



Soleil Lune Yoga School

Vinyasa Flow 300-hour

Advanced Vinyasa Teacher Training Program

Welcome!

We are so glad you are here! We are looking forward to coming alongside you as you embark on this amazing journey of deepening your yoga teaching and practice!

Mission Statement

Take Your Practice Further—Beyond the 200-Hour Foundation

This isn't your typical follow-up to a 200-hour training—this is where you take what you've learned and **elevate** it to the next level:

- **An even stronger self-practice** that dives deeper into devotion, meditation, pranayama, and asana—because yoga is an evolving journey, not just a set of poses.
Mastery in teaching with a profound understanding of anatomy, subtle energy, and advanced yoga philosophy—so you can walk into any class and teach with authority and grace.
Advanced skills to guide multi-level classes where every student, from beginner to seasoned practitioner, feels seen, challenged, and inspired—because your teachings will meet each person where they are and push them to their next level.
Advanced tools to support all students, especially those with physical limitations or injuries—you'll be able to create specialized progressions and adjustments that help every body feel safe and empowered.
A profound internal shift—this is where you step into the realization that yoga is a lifestyle, not just a practice. You'll see that **yoga is everywhere**, in everything, and everyone.

Our mission? Simple. **Live your yoga. Be the change.** When you deepen your own practice and teaching, you naturally inspire others to do the same. Get ready to take your practice **beyond** the basics and become the teacher who truly makes an impact.

History

The Birth of Soleil Lune Yoga Center

Soleil Lune Yoga Center was born out of a **miraculous connection**—the kind that only happens when the stars align. It all started in the summer of 2002 when **The Healing Bath** met the dreams of two incredible yoga instructors, **Trisha Washburn** and **Robin Philips**. The Healing Bath was more than just a space—it was a reflection of Trish and Robin's core beliefs in business, human connection, and life philosophy.

Fast forward, and life led Robin and her family to sunnier skies down south, while Trish stayed true to her calling. In April 2003, she left her corporate job behind to pursue **yoga full-time**—and she hasn't looked back since. Now, she continues to be blessed by the **amazing students** and instructors who walk through the studio doors, each one on their own yoga journey, contributing to the **vibrant community** that Soleil Lune has become.

Studio Philosophy

Our Philosophy—Honoring the Journey and the Self

At Soleil Lune, we believe that **honoring ourselves and others** is essential, no matter where we are on this wild ride of life. Life's ups and downs—**the positive and the negative**—are all gifts, shaping us into more **compassionate, stronger** human beings. With every stumble, there's a **Divine pruning** that allows us to **grow and bloom** in ways we didn't expect.

We know that yoga is not a quick fix—it's a **lifetime commitment** to developing the **discipline** needed to cultivate a still, calm, and **alert mind** every single day. Through our practice, we realize that our **thoughts shape our actions**, and yoga offers the opportunity to explore and understand those patterns.

Our mats are more than just a place to stretch—they are **mirrors** that reflect the truest version of ourselves, revealing who we really are at our core.

As the Bible says:

"According to your belief, be it done unto you." – Matthew 9:29

"For as he thinketh in his heart, so is he." – Proverbs 23:7

Dale Carnegie put it simply:

"Our thoughts make us what we are."

And Buddha?

"We are what we think; with our thoughts, we make the world."

We embrace this truth wholeheartedly because we know that through yoga, we can change the way we think, the way we live, and the world around us.

What We Believe

Our Foundation—Rooted in Faith

At Soleil Lune Yoga Center, we are **rooted in the Christian faith**, and we believe that **God exists eternally in three persons**: Father, Son, and Holy Spirit. These three are **co-equal** and together form one **God**. We believe that **God created the universe** through His divine power and Word, and that He is **all-knowing, all-powerful**, and **ever-present** in every aspect of life.

We believe that **Jesus was mysteriously and wonderfully** sent to Earth to be the **perfect reflection of God**—His heart, His character, His beauty, and His love for all people. Jesus lived a sinless life, and through His **sacrifice on the cross**, He offered forgiveness for all people, restoring our relationship with God.

Through **faith in Jesus**, we are forgiven and brought into a **right relationship with God**. We believe that Jesus **rose from the dead**, demonstrating His power over sin and death. He then ascended to heaven and will one day return to **judge the world** and restore all things to God's original purpose.

