

Integrative Yoga Therapy 200 Hour Teacher Training Program at Inner Light Yoga Studios: OUR PROGRAM AT A GLANCE

Prerequisites:

- Love Yoga & are 18 years or older
- 1 year or more of yoga class experience
- This is a good time in your life to learn something new
- You have read this entire course catalog

How to Enroll

- Submit application questions as found at the end of this catalog or via our website.
 - Submit via email to InnerLightYogaStudios@gmail.com OR via “Teacher Training” page of www.InnerLightYogaStudios.com
- Submit 1 letter of recommendation. Letter of recommendation can be from a Yoga Teacher who can speak to your commitment to Yoga OR from another individual who can speak to your love of Yoga and dedication to completing commitments you have made.
- Submit \$100 application Fee.
 - This is a non-refundable fee that is applied to your tuition.
 - Submit online via website or mail check made out to Inner Light Yoga Studios. 9207 W Center St. Milwaukee, WI 53222
- AFTER the studio has received all 3 submissions, you will be contacted for an interview. Interviews are in person or via phone.

Program Goals:

The Integrative Yoga Therapy (IYT) Teacher Training is for those who want to teach Yoga as a healing art. You will learn to teach Yoga for a wide range of complementary settings including health care as well as Yoga classes for the general public. This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals, therapists and anyone with a desire to teach the healing art of yoga.

This program is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200).

Primary areas of focus:

- Explore a comprehensive approach to teaching Yoga including smart sequencing, physical anatomy, subtle body or anatomy of the subtle body, pranayama (breath work), mudras (Yoga postures for hands), bandhas, chakras, meditation, yoga nidra, yoga philosophy and hands-on assists.
- Develop your Yoga teaching as part of your own unique life vision and mission.
- Learn all the key concepts of teaching such as class design, sequencing, pacing, use of voice instructions and hands on assists.
- Learn to teach hatha, vinyasa & gentle yoga classes to a vast spectrum of students including special population, beginners, intermediate and advanced Yogis.
- Learn to teach asana through the Integrative Posture Principles -- working at physical, energetic, emotional and spiritual level and how to modify them for individual needs.
- Learn the nature of health and illness from the Yoga perspective.
- Learn the main aspects of the psychology and philosophy of Yoga in a clear, well-organized manner that can be integrated into your teaching and daily life.
- Learn to teach Yoga classes that are exceptional and creative, that develop a theme from start to finish and leave your student(s) with a complete experience of integration which is Yoga.

Inner Light Yoga Studios Philosophy & Mission Statement:

Inner Light Yoga is a family-centered, community based studio committed to enriching the lives of the community through yoga and other forms of natural wellness. Our Integrative Yoga therapy teacher training program provides a well-rounded program that deepens the understanding of the physical yoga practice, the yoga lifestyle and the underlying philosophy of yoga as a healing modality.

IYT 200-hour Program Description: Integrative Yoga Therapy is a pioneer and leader in training Yoga professionals who can bring the ancient insights of Yoga into mainstream wellness programs. Our program is based on a vision of health as a unity of body, mind and spirit. The Integrative Yoga Therapy (IYT) Teacher Training Program at Inner Light Yoga Studios is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200). Yoga Alliance requires 180 contact hours (classroom) and 20 non-contact hours. IYT's program is comprised of 180 hours of contact study and 20 hours of non-contact hours. 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 at home independent study (assignments, reading, tests and take home assessments) and 4 hours of volunteer teaching hours. Students will keep a log of hours and dates to record non-contact hours.

What makes an IYT certification special?

Yoga is taking on a wider role in modern life; an expansion beyond the Yoga classroom into all areas of our community as a vehicle for wellness, healing and personal transformation. Integrative Yoga Therapy is a pioneer and leader for over 15 years in training Yoga professionals who can bring the ancient insights of Yoga into mainstream wellness programs. Our programs are based on a vision of health as a unity of body, mind and spirit. Yoga is a vehicle for deepening this experience of Unity and bringing it into the world as a resource for personal growth, healing and awakening. Over 3,000 students have developed personally and professionally through the IYT training programs.

School Facilities:

Integrative Yoga Therapy (IYT) 200-hour training at Inner Light Yoga Studios is in a yoga studio located in Milwaukee, WI. Our studio offers classes 7 days/week in two studio spaces. The first studio space is approximately 800 square feet and the second studio space is approximately 700 square feet with ample parking and access to restaurants, hotels and shopping. IYT Yoga school is certified by Yoga Alliance as a Yoga Alliance registered school at the 200, 500 and 1000 hour level. The studio is equipped with mats, blocks, straps, bolsters, additional props and two bathrooms.

