of teaching methodology, professional development, and practicum (practice teaching). Within the study of Teaching Methodology you will learn about sequencing, pace, environment, cueing (verbal, visual, and physical), and class management. Within the study of Professional Development you will learn about yoga-related professional organizations, including the Yoga Alliance credentialing process. You will explore ethical commitment, including scope of practice, code of conduct, and equity position statements. You will understand that yoga requires a lifetime of learning and continuing education along with general professionalism such as timeliness, consistency, and cleanliness. You will explore marketing and promotion also with liability insurance, waivers and invoicing. Within the study of Practicum (practice teaching) you will put your knowledge, skills, and experience across the the 12 key competencies (asana, pranayama/subtle body, meditation, anatomy, physiology, biomechanics, history, philosophy, ethics, teaching methodology, professional development, and practicum). You will learn about the mentorship component including apprenticeships as well as learning how to give and receive feedback. You will also delve into demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and learn about the business aspects of teaching yoga.

This discipline includes over 50 contact hours.

## PROGRAM GOALS

### ASANA

Upon completion of the program the student will be able to perform the following asanas or guide a student into that asana. For each posture listed below the student will be able to describe:

- How to enter and exit the posture
- The benefits, cautions, and contraindications
- Proper alignment of
- Perform the hands-on adjustments

## **PRANAYAMA & BANDHA**

Upon completion of the program the student will be able to perform and guide and describe the benefits, cautions, and contraindications of the pranayamas and bandhas.

Pranayamas : Diaphragmatic, 1:1, Dirgha (Three Part), Ujjayi, Nadi Shodhana, Kapalabhati and Sama Vritta .

Bandhas: Mula bandha, Uddiyana bandha and Jalandhara bandha.

## **MEDITATION**

Upon completion of the program the student will be able to engage in a seated meditation practice and describe the benefits and cautions of these practices.

Meditations: Awareness Meditation, Movement Meditations, Chakra Clearing Meditation, Breath (So Hum), and Japa.

## **PHILOSOPHY**

Upon completion of the program the student will be familiar with the eight limbs of Yoga as defined by Patanjali; the classic texts of Yoga - The Yoga Sutra and the Bhagavad Gita; and understand the relationship between Yoga and Ayurveda.

## **ANATOMY & PHYSIOLOGY**

Upon completion of the program the student will be able to correctly identify the major bones and muscles of the body, understand movement and how to prevent injuries from occurring during asana practice, understand the primary systems of the body, understand the energetic body (including the Chakras), and understand basic nutrition.

## **TEACHING METHODOLOGY**

Upon completion of the program the student will be able to properly sequence, construct, and instruct a safe class. This includes having confidence to be able to instruct students with physical limitations and/or injuries in progressions so all students within the class feel appropriately challenged and safe in their bodies. The student will have the skill set to teach a multi-level class so all class participants feel seen, challenged, and accomplished.

Sanskrit	English
Adho Mukha Svanasana	Downward Dog
Anjaneyasana	Lunge
Apanasana	Knees to Chest Pose
Ananda Balasana	Happy Baby Pose
Ardha Chandrasana	Half Moon Pose
Ardha Hanumanasana	Half Split
Ardha Dhanurasana	Half Bow Pose
Ardha Uttanasana	Half Way Lift
Ashta chandrasana	Crescent Lunge
Baddha Konasana	Bound Angle Pose
Bakasana	Crow Pose
Balasana	Child's Pose
Bhujangasana	Cobra Pose
Chaturanga Dandasana	Four Limbs Staff Pose
Dandasana	Staff Pose
Parsvottanasana	Sideway Intense/Pyramid Pose
Paschimottanasana	Seated Forward Bend
Phalakasana	Plank Pose
Prasarita Padottanasana	Wide Legged Forward Bend
Salabhasana	Locust Pose
Sarvangasana	Shoulder Stand
Savasana	Corpse Pose
Setu Bandhasana	Bridge Pose
Supta Baddha Konasana	Reclined Bound Angle Pose
Supta Padangustasana	Reclined Big Toe Pose
Tadasana	Mountain Pose
Tolasana	Scale Pose
Upavishta Konasana	Seated Angle Pose
Urdhva Dhanurasana	Upward Bow, Wheel Pose
Urdhva Mukha Svanasana	Upward Dog Pose
Urdhva Prasarita Eka Padasana	Standing Split
Ustrasana	Camel Pose
Utkatasana	Chair/Fierce Pose
Uttanasana	Standing Forward Fold
Utthita Parsvakonasana	Extended Side Angle
Utthita Trikonasana	Extended Triangle
Vajrasana	Thunderbolt Pose

Sanskrit	English
Dhanurasana	Bow Pose
Dwi Pada Rajakopotasana	Double Pigeon
Garudasana	Eagle Pose
Gomukhasana	Cow Face Pose
Halasana	Plow Pose
Jathara Parivartanasana	Reclined Stomach Twisting
Janu Sirsana	Head to Knee Pose
Kapotasana	Pigeon Pose
Lolasana	Swing
Malasana	Yogic Squat
Matsyasana	Fish Pose
Natarajasana	Dancer Pose
Padangusthasana	Toe Stand
Paripurna Navasana	Full Boat Pose
Parivritta Arda Chandrasana	Revolved Half Moon Pose
Parivritta Hasta Padangustasana	Revolved Hand to Toe
Parivritta Janu Sirsana	Revolved Head to Knee Pose
Parivritta Parsvakonasana	Revolved Side/Lateral Angle
Parivritta Prasarita Padottanasana	Revolved Wide Legged Forward Fold
Parivritta Trikonasana	Revolved Triangle Pose
Parivritta Utkatasana	Twisting Chair Pose
Parsva Virabhadrasana	Reverse Warrior Pose
Vasistasana	Side Plank Pose
Viparita Karani	Legs Up the Wall Pose
Virabhadrasana I	Warrior I Pose
Virabhadrasana II	Warrior II Pose
Virabhadrasana III	Warrior III Pose
Virasana	Hero Pose
Vrksasana	Tree Pose