This is the foundation of our practice and our belief system, guiding our yoga journey and the way we live our lives.

Our Yoga School

Our Curriculum—Guided by Excellence

Our curriculum is designed to meet the highest standards, following the **Yoga Alliance guidelines**. As a **Registered Yoga School (RYS)** with Yoga Alliance, we're committed to providing top-tier training for future yoga teachers.

Upon successful completion of the 300-hour program, you'll receive a **Certificate of Completion** and will be eligible to apply for registration with Yoga Alliance as a **Registered Yoga Teacher** at the **500-hour level (RYT-500)**.

While our program is **perfectly suited** for those aspiring to teach yoga, it's also **highly recommended** for anyone looking to **deepen** their personal yoga practice and spiritual journey. Whether you're here to teach or to grow, this program will empower you to take your practice and understanding to the next level.

Our Community

Our Community—Where Yoga Meets Connection

At **Soleil Lune Yoga Center**, we're beyond proud to offer the **Lake Country area** a community of **like-minded yoga teachers** dedicated to providing high-quality, accessible, and friendly yoga classes for all.

Whether it's through our **regular classes, workshops, free educational opportunities, retreats, teacher trainings, or continuing education**, we are deeply committed to creating a space where everyone feels welcome, supported, and inspired.

We take great pride in the **respectful** and **caring culture** we've fostered—not just in our **teaching staff**, but also within our incredible community of students. It's this atmosphere of **kindness, respect, and connection** that makes Soleil Lune Yoga Center truly special.

Program Curriculum

The Soleil Lune Vinyasa Flow Teacher Training Program includes five program disciplines. The full program consists of 300 hours, 270 hours are considered "contact" hours and remaining hours are considered "non-contact" hours. As defined by YogaAlliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are reading and homework assignments.

Techniques Training & Practice (TTP)

This material shall foster an enhanced understanding and experience as compared to the content of our yoga school's RYS 200 or foundational Techniques, Training and Practice sessions. Topics in this category could include, but are not limited to: asanas, pranayamas, chanting, mantra, meditation and other traditional yoga techniques. These hours are a mix between 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas receive substantial emphasis. Minimum of 50 hours.

Teaching Methodology (TM)

Topics in this category could include, but are not limited to: Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries. How to address the specific needs of individuals and special populations, to the degree possible in a group setting. Principles of demonstration, observation, assisting and correcting. Teaching styles. Qualities of a teacher. The student learning process. Business aspects of teaching yoga (including marketing and legal). The Teaching Methodology category shall cover additional teaching methods and principles beyond what was covered in our RYS 200 syllabus content.

Anatomy & Physiology (AP)

Topics in this category could include but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Yoga Philosophy/Lifestyle & Ethics (YPLE)

Topics in this category could include, but are not limited to: Further and deeper study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita) than what was included in our school's RYS 200 syllabus content. Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma. Ethics for yoga teachers, such as those involving teacher – student relationships and community. Understanding the value of teaching yoga as a service and being of service to others through yoga (seva).

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 included in the program the student will be able to describe:

- Bones, their alignment, and joint function
- The benefits, cautions, and contraindications
- Use of props, kramas, energetics, and be able to perform 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. They will also be able to lead a Yoga Nidra practice.

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. They will also understand the subtle body and the internal experience of yoga.

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 prana, koshas, and 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, progressive series, workshop, and retreat. 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 multilevel class so all class participants feel seen, challenged, and accomplished. The student will have a solid understanding of creating community and culture within their class/studio as well as have a deep understanding of their 'seeing eye'.

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.

Student Conduct

Ethics: The Heart of Yoga

At Soleil Lune Yoga School, **ethics** are at the core of everything we do. Living a true yogic lifestyle means we take ethics seriously, and that starts with holding ourselves and each other accountable.

Our **Ethics Statement** lays out our expectations for behavior, and we ask that you review it thoroughly. We'll dive into the importance of ethics throughout the program, so get ready to discuss how we carry these values with us both on and off the mat.

Here's the deal: we expect you to act as mature, respectful adults and follow all the rules and policies laid out in the catalog. **Disruptive behavior** won't fly—this includes things like chronic tardiness, harassment, spreading negativity, breaching confidentiality, or showing up under the influence of anything other than your own positive energy. We're all here to create a safe and respectful environment.

If things go off track, you'll get a **written warning**. But continued disruptive behavior could result in **termination** from the program. Let's keep it respectful, keep it positive, and keep it yogic!