Catalogue Changes

The IYT Teacher Training Program reserves the right to make changes or revisions to this catalogue. Every effort will be made to ensure the accuracy of information contained in this document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling in case of an emergency.

Admissions & Entrance Requirements

To participate in the Integrative Yoga Therapy 200-hour Yoga Teacher Training Program, the student must meet the following requirements:

- Minimum 1 Year Yoga Experience. Preferably in classes taught by a certified teacher.
- Minimum age of 18
- Email Application to InnerLightYogaStudios@gmail.com
- Successfully complete admissions interview (in town: in-person -or- out-of-town: over the phone)
- To secure a place in the program, a tuition payment must be submitted. (Please See Tuition and Fees for payment details)

*Please note that application to the program does not guarantee acceptance. The interview process is an ideal opportunity to have any of your questions answered regarding the program. Please submit your application early (a minimum of 3 weeks prior to the program start date is recommended) as space is limited and filled in order of approval of application. Application deadline is one week prior to program start date. Applicants will be notified of acceptance by telephone, in writing or by email.

Advanced Standing

IYT's Teacher Training at Inner Light Yoga Studios does not offer advanced standing for any previous trainings or coursework. Graduation from the program does not mean guarantee of employment.

Non-Discrimination Policy

IYT's Teacher Training at Inner Light Yoga Studios does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Housing

Inner Light Yoga Studios does not provide housing for students. If you expect to require housing, names and accommodation locations can be provided upon request.

Employment Assistance Services

IYT's Teacher Training at Inner Light Yoga Studios does not offer employment assistance services. We do offer suggestions for pursuing your career in yoga and devote class time to the business aspects of yoga. Given that yoga teaching is often a part-time endeavor, the school will follow up with graduates to provide needed letters of recommendation.

Academic Requirements and Standards of Progress

All students enrolled in Inner Light Yoga Studios IYT teacher training program are required to complete all assignments, assessments, and reflections on a pass/fail basis to receive credit for modules. Students who do not complete the necessary course work will not receive credit for the module and will not be able to move to the next module. Homework from each module is due within 3 weeks of the completion of the module.

Modular Requirements:

- **MODULE COMPLETION:** All students are required to take Module 1 first. Modules 2-10 can be taken in any order.
- **BINDER:** All students enrolled in Inner Light Yoga Studios IYT teacher training are required to maintain a 200 RYT Binder including additional hand-outs. Students must bring a 2" 3-ring binder to module 1.
- **HOMEWORK:** Each module will have pre-homework reading to complete and post-homework assignments. The post-homework varies per module and may include pose cueing assignments, participation in Yoga classes, personal practice reflection, lesson sequencing and concept/terminology review. All students are required to complete 100% of the homework. Homework is submitted twice during the program. Once after the completion of 5 modules and again at the end of the program after completion of the Karma Yoga assignment. Detailed Homework assignments will be provided at Module 1. It is the student's responsibility to complete homework in a word document and email to hbsyogaschool@gmail.com

Homework/non-contact hours:

- Required readings (below)
- Homework & On-Going Assessments (below)

On-Going Assessments

- Practice Teaching: Completed during the modules. Students will receive hand written evaluation from trainer.
- Personal Practice & Reflections: Participate in classes with an experienced teacher (in person or online), complete assigned personal practices at home and write reflections on your Yoga practice.
- Teaching Cues: Directed self-study of physical & energetic body using Teacher Training Textbooks to create teaching cues
- Sequencing: Using the resources provided in lecture, practice sequencing a class at varying levels.
- Reading: Complete pre and post module reading assignments. (No pre-reading assignments for Module 1)

Required Readings (included in tuition):

- IYT Teacher Training Manual (All modules)

Required Readings (not included in tuition):

- IYT Yoga Teachers Tool Box (All modules - can be purchased at Inner Light Yoga for \$65)
- IYT Mudras for Healing & Transformation (All modules – Can be purchased at Inner Light Yoga for \$30)
- The Secret Power of Yoga (Yoga Sutras), Edited by Nischala Joy Devi (Module 4)
- Bhagavad Gita, Edited by Sri Swami Satchidananda (Module 8)
- Relax & Renew by Judith Lasater (Module 7 & 10)
- Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Poses by Ray Long (All modules)
- Yoga Sequencing by Mark Stephens (All modules)

Volunteer Teaching Hours (Karma Yoga Project)

To complete the IYT 200 RYT program, students are