## PERSONAL GROWTH

In addition to the skills directly related to teaching yoga, the student is likely to enhance their own personal yoga practice, improve their communication skills, and understand personal and business ethics.

## REQUIRED TEXTBOOKS

Please budget approximately \$100 for the required textbooks. Textbooks can be purchased online at Amazon.com.

- Teaching Yoga; Essential Foundations and Techniques by Mark Stephens
- Functional Anatomy of Yoga: A Guide for Practitioners and Teachers by David Keil
- The Language of Yoga by Nicolai Bachman
- Netter's Anatomy Coloring Book: with Student Consult Access, 2e (Netter Basic Science) 2nd Edition by John T. Hansen PhD (Author)
- The Living Gita by Sri Swami Satchidananda
- The Yoga Sutras of Patanjali by Satchidananda
- How Yoga Works by Michael Roach & Christine McNally
- Science of Yoga by William Broad
- Moving Inward: The Journey to Meditation by Rolf Sovik

## RECOMMENDED READING:

- Scientific Keys Vol. 1: The Key Muscles of Yoga by Ray Long
- Scientific Keys Vol. II : Key Poses of Hatha Yoga by Ray Long
- Light on Yoga by BKS Iyengar
- Light on Life by BKS Iyengar
- The Heart of Yoga by T.K.V. Desikachar
- Yoga Beyond Belief by Ganga White
- Yoga: The Spirit and Practice of Moving into Stillness by Erich Schiffmann
- Hatha Yoga Pradipika by Swami Muk bodhandanda

## GRADUATION REQUIREMENTS

Book reports (2), practice logs (4 per month), practice exams (2), written final exam (1), the Embodiment Project, the Diverse Audience Project, one of the two Off The Mat Elective Projects, and a 1-Hour Class teaching demonstration (practicum) will be used to assess the Student's understanding of the material presented.

The written exams and book reports will show the student has obtained an understanding of the information presented during the training. The teaching practicum assessment allows the student to demonstrate they have learned to teach a Vinyasa Flow class in a safe and sound manner.

### BOOK REPORTS

Two written book reports will be required. One will be from [How Yoga Works](#) (by Roach) and the other will be the students' choice from a book in the field of yoga/wellness. Book reports will be graded pass/fail and are due by their specified due date. For each book report please:

Write a 1-2 paragraph overview/synopsis on the material covered.

Write one paragraph for each of the seven most compelling points you found in the reading. This may include topics that are most relevant in regards to your teaching (either current or future) or topics relevant to your practice/life at the present time.

### DIVERSE AUDIENCE PROJECT

Each student will need to create a program for a nontraditional yoga population of some kind. Each student will need to develop a class to adhere to the needs of this population as well as do research on this population in their geographic area. The project will need to include the student's reason for teaching this population, the yoga class objective and how teaching this population would differ from a normal class setting. The student will need to research what ethical situations would need to be considered, how much will the class cost a student to take, how will the population be reached/advertised to, where/what is the ideal setting for class, and what class length is optimal. Support of these views must be given. Each student will need to turn in a paper as well as give a 15 minute presentation.

## OFF THE MAT PROJECTS

Each student will need to choose one of two Off The Mat Projects; The Yoga Application Project or the Beginner's Mind Project. These projects are due on Weekend 6 (Module 2). The project will be limited to 3-5 pages, 12 point font, single spaced, with 1" top/bottom margins and 1/2" side margins. Each project must demonstrate and address their experience as it relates to the 8 Limbed Path (must address all limbs) and subtle anatomy. Each project must contain applicable citations from the Yoga Sutras and the Living Gita. These projects are given a pass/fail grade.

**Yoga Application Project:** requires the student to read a book not related to the yoga/wellness fields. The student will need to relate the findings of this book to their own yoga journey and yoga teaching principles.

**The Beginner's Mind Project:** requires the student to participate in an activity they have never done before; knitting, painting, fencing, barefoot running, etc. They will need to relate their learning process and inner awareness of their mind/body connection to their yoga journey. They will need to explain how this activity will give greater insight into being able to teach beginners.

## THE EMBODIMENT PROJECT

As yoga teachers, we need to make sure we are expressing the same alignment in our bodies we communicate through our teaching. In other words, we need to "practice what we preach". The purpose of the embodiment project is to give the student feedback through photos to see what is often difficult to feel and provide a way to see progress during the training process. This project is graded as pass/fail.

The Embodiment project, requires students to take photographs of them doing 6 asanas at the beginning of the training program. These will be the "before" asanas. At the end of the training program, the student is asked to photograph themselves in these same 6 asanas. These will be the "after" photos to compare with the "before" photos. Students will choose 2 asanas from the "before photos" with the same 2 "after" photos to reflect upon. Along with these 2 comparison photos, students are to provide a one page reflection of their embodiment process during the training which is demonstrated in your before and after photos. Project must address what they have learned about themselves and how this process helped their awareness in their practice. The project must also demonstrate knowledge of drishti, breath, prana, subtle anatomy, constituent parts, anatomical function and movement, Sanskrit and English equivalent, as well as internal processing.