Attendance

Attendance: Show Up, Be Present, Get the Most Out of It

To truly gain the full benefits of the program, attendance at **every session** is crucial. We'll take formal attendance at the start of each class, so please plan to arrive at least **15 minutes early** to settle in and prepare for the day. We begin **promptly at the designated time**—so make sure you're ready to roll when the clock starts.

Each weekend meeting begins with attendance at the start of each session. If you're late or absent, that time will be **noted** and will **accrue**. If you fall below 90% attendance at any point during the program, we'll reach out within **72 hours** to discuss how to make up missed hours.

We understand that life happens—illnesses and unexpected schedule changes can pop up. If you can't make it, please notify Trish Washburn ASAP. To receive your Certificate of Completion, you'll need to make up any missed time. Options for making up missed hours include take-home work, asana practice, self-study, or private lessons at \$100/hour.

Certification will only be granted when you've met all hour requirements and completed the graduation criteria. Let's stay on track and make it all happen!

Attendance Probation: Stay on Track

If at any point during the program you fall below **90% attendance**, you'll be notified in writing within **72 hours**. From there, you'll need to meet with **Trish Washburn** to create a **make-up plan** to get back on track.

If you're unable to make up the missed hours by the program's end, you can leave the program as **incomplete** and **not receive a certificate** (but you'll receive a refund for the remaining program time per our **Refund Policy**).

Let's stay committed and keep things moving forward!

Probation, Dismissal and Re-admittance

Code of Conduct Violation

If a student violates the SLYC Student Code of Ethics (See Student Conduct), they'll receive a written warning and will work with Trish Washburn to develop a corrective plan. A second violation will result in dismissal from the program, with a written notice from Trish Washburn. Refunds will follow the Refund Policy. While dismissed students may apply for re-admission to future training, acceptance is not guaranteed. Appeals will not be granted.

Academic Probation

At SLYC, students are expected to stay on top of homework, book reports, practice journals, and quarterly projects(See Progress Reports). Missing deadlines will lead to a written warning, and a probationary period will be granted to complete outstanding work. If work is not completed by the agreed-upon timeline, the student will be marked as having an "incomplete status" and will not be eligible for a certificate of completion.

The student may continue attending classes, but a certificate will not be awarded unless all work is completed and passed. Any arrangements regarding this can be discussed and approved by Trish Washburn.

Tardiness

Punctuality and Attendance

Be on Time: Arriving **15 minutes early** is essential to be fully prepared for class. If a student is not present when the session starts, they will be considered **tardy**, and the time missed will accumulate toward their total hours. If tardiness causes attendance to fall below **90%**, the student will need to make up the missed time (see Attendance Make-Up Requirements).

Leaving Early: Students should remain in class for the full duration. If an early departure is necessary, Trish Washburn must be notified in advance. Any time missed will need to be made up, and options include take-home work, asana class, self-study, or private instruction (\$100/hour). You can schedule a meeting with Trish to discuss the best way to make up missed time.

Attendance/Tardiness Probation

If a student falls below 90% attendance at any time during the program, they will receive a written notification within 72 hours. A meeting with Trish Washburn will be scheduled to develop a make-up plan. If the required hours cannot be completed before the program ends, the student can either leave the program incomplete (receiving a refund for the remaining time per the Refund Policy) or continue in a future 200-hour certification program to make up the missed time.

Student Complaints

We encourage students to bring any **concerns, complaints, or suggestions** to the attention of any school personnel. Decisions made by the **School Director** and **Co-Director** are final. If the issue cannot be resolved internally, the student may 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
Website: www.eab.state.wi.us

Harassment Against Members of Protected Class

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

Sexual Harassment in the Workplace

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

Sexual Misconduct

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

Teachers recognize the unique power and imbalance of the student-teacher relationship. While acknowledging the complexity of yoga relationships, teachers shall not exploit the trust and dependency of students. Teachers shall avoid any dual relationships with students (e.g., business, personal, or sexual relationships) that could impair their professional judgment, compromise the integrity of their instruction, and/or use the relationship for their own gain.

Teachers understand that a yoga studio is a place of deep spiritual work and transformation. Teachers shall not make comments, gestures, or physical contact of a sexual nature with their students, even if the student invites such conduct. Sexual misconduct will not be tolerated under any circumstances.