## FINAL EXAM

Within two weeks of completing the written exam and practical exam students will be notified in writing regarding their certification status.

## FINAL WRITTEN EXAM



The final written exam will cover: Teaching Methodology, Anatomy and Physiology, Yoga Philosophy/ Lifestyle, and Ethics for Yoga Teachers. Scores of 80% correct or higher will constitute passing the exam. The written exam will be handed out on the tenth weekend and will be due prior to our last weekend. Corrected exams will be returned within two weeks of completing the exam.

## FINAL TEACHING PRACTICUM ASSESSMENT

A final practical exam will cover Teaching Techniques and be graded pass/fail. It will occur during the last two weekends of the training. To successfully teach a 60-minute Yoga Practice with the following specifications.

- Adhering to the sequencing guidelines taught in the program: Recipe and Arc
- Practice must include: 1 pranayama, 1 apex posture, & 1 guided meditation
- Teaching cues must demonstrate knowledge of: drishti, constituent parts, breath pattern, and use of voice.
- Hands-on adjustments must be administered throughout the length of the practice and within various postures.
- Teaching student must display within their instruction the ability to identify anatomical parts, verbalize their function and movement, demonstrate knowledge of Sanskrit and English equivalent, contraindication and appropriate modifications.
- Soleil Lune Yoga Center students and fellow program participants will be asked to become the students for the Final Teaching Practicum. These practicing students may be assigned an ailment or injury the teaching student must identify and address during their instruction. The teaching student will be made aware of these ailments/injuries 15 minutes prior to the start of the exam to simulate a live class.

After the Final Teaching Practicum's practice, the lead instructors will ask questions regarding

the intent of the sequence and questions relating to the anatomical function/movement as well as contraindications.

## GRADUATION

Graduates will meet the program requirements as outlined in this catalog. In order to receive a Certificate of Completion the Student is required to have 180 contact hours and a minimum of 72 non-contact hours.

All enrolled students are required to complete all assignments, projects, assessments, practice logs, reflections, and exams to receive credit for all sessions. Students who do not complete the necessary course work will not receive credit for the session and will not be able to graduate. Homework from each session is due on the due date given for each assignment.

Students may retake exams one time and re-write the book reports if they do not pass on the initial attempt, for a total of two attempts per exam or book report.

## OTHER REQUIREMENTS

Students are expected to maintain a journal of their personal Sadhana (practice). Some weekend session time will be devoted to journaling. Students are asked to attend a minimum of one yoga classes per week. If not attending classes at Soleil Lune Yoga Center, a teacher signature will be requested.

Should student progress not be satisfactory at any point during the training, students will be notified immediately to schedule a meeting with Trish Washburn to discuss ways to improve performance and complete past requirements. Satisfactory progress includes turning in assignments, practice logs, and projects on time, receiving passing marks on projects and exams, maintaining good standing in attendance and abides by the Student Code of Ethics. If a student is dismissed as a result of unsatisfactory work and/or attendance and/or abiding by the Code of Ethics and they have not completed 60% of the program, a refund will be applied according to the Refund Policy.

Certification will not occur if the student fails to demonstrate safe instruction, the student fails to demonstrate understanding of the material presented, receives failing grades on projects and exams, failed to meet the attendance requirements, or the student violates the Code of Ethics. This will be reviewed and explained in greater detail to the student in their meeting with Trish Washburn to discuss ways to improve performance and complete past academic/attendance requirements.

# STUDENT PROGRESS REPORTS

Book reports (2), practice logs (4 per month), practice exams (2), written final exam (1), the Embodiment Project, the Diverse Audience Project, one of the two Off The Mat Elective Projects, and a 1-Hour Class teaching demonstration (practicum) will be used to assess the Student's understanding of the material presented. All students will be given a progress report after each quarter of the program (after each Module). Students will receive their progress report within 30 days of completing each block (Module) of training. The progress report will detail the homework, practice logs, teaching practicum, book reports, projects and/or exams turned in to date along with the corresponding grade.



The written exams and book reports will show the student has obtained an understanding of the information presented during the training. The teaching practicum assessment allows the student to demonstrate they have learned to teach a Vinyasa Flow class in a safe and sound manner. Students may retake exams one time and re-write the book reports if they do not pass on the initial attempt, for a total of two attempts per exam or book report.

The book reports, practice logs, teaching practicum and projects will be reviewed upon completion and graded Pass/Fail. All homework, exams, and projects will be graded and handed back to the student on the weekend following their due date. The final written exam will be considered "passed" with at least an 80% grade. Students will be given their final exam grade within two weeks of turning in the exam. Students are offered 1 attempt to retake exams, or re-do projects and reports to pass again. A student who fails to pass at the 2nd attempt will not receive their certification of completion.

SLYC yoga school expects students to be up-to-date with required homework, book reports, practice journals, and projects that are due each quarter. Failure to turn work in on time will result in a written warning-notification. The student will be granted an "academic probationary period" to complete expected work within an agreed upon timeline per conversation with Trish Washburn. Failure to complete work or re-take any failed exams by the end of the agreed-upon probationary period will result in an "incomplete status" for the program. The student who remains in this "incomplete status" will not be eligible for a certificate of completion. The student may wish to still attend trainings and participate in learning if desired, but will not be granted a certificate of completion. This arrangement can be discussed with and approved by Trish Washburn.