VERBAL HARASSMENT

- Unwanted sexual teasing, stories, jokes, remarks, or questions,
- Sexual comments, stories or innuendo
- Turning work discussions to sexual topics
- Asking about sexual fantasies, preferences, or history
- Asking personal questions about social or sexual life
- Sexual comments about a person's clothing, anatomy, or looks
- Telling lies or spreading rumors about a person's personal sex life.
- Referring to an individual as a doll, babe, sweetheart, honey, or similar term
- Repeatedly asking a person out on dates who is not interested
- Unwanted letters, telephone calls, or sending materials of a sexual nature
- Stalking on social media
- Unwanted pressure for sexual favors

NON-VERBAL HARASSMENT

- Blocking a person's path or following
- Giving unwelcome personal gifts
- Displaying sexually suggestive materials
- Making sexual gestures with hands or through body movements
- Unwanted sexual looks or gestures

PHYSICAL HARASSMENT

- Hugging, kissing, patting, or stroking
- Touching or rubbing oneself sexually around another person
- Unwanted deliberate touching, leaning over, cornering, or pinching

- Giving an un-wanted massage
- Sexually oriented asana adjustments or touch
- Promising enlightenment or special teachings or status in exchange for sexual favors
- Actual or attempted rape or sexual assault

Romantic Relationships Between Teachers & Students

Teachers shall not invite, respond to, or allow any sexual or romantic conduct with a student during the period of the teacher-student relationship.

Studio Code of Conduct

We are committed to holding high ethical standards for our yoga teachers. We believe that it is the responsibility of a teacher to ensure a safe environment in which our students can grow physically, mentally, and spiritually. Students are looking for guidance from teachers with authenticity, experience, and wisdom. Our Code of Conduct was developed to protect our students in this potentially vulnerable relationship with their teachers and to uphold the highest professional standards.

FINANCIAL PRACTICES

Teachers will discuss all fees and financial arrangements in a straightforward professional manner. Teachers will manage their business affairs according to recognized standard business and accounting practices. Teachers are encouraged to render services to individual or groups in need without regard to financial remuneration. Teachers will neither receive nor pay a commission for referral of a student.

PROFESSIONAL GROWTH & CONTINUING EDUCATION

Teachers shall maintain the integrity, competency, and high standards of the yoga profession by continuously striving to improve their skills through keeping current in new developments in yoga practice and by participating in continuing educational programs.

TEACHER - STUDENT RELATIONSHIPS

Teachers shall demonstrate high regard for the moral, social, and religious standards of their students. Teachers shall avoid imposing their personal beliefs on their students, although they may express them when appropriate in the class and in a sensitive and careful manner. Teachers recognize the trust placed in them by students and the unique power of the student-teacher relationship. Teachers shall avoid exploiting the trust and dependency of students. Teachers shall avoid dual relationships with students (e.g. business, close personal or sexual relationships) that may impair their judgment, compromise the integrity of the teachings and/or use the relationship for their personal gain. Teachers shall not engage in harassment, abusive words or actions, or exploit students. Teachers recognize that the teacher-student relationship involves a power imbalance and shall exercise caution if the teacher chooses to get into a personal relationship with a student.

INTEGRITY

Teachers shall uphold the highest of moral standards. Teachers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency. Teachers recognize that the process of learning is never complete, and they shall avoid portraying themselves as "enlightened" or "spiritually advanced." Teachers recognize that they are walking on the spiritual path along with their fellow teachers and students. Teachers shall cultivate an attitude of humanity in their teaching and dedicate their work to something greater than themselves.

SCOPE OF PRACTICE

Teachers shall not abandon or neglect their students. If teachers are unable (or unwilling for appropriate reasons) to provide professional help or continue a professional relationship, they should make every reasonable effort to arrange for instruction for that student with another teacher. Teachers should avoid giving any personal advice concerning a student's personal life. Teachers shall not give medical advice. Teachers shall not prescribe a

treatment or suggest rejecting a physician's advice. Teachers shall refer their students to medical doctors or complimentary licensed professionals when appropriate.

CONFIDENTIAL INFORMATION

Teachers shall keep all personal information disclosed by their students or clients strictly confidential. A teacher who receives personal information from a student or client may not disclose such information unless it obtains the written consent of the student or client. All discussions among teachers concerning students or clients shall be conducted in secure, non-public environments.