## CERTIFICATION

To receive a certificate of completion from The Soleil Lune Yoga School, students must pass all exams, complete all book reports and practice logs satisfactorily, and meet attendance requirements. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition. See "Graduation Requirements" for definition of successful program completion.

## STUDENT RECORDS

Student records are maintained at Soleil Lune Yoga Center in computer and paper files. The records maintained include the application, book reports, practice logs and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of seven years from the date of graduation. Records are private and students must contact Soleil Lune in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates. After this seven year storage period, only Certificates of Completion will be kept permanently.

## TUITION & FEES

Our program's tuition is \$3,400. Your application fee of \$100 and your deposit of \$300 will be applied to this total cost.

## PAYMENT OPTIONS

We accept cash, check, and credit cards (Visa, Master- Card, American Express, Discover).

## PAYMENT PLANS

We have two tuition payment options you can choose for your remaining \$3,000 tuition balance.

- Pay In Full: The remaining \$3000 balance of your tuition can be paid in full before our first session
- Four Payment Option: You may choose to spread out the tuition balance over the course of 4 payments of \$850 made every two months. A one-time processing fee of \$200 will be added to your account which brings your tuition grand total to \$3600.

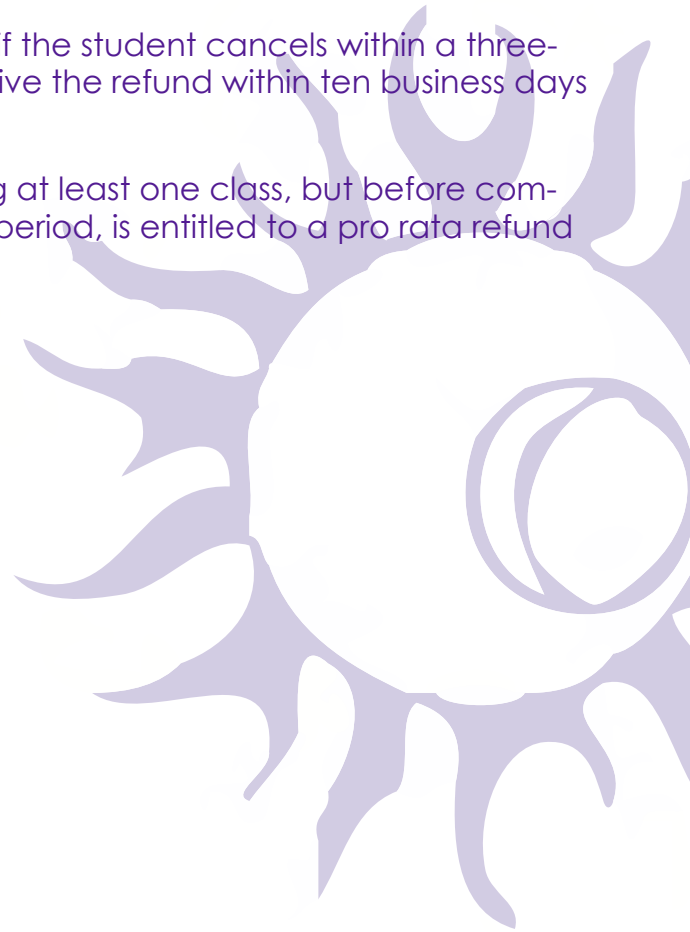
## FINANCIAL AID

Financial Aid is not available for Yoga Teacher Training Programs.

## CANCELLATION & REFUND POLICY

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period. The student will receive the refund within ten business days from the cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:



As part of the policy, the school shall retain the nonrefundable application fee of no more than \$100. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount. All forms of withdrawal including verbal, written, email, and test will be recognized. AS such, written notice of withdrawal is not required.

## ADVANCED STANDING

Soleil Lune Vinyasa Flow 200 Hour Advanced Studies & Teacher Training Program at Soleil Lune Yoga Center does not offer advanced standing for any previous training's or course work. Graduation from the program does not mean guarantee of employment.



## NON-DISCRIMINATION POLICY

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

## HOUSING

Soleil Lune Yoga Center does not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

## EMPLOYMENT ASSISTANCE SERVICES

The Soleil Lune Yoga School does not offer employment assistance services. Graduation from this school's programming does not guarantee employment. We do offer suggestions for pursuing a career in Yoga and devote class time to the business aspects of operating a Yoga Studio. Given that yoga teaching is often a part-time endeavor and that many students are participating for the purpose of deepening their own individual practice, our school partakes in formal measurement of program success with the Wisconsin Educational Approval Board (EAB).

After completion of at least:	But prior to the completion of:	The refund will be:
1 unit/class	The First Day of Class	100%
10%	10% of the program	90%
20%	20% of the program	80%
30%	30% of the program	70%
40%	40% of the program	60%
50%	50% of the program	50%
60%	60% of the program	40%
		No Refund

ment. However, class topics for specific dates and times may be changed to accommodate teacher scheduling. Any substantive changes to the catalog must be submitted and approved by the Wisconsin Educational Approval Board (EAB).