INTER-PROFESSIONAL RELATIONSHIPS

Teachers are part of a network of health care and well-being professionals and shall seek to develop interdisciplinary relationships. Teachers shall conduct themselves in an honorable manner in their relations with their colleagues and other wellness practitioners. Teachers shall not openly criticize practices followed by other yoga schools or teachers.

ADVERTISING & PUBLIC COMMUNICATIONS

A teacher shall accurately represent his or her professional qualifications and certifications along with his or her affiliations with any organization(s). Announcements and brochures promoting classes or workshops shall describe them with accuracy and grace. These principles are designed to uphold the quality of our teachings and shall be in compliance with legal guidelines for appropriate representation of our services.

YOGA EQUITY

Teachers shall welcome all students regardless of age, sex (including pregnancy, gender identity and perceived gender expression), sexual orientation, color, race, national origin, marital status, parental status, veteran's status, religion, or physical or mental disability, provided that the teacher has appropriate expertise.

Grievance Policy

REPORTING ON POLICY VIOLATIONS

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

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

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct. All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate.

We may request additional information from the person reporting the incident throughout the course of review of the report. We will take appropriate action to ensure compliance with our policies. The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all circumstances.

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

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

RETAILIATION

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

Tuition & Fees

Application Fee: \$100 (non-refundable, applied toward tuition upon acceptance)

Program Deposit: \$300 (due upon acceptance, also applied toward tuition)

Tuition: \$5400 if paid in full **or** \$5608 with 12-month payment plan

PAYMENT OPTIONS

We accept cold hard cash or plastic in the form of VISA, MasterCard, Discover, and American Express.

PAYMENT PLAN DETAILS

We understand that investing in your education is a commitment, which is why we offer a flexible payment plan to make it more manageable:

- 12 Monthly Payments: \$384 per month beginning Month 2 of program
- First Payment: \$600 due by the first weekend of the program
- Payments are automatically charged to the credit card on file

Need a different payment structure? We can customize a plan that works for you. Just reach out to trisw@soleilluneyoga.com to discuss options.

REFUND POLICY

We get it—life happens, plans shift, and sometimes the universe has other ideas. If you need to withdraw, here's how it works:

- **Before the program starts:** You'll get a refund minus the \$100 non-refundable deposit (because admin stuff takes time). Credit card refunds come with a 4% processing fee—because banks love their cut.
- **After the program starts:** Refunds are prorated based on the number of sessions you've completed. Fair is fair.
- **After the 10th weekend:** No refunds. At this point, you're all in, whether you've paid in full or are on a payment plan. Think of it as motivation to stick with your commitment!

Required Textbooks

Please budget approximately \$100 for the required textbooks. Textbooks can be purchased online at [amazon.com](https://www.amazon.com). You are expected to have each of these as reading and homework assignments using these texts are required for certification.

- The Living Gita by Sri Swami Satchidananda
- The Illusion of Money: Why Chasing Money Is Stopping You from Receiving It by Kyle Cease
- The Inner Tradition of Yoga by Michael Stone
- Embrace Yoga's Roots: Courageous Ways to Deepen Your Yoga Practice by Susanna Barkataki & Sonali Fiske

Recommended Reading

These books are just this; a suggestion. They are not required, but we feel they are must have in your arsenal of yoga books. These books were required in our 200-hour program. These books are excellent sources and foundations to enhance your teacher training experience. They will also familiarize yourself with the foundations of the topics we delve deeper into during this 300 hour program

- 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

Training Weekends

Module 1: Foundations

Ah yes, "Foundations"—because everything awesome is built on a solid one. This module is where we take all that 200-hour stuff you think you know and crank it up to 300-hour level. Think: smarter sequencing, assists that aren't weird, yoga philosophy that doesn't put you to sleep, and deep dives into all that juicy energetic anatomy that makes you feel like a chakra-whisperer. Spoiler alert: it's not just review—it's reinvention.

Weekend 1 – Sequencing Foundations Sept 20 & 21, 2025

Let's get one thing straight: sequencing isn't just slapping poses together until it looks cute on a whiteboard. This weekend, we'll break down the "why" behind what you teach—energetically, anatomically, and emotionally. We'll cover:

- The "recipe" method (it's not just for lasagna!)
- The "arc" method (a.k.a. how not to burn your students out in the first 20 minutes)
- Pose families and their energetic themes
- How sequencing affects the nervous system (hint: it's more than just vibes)

If you've done SLYC's 200-hour training, this should feel like a cozy, brain-stretching homecoming. If not, buckle up and bring snacks.

Weekend 2 – Assisting Foundations Oct 18 & 19, 2025

Welcome to the fine art of not making it weird. Assisting is less about "fixing" students and more about creating an environment where they feel safe, seen, and empowered to explore. This weekend includes:

- **Hands-On Assists** – How to deliver confident, supportive touch without creeping anyone out.
- **Verbal Cueing** – Because "engage your core" has been said 47,000 times and your students are still confused.
- **Demonstrations** – When to show, when to shut up, and why your alignment isn't one-size-fits-all.
- **Ethics + Intuition** – Knowing when not to touch is just as important as knowing how.

Basically, we'll help you upgrade from "random pokes" to "intentional magic."

Weekend 3 – Philosophy & Meditation Foundations Dec 6 & 7, 2025

Here's where we take a delightful detour into the ancient, mystical, occasionally head-scratching realm of yoga philosophy. Warning: this is not your average bedtime story. We'll unpack:

- The Yoga Sutras (with commentary, humor, and zero Sanskrit snobbery)
- The Five Kleshas – because yoga diagnosed your existential crisis centuries ago
- The Four Ashrams – your new life GPS, minus the midlife crisis
- The mind as a monkey (because yes, it is that wild in there)
- The difference between Netflix-induced "rest" and actual meditation

This weekend is a brain-bender in the best way—prepare to feel like both a philosopher and a fraud (which is exactly how yoga's supposed to work).

Weekend 4 – Subtle Body Foundations Jan 10 & 11, 2026

Let's get weird—in a structured, ancient-wisdom-meets-modern-science kind of way. The subtle body is the map of your inner world, and this weekend, we'll explore:

- **Prana** – AKA your inner battery pack (you do have one)
- **Chakras** – What they are, what they aren't, and why everyone loves to blame their root chakra for commitment issues
- **Gunas** – The three energies that explain why you're either on fire or barely moving
- **Koshas** – The five layers of your being (because spoiler alert: you're not just muscles and bones)
- **Kleshas, revisited** – Because mental patterns love a comeback tour

Expect real talk, real energy shifts, and just enough woo to make you wonder if your third eye is actually opening.

Module 2 - Advanced Sequencing

Welcome to the major leagues of yoga teaching—where we stop tossing poses together like salad and start creating classes that actually land. This module is all about intentionality—from sequencing and cueing to private sessions and personalized experiences that make students feel like you’re reading their energetic diary (without the creep factor).

We’ll get into:

- Theming that doesn’t feel forced
- Sequencing strategies that work for both classes and private clients
- Teaching people to grow (without emotionally or physically yeeting them off their edge)
- Ayurveda as your secret weapon for creating “Oh my God, how did you know I needed that?” moments
- And the big one: ethics. Because with great playlists comes great responsibility.

Weekend 5 – Advanced Sequencing Feb 7 & 8, 2026

This is where sequencing becomes an art form. We’re talking theme-driven classes, story arcs, musicality, energetic layering, and creating the kind of yoga experiences students talk about over brunch. You’ll explore:

- The **12 Principles of Transformation** – no, not a new cult, just a roadmap to real change
- The **8 Principles of Coming to Your Edge** – because “challenge” ≠ “break them”
- Using music and silence as tools (yes, both matter)
- Weaving themes that don’t make people roll their eyes
- Finding your voice (and no, we don’t mean your “yoga voice”)

By the end of this weekend, your sequences will feel more like journeys and less like disjointed asana potluck dinners.

Weekend 6 – Advanced Cueing March 7 & 8, 2026

Welcome to the weekend where you stop sounding like a yoga robot and start cueing like the anatomical genius you are. We’re going deep into:

- **Cueing bones** – because sometimes “press your femur” works better than “feel the energy”
- **Dosha-informed cues** – tailor your language to fiery Pittas, spacey Vatas, and the Kaphas who just need a hug
- **Energetic cueing** – subtle shifts, internal awareness, and those magical mic-drop moments
- **Sharpening your teacher eye** – spot alignment tweaks and emotional cues like a pro
- Guiding **internal transformation** – because the real yoga is happening behind the eyes, not just in the hamstrings

This weekend is part anatomy nerd-out, part spiritual awakening, all upgrade.