## STUDENT CONDUCT

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at the Soleil Lune Yoga School. The ethics statement outlines our behavioral expectations. Please review the statement and be familiar with its contents. During the program the importance of ethics will be discussed several times. Students are expected to follow all school rules and policies as outlined in the catalog.

Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

## ATTENDANCE

To gain maximum benefit from the program, attendance at all sessions is required. If you anticipate missing class sessions, please discuss this during your application interview. Formal attendance will be conducted for each class. Please arrive 15 minutes early to adequately prepare for the class.

Attendance will be taken for each weekend meeting at the beginning of each section. Students are expected to be seated and ready for the session prior to the start time. Each session begins promptly at the designated start time. Each student will be marked as either present or not present at the session's start time. Students are required to attend every session of every weekend of the program. Student's late arrival time or failure to show will be noted and the missed time will accrue. Students who fall below the 90% required attendance hours at any time during the program will be notified within 72 hours in order to develop a plan to make up the missed time.

We understand that "life happens" and there are illnesses and scheduling conflicts. Students are required to notify Trish Washburn of any expected or unexpected absences. In order to receive a certificate of completion for the program, any missed hours will need to be made up. A meeting can be scheduled with Trish Washburn to discuss the make up of any missed hours. Take home work, asana class, self-study, or private instruction (at \$85/ hour) are all possible options to make up missed time. Also, attending the weekend/hours you missed in a future 200hour certification program is another option. Certification will only be granted when all hours have been completed and the student has met the graduation requirements.

### \*ATTENDANCE PROBATION

Students will be notified within 72 hours and in writing when and if they fall below 90% of expected attendance hours at any time during the program. If a student falls below 90% of expected attendance hours, the student will be required to set up an appointment with Trish Washburn to create a "make-up" plan. If a student cannot complete the necessary amount of hours needed before the program ends, they will be given the option to leave the program "incomplete" and will not receive a certificate. This student may choose a refund if eligible per our Refund Policy OR will be given the option to continue with the program and make up their missed time in a future 200hour certification program.

## TARDINESS

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. Once a scheduled session commences and the student is not present, they are considered tardy. Arrival times will be noted in attendance and tardy time will accumulate to missed hours. If a student falls below 90% of required hours due to tardiness, they'll need to follow the previously mentioned attendance make-up requirements.



\*Leaving Early: Students are expected to remain in class for the duration of our days' program. A student is required to notify Trish Washburn in advance if an early dismissal is required. Any time missed will need to be made-up. A meeting can be scheduled with Trish Washburn to discuss how one can make up any missed hours. Take home work, asana class, self-study, or private instruction (at \$85/hour) are all possible options to make up missed time.

## LEAVES OF ABSENCE

Leaves of absence from the Teacher Training Program are not offered. If a Student should have to discontinue the training and wish to continue their training at a future date, they will need to begin the program again at that time. The refund policy will apply to unused tuition.

If the participant does decide to continue at a later date, and there has been an increase in tuition, the participant is responsible for the difference between the tuition when they originally started the program and the tuition when they continue the program.

## PROBATION, DISMISSAL & RE-ADMITTANCE

Students who are not fulfilling Student Conduct codes (see "Student Conduct") will receive a written warning. Should a second incident of conduct policy violation occur termination from the program will result. The School Co-Directors will make this decision. Students may apply for re-admission to a future class, however admission is not guaranteed.

## STUDENT COMPLAINTS AND APPEALS

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. Student appeals to disciplinary decisions and/or graduation decisions must be submitted in writing within 30 days of the disciplinary action or notice of non-graduation. The written appeal must outline any facts of relevance as well as a detailed explanation of an alternate decision to be considered. Once the appeal is received, the Director and Co-Director of the school will set a meeting to discuss the appeal more in-depth and in person. A decision will be made and emailed to the student within 1 week from their meeting date and will detail the fact of findings and reason behind the final decision. Decisions made by the School Director and Co-Director on all complaints and/or appeals is final.

## PROBATION, DISMISSAL AND READMITTANCE

### CODE OF CONDUCT VIOLATION:

Students who violate the SLYC student code of ethics (See Student Conduct) will receive a written warning and a corrective plan will be discussed with the student. If a second violation occurs, the student will be dismissed from the program. Trish Washburn will implement the dismissal in writing. Refunds will be applied per the refund policy. A student who has been dismissed may apply for re-admission to a future training, but acceptance is not guaranteed. Appeals are not granted.

### ACADEMIC PROBATION:

SLYC Yoga School expects students to be up-to-date with required homework, book reports, practice journals, and projects that are due each session (See/review Progress Reports). Failure to turn work in on time will result in a written warning/notification. The student will be granted a “probationary period” to complete expected work within an agreed upon timeline. Failure to complete work or re-take any failed exams by the end of the agreed upon probationary period will result in an “incomplete status” for the program. The student who remains in this “incomplete status” will not be eligible for a certificate of completion. The student may wish continue to attend trainings and participate in learning, but will not be granted a certificate of completion until the work is satisfactorily completed. This arrangement can be discussed with and approved by Trish Washburn.

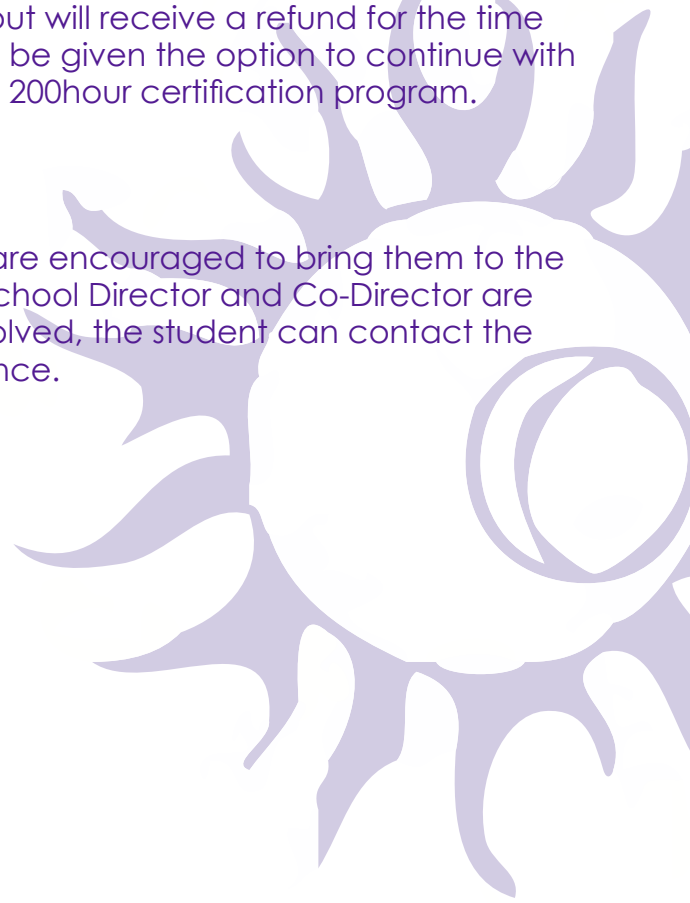
## **ATTENDANCE/TARDINESS PROBATION:**

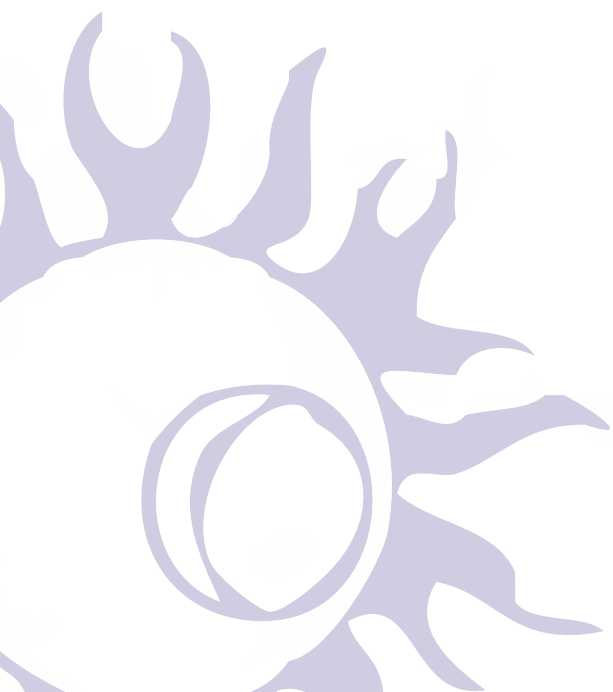
Students will be notified within 72 hours and in writing when and if they fall below 90% of expected attendance hours at any time during the program. If a student falls below 90% of expected attendance hours, the student will be required to set up an appointment with Trish Washburn to create a “make-up” plan. If a student cannot complete the necessary amount of hours needed before the program ends, they will be given the option to leave the program “incomplete” and will not receive a certificate, but will receive a refund for the time remaining in the program per the Refund Policy OR will be given the option to continue with the program and make up their missed time in a future 200hour certification program.

## **STUDENT COMPLAINTS:**

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the school Director and Co-Director are final on all complaints. If the complaint can not be resolved, the student can contact the Wisconsin Education Approval Board for further assistance.

Wisconsin Education Approval Board  
431 Charmany Drive, Suite, 102  
Madison, WI 53719  
Phone: 608-266-1996  
Email: [eabmail@eab.state.wi.us](mailto:eabmail@eab.state.wi.us)  
Website: [www.eab.state.wi.us](http://www.eab.state.wi.us)





# SOLEIL LUNE YOGA SCHOOL ETHICS STATEMENT

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental and spiritual welfare of my students and to uphold the dignity and integrity of the yoga teachings. Thus, I agree to abide by the following guidelines.

## RELATIONSHIP WITH STUDENT

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any contact I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from imitating a romantic or sexual relationship with current student, even if invited by student.



## PROFESSIONAL CONDUCT

In conducting my teaching practice, I will:

- Offer only those service I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practices.

## ADVERTISING

In brochures, websites, social media channels, advertising, and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by , representing of, nor endorsement by any organization.

## OWNERSHIP AND GOVERNANCE

Soleil Lune Yoga School is the owner of the Vinyasa Flow Advanced Studies & Teacher Training Program. Trish Washburn and Kate Yanke are the co-directors of the school. The school board consists of Trish Washburn and Kate Yanke. The Soleil Lune Yoga School is owned by Soleil Lune Yoga Center, LLC.

# SOLEIL LUNE YOGA SCHOOL

## CODE OF ETIQUETTE

### SACRED SPACE

In order to preserve our authentic and transparent space of learning, it is expected that all students keep what is said and shared during our sessions private. All students are expected to allow one another the safe space to share and not be interrupted.