Weekend 7 – Creating Meaningful Workshops, Practices, & Retreats April 11 & 12, 2026

Look, regular classes are great. But if you’ve ever dreamed of hosting a solstice celebration, a cacao-fueled heart-opening ritual, or a weekend in the woods that doesn’t involve group therapy in the hot tub, this weekend is for you. We’ll explore:

- How to create workshops that aren’t just long classes with candles
- Designing retreats with soul, structure, and enough downtime to avoid burnout
- Holiday + seasonal classes that actually mean something (no more phoning in your “Thankful Flow”)
- Pricing, planning, and avoiding the classic “I didn’t make any money but at least it was magical” mistake

This is where your creativity meets strategy—and your yoga biz starts to feel like an actual offering, not just a side hustle with a singing bowl.

Weekend 8 – The Yoga Concierge May 2 & 3, 2026

Private yoga: it’s not just teaching Warrior II in someone’s living room. This weekend is all about delivering customized, high-touch experiences that make clients feel like VIPs—because they are (and so are you). We’ll cover:

- **Client Intake 101** – beyond “Do you have any injuries?” and into “What do you need right now?”
- **Designing private sessions** – structure, flow, and meaningful takeaways
- **Creating homework** that’s actually helpful and not just “do cat-cow for 10 minutes”
- **Pricing with confidence** – no more cringing when someone asks your rate
- Boundaries, professionalism, and building relationships that last

Because being a private yoga teacher is part teacher, part coach, part intuitive guide—and part boss. Time to own it.

Summer Break - June through August 2026

Module 3 - Advanced Functional Anatomy & Assists

Welcome to the hands-on, body-informed, soul-whispering chapter of your 300-hour training—where we bridge anatomy with energetics, science with sensation, and assist without accidentally becoming a human chiropractic adjustment. This module is where your anatomical knowledge gets sharper, your touch gets wiser, and your respect for props skyrockets. (Spoiler alert: the block is not optional. It's a throne.)

We'll explore:

- **Advanced assists** that don't feel like sneak attacks
- **Anatomy that matters** (because yes, your hamstrings are tired of your vague cues)
- The art of communication without words—think touch, presence, and energetic awareness
- **Props** as portals, not punishments
- Teaching diverse bodies and conditions like a grown-up professional
- The deeper layers: chakras, koshas, vayus, gunas, kleshas—and how to cue from the inside out

This isn't just about helping people touch their toes—it's about understanding what's happening under the hood, and how to guide students toward true transformation. Let's get into the guts (literally and metaphorically).

Weekend 9 – Advanced Assists & Anatomical Cueing Sept 5 & 6, 2026

By now, your assists are (hopefully) consensual, helpful, and not just an excuse to show off your deep squat. This weekend, we're turning up the anatomical volume. You'll learn:

- Functional anatomy that actually applies to real bodies on real mats
- Cueing that targets bones, joints, and muscles—not just “reach for the stars”
- **The nervous system's role** in stretching, assisting, and reactivity (hello, muscle spindle!)
- When silence is golden—especially for Deaf and hard-of-hearing students
- Advanced assist technique—because helping someone deepen a twist isn't just about yanking their opposite hip
- Why props are your new co-teacher (and not a sign of weakness)

Basically, it's the weekend where your cueing becomes smarter, your touch becomes intentional, and your teaching becomes next-level informed.

Weekend 10 – Where's the Real? Oct 3 & 4, 2026

This one gets real. Like, actually real. We're looking past the curated community vibes and asking: what's the difference between yoga culture and true connection? (Hint: one has branded merch, the other involves showing up for people when they're falling apart.)

You'll explore:

- How to **build real community** in classes and studios
- What it means to hold **inclusive, trauma-aware space** (no spiritual bypassing allowed)
- The invisible dynamics that either welcome or exclude students
- Leadership that doesn't require perfection—just presence
- What it means to create a space where people feel seen, not just sold to

No more “good vibes only.” We're getting into the gritty, human, heart-forward stuff that actually matters.