### PROMPTNESS

All Soleil Lune Yoga School's Teacher Training Programs encourage promptness. Our golden rule is less than 15 minutes early is considered late. While some may find this a bit extreme, the sentiment rings true to the practice of yoga. In consideration of those around you, one of the

fundamental tenets of yoga practice, it's imperative you arrive early to place your mat and get settled. If you arrive exactly at the appointed time, by the time you have set your mat out and gotten any props, you will either have delayed the start of class or disrupted its ow. For those of you intending to teach, it is wise to develop the habit of arriving 15-20 minutes before class begins. Our teachers at Soleil Lune are encouraged to arrive 30 minutes prior to class start time in order to get settled and grounded before students begin to arrive. Students typically arrive 15-20 minutes prior to class start time. Please start this habit now.

## QUESTIONS

The freedom to ask questions is a vital part of a healthy learning environment. Very often when one person is ready to ask a question, there are a half-dozen with the same question, though for whatever reason, are not asking it. We have all been in groups where a few people hijack the discussion with their unthinking questions. This can be very distracting to the group and can derail the trajectory of a discussion. When asking a question, please pause for a moment and consider whether this question has the potential to facilitate growth of the group. If you are confident your question is for the benefit of all, please ask it. If you are unsure, please hold your question until the next break, when you can ask one of the instructors. When you do ask questions, please be sure to sit or stand up tall and project your voice for all to hear.

## FOCUS

In stepping onto the path of yoga, you are stepping into a practice that instills mindfulness, compassion, and the potential for personal transformation. This asks you to move beyond habituated patterns into a place of greater health, vitality and peace. What's the catch? The catch is: you have to pay attention! For that reason, we ask you to practice focused attention during all class hours. This includes, but is not limited to: sitting or standing upright (no slouching), no gum chewing, minimize fidgeting, no cell phones, and silent attention during lectures.

There will be a few times in the program when several hours of an entire day is spent in lectures. People interested in yoga tend to be more kinesthetic and can become antsy when sitting for longer periods of time, but the ability to be still and present is an important part of being a yoga teacher and a yoga student. We will do our best to minimize long periods of sitting, but we also encourage students to take these opportunities to become more capable. During the few times when a training day will be primarily sitting, we will send a message ahead of time so students can have a more vigorous physical practice that morning if needed.

## LEAVING CLASS

Despite our best intentions, sometimes it is necessary to leave class. Perhaps you are feeling fragile from the depth of work, a family emergency has arisen, or you are not feeling well. Regardless the cause, be sure to inform a faculty member you are leaving. This is to ensure adequate care of you and to prevent worrying your classmates.

## DRINKING WATER & EATING SNACKS

Proper hydration is vital for good health, though we have found the interest in hydration often masks mind states contrary to the path of yoga. For this reason, please refrain from drinking water during the asana classes. As teachers, we have observed students gulp a sip of water to avoid the discomforting potential for positive change/growth as they encounter previously unconscious patterns. It is ideal for us to move beyond previously unconscious reaction patterns, and thwarting that experience inhibits our growth in yoga. Ironically, we often use positive activities (such as drinking water) as a means to avoid the discomfort of growth. If you are concerned with dehydration, please drink an extra 8 ounces of water immediately prior to our asana sessions.

During lecture and demonstration portions of the weekend sessions, you are welcome to drink water or tea at any time. You are also welcome to eat your snacks in the SMALL STUDIO ONLY. No food is allowed in our main practice room and yes, this means NO SNEAKING. You will be given several breaks during your day for snacks, bathroom and lunch.

## PHOTOGRAPHS & PERSONAL RECORDINGS

Soleil Lune Yoga School strives to provide an environment conducive to study. Our staff may take photographs and videos for use in future training programs or for sharing with the current group of trainees. Videos of current and previous sessions will be available for your reference. If you do not wish to be filmed or photographed, please let your instructors know before the program begins.

Students are permitted to take photographs of the sessions for personal purposes only. Photographs may be taken when it is not distracting to the class and with permission from the lead instructor. Personal photos may not be distributed outside of the class participants without the expressed written permission of the Soleil Lune Yoga School and the participants who appear in the images. You may share photos via the program's private Facebook group or any other channel the program is using as an open forum of discussion.



# TEACHER TRAINING STUDENT COVENANT

In order to grow into my potential and to build an authentic yoga community, I agree to the following standards:

**Total and Complete Confidentiality:** What I hear here, see here, and say here stays here. I will say nothing that may be traced back or could be injurious or embarrassing to my group members.

**Share My Life:** I will be as open about my life and experience as I can. I will be vulnerable with my group, letting them know who I am as a person.

**Unconditional Love:** I will love and affirm my group members no matter what they have said or done in the past or what I learn about them presently. I will love them as they are and where they are at.

**Voluntary Accountability:** I will ask the group to hold me accountable for specific areas of my life. With my permission, you can ask me about the goals I set with God, my family, personal life, and world. I expect my group to lovingly not 'let me off the hook'. "As iron sharpens iron, so one man sharpens another." (Proverbs 27:17)

**Pray for One Another:** I promise to pray for my group members and home studio regularly and lift their needs.

**Sensitivity to Where People Are At:** I understand each person in this group is at a different point in his/her yoga journey. I will accept them the way they are, but encourage them to grow in all areas of their yoga life. I will seek to create a safe environment where people can be heard and loved.

**Come Prepared Each Session:** I will have my work completed and show up on time which means 15-minutes prior to the session start time. I will make every effort to be at each session from start to finish; it will have a high priority in my schedule. If I cannot attend, I will call my lead instructor to let them know. I will make the appropriate accommodations to make up the work I missed.

**Commit to Being an Example:** I view my participation in the teacher training program as a means of deepening my love of yoga, myself and others. From the beginning, I will invest in myself and in others. We achieve more together. I WANT TO BE THE CHANGE!

Student Signature:

Date:

# SEPTEMBER 2022 - JUNE 2023

## MODULE 1 - FOUNDATIONS

### **Weekend 1 - "Laying the Groundwork"** **September 10 & 11, 2022 (entry point)**

- Anatomy: Diaphragm and Lungs
- Subtle Anatomy: Prana, Chakra Overview
- Asana Focus: Sun Salutations
- Lecture Focus: Sangha, History of Yoga and Modern Yoga, what it means to be "grounded", learning the Recipe for class framework
- Practice Teaching: Sun Salutations

### **Weekend 2: "All in the Family (of Asana)"** **October 15 & 16, 2022**

- Anatomy: Pelvis, Legs, Hips
- Subtle Anatomy: 1st and 2nd chakra, Vayus
- Asana Focus: standing external and internal poses
- Lecture Focus: Ancient texts, 8 limbed path
- Practice Teaching: Identifying family of Asana

### **Weekend 3 - "Core Cultivation"** **November 12 & 13, 2022**

- Anatomy: Core of the body
- Subtle Anatomy: 3rd chakra, Bandhas
- Asana focus: core work, twists, balance poses
- Lecture Focus: Dharma, Nutrition, Koshas, Gunas
- Practice Teaching: twists, balance poses, creating a grounding mini series

## MODULE 2 - "THE ART (ARC!) OF TEACHING VINYASA FLOW"

### **Weekend 4 - "Heart Opening"** **December 10 & 11, 2023 (entry point)**

- Anatomy: Spine, Back, Chest, Shoulders, Side Body
- Subtle Anatomy: 4th Chakra
- Asana Focus: Back bends, Prep for backbends, forward folds
- Lecture Focus: Arc Format introduction and Recipe review
- Practice Teaching: Create a mini-arc (3 poses) and teach to small group

### **Weekend 5 - "Taking One's Seat"** **January 7 & 8, 2023**

- Anatomy: pelvis, spine, legs review
- Subtle anatomy: 5th Chakra, figuring out what you want to say and how to say it, Chitta Virtti - taming the monkey mind
- Lecture Focus: Hatha Yoga Pradapika, Sutra guidance and focus on meditation
- Practice Teaching: guided savasana, finding your yoga voice

### **Weekend 6 - The Art of Teaching Vinyasa Flow (long weekend)"** **February 4 & 5, 2023**

- Anatomy: The anatomy of a yoga class
- Subtle Anatomy: 6th Chakra.
- Asana Focus: Sequencing within the Arc format, different types of cuing
- Lecture Focus: Vinyasa Krama, preparing to teach, Ethics of teaching from what you know
- Practice Teaching - create a mini class as a group, begin to create your own class

## MODULE 3 - "GOING DEEPER"

### Weekend 7 - "Getting by with a little help from our Props" March 4 & 5, 2023 (entry point)

- Anatomy: Neck, head, shoulders, endocrine and cardiovascular systems,
- Subtle Anatomy - 7th Chakra
- Lecture Focus: Using props, types of props, ethics of modifying and creating a safe/comfortable environment
- Practice Teaching: Teaching with Props - pick a pose to adapt with prop(s) and teach

### Weekend 8 - "All hands on deck!" (hands on adjustments) April 1 & 2, 2023

- Anatomy: how to hold self safely while adjusting (core strength, being grounded)
- Subtle Anatomy: Adjusting with love and purpose, guarding your own energetic space
- Asana Focus: asana with adjustments
- Lecture Focus: how to weave in and out of adjustments and the science of yoga: Ayurveda
- Practice Teaching: Hands on adjustments!

### Weekend 9 - "Small details can have a big impact" May 1 & 2, 2023

- Anatomy: Adaptive asana for pregnant students, injured students, beginners, special populations
- Subtle Anatomy: teaching to who is in front of you, reading the energy of a group
- Asana focus: review of vinyasa krama, contraindications for special populations
- Lecture focus: Pranayama, How to create space for Transformation
- Practice Teaching: pranayama technique, create mini practice for beginners

## MODULE 4 - "THE BUSINESS OF TEACHING YOGA" (AND MAINTAINING A PERSONAL PRACTICE!)

### Weekend 10 - "Don't give it all away" June 2 & 3, 2023

- Anatomy: How to save your body/mind from burnout teaching too many classes
- Subtle Anatomy: Balancing what your students want to keep them coming back vs. what you feel they need
- Asana Focus: maintaining your Personal Practice, teaching only what you know in your own body
- Lecture focus: how to use Music in class, creating a class series vs. drop in class, etc., what keeps the students coming back?

### Weekend 11 - "If you build it, they will come!" July 8 & 9, 2023

- Anatomy - Building your Brand
- Subtle Anatomy - Staying authentic and living your yoga
- Asana Focus: What kind of teacher do you want to be? ie: gentle, vinyasa, power, yin, etc..
- Lecture Focus: becoming an Independent contractor, creating an LLC, finding liability insurance, website generation, social media,