Weekend 11 – Adapting Yoga for Resilience & Recovery Nov 7 & 8, 2026

Newsflash: Not everyone in your class is a glowing, injury-free wellness unicorn. Real humans walk into your studio with cranky knees, recovering shoulders, tight hips, trauma histories, pregnancy, chronic pain, and bodies that don't match the yoga magazine mold—and they deserve practices that meet them where they are, not where the internet says they should be. This module is your crash course in teaching with both heart and brains. We'll cover:

- Functional anatomy from the ground up (feet, knees, hips, spine, shoulders, oh my!)
- Common injuries + what to do (and not do) when you hear “I've got a bad back”
- How to support larger-bodied students with clarity, confidence, and zero condescension
- Prenatal and postpartum considerations that go beyond just “don't lie on your back”
- Trauma-informed teaching that honors safety on every level—emotional, physical, and energetic

- When and how to offer modifications that empower (not pity)
 - How to hold strong boundaries when something isn't safe, appropriate, or in alignment—with kindness and clarity
- Because teaching yoga isn't about making people fit the practice—it's about adapting the practice to fit the person. This is where you become not just a better teacher, but a better human.

Weekend 12 – The Inner Journey Dec 5 & 6, 2026

And now, the grand finale: where anatomy meets energy and your cueing goes soul-deep. This weekend is a swirl of subtle body education, energy work, and yoga philosophy that will have you cueing not just the hamstrings—but the **Atman**.

You'll explore:

- The **8 Principles of Practice** – your new blueprint for depth in teaching
- The **Gunās** – that inner cocktail of sattva, rajas, and tamas running the show
- The **Koshas** – think of them as your energetic nesting dolls
- The **Vayus** – aka the five winds of subtle movement (so yes, your breath can be directional)
- The **Chakras** – from root to crown, with clarity and nuance (no more “open your heart” vagueness)
- The **emotional-organ-body connection** – because yes, your liver is in a mood today
- Cueing that shifts internal states, not just external shapes

This is the weekend where your teaching becomes alchemy. Let's go deep—and maybe float back up a little lighter.

Module 4 - Teaching Philosophy & Business Ethics

Because teaching yoga isn't just sun salutations and playlists—it's also about not being a jerk, honoring the roots, and maybe not treating your business like a lemonade stand.

Weekend 13: Philosophy, Stillness & Respect: The Real Yoga Stuff Jan 9 & 10, 2027

So, you've read the Bhagavad Gita (or at least pretended to)? Great. Now what? This weekend is all about weaving philosophy into classes without sounding like a TED Talk gone rogue. We'll break down how to theme your classes with philosophical depth that actually lands, rather than confusing your students into savasana oblivion.

We'll also get real about cultural appropriation—what it is, how to not do it, and how to engage with yogic traditions respectfully without accidentally turning your class into a costume party. Appreciation > Appropriation. Oh, and yes—philosophy is actually useful in real life. We'll show you how.

Weekend 14: Navigating Business, Boundaries & Integrity Feb 6 & 7, 2027

Once a deeply spiritual and service-driven practice rooted in community and lineage, yoga in the West has undergone a radical transformation. What began in ashrams with teachings passed from guru to student has, in many ways, become a sleek, algorithm-optimized industry—complete with branding, marketing funnels, and influencer culture. In this section, we'll explore how yoga's integration into Western capitalism has both opened doors and complicated the dharmic path. From the tension between sacred service and financial survival, to the ethics of running a studio, to the emotional labor yoga professionals are expected to absorb—we'll take a clear-eyed, compassionate, and occasionally spicy look at what it means to teach, run, and live yoga today. Because balancing heart, hustle, and humanity is the real yoga.

Weekend 15: Putting It All Together March 6 & 7, 2027

This is it. The grand finale. Cue the confetti (or compostable glitter—because we care about the Earth). You'll present your Capstone Projects—a thoughtfully designed 7-day progressive yoga journey that you've crafted using all the brilliance you've gathered along the way.

Then, we celebrate. Expect connection, reflection, a few proud tears, and probably some snacks. Graduation, baby. You did it.

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 flow. 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 in order to get settled and grounded before students begin arrive which is typically 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 one person is ready to ask a questions, there are a half-dozen with the same question, though for whatever reason, are not asking it. We have all been in groups, however, 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 questions until 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. All this asks you to move beyond habituated patterns into a place of greater health, vitality and peace. What is 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 on instruction. 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 continuing 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.

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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. Yoga allows us to identify and 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 the lecture and demonstration portions of the weekend sessions, you are welcome to drink water 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.

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Signature: _____

Date: _____

Teacher Training Student Covenant

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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.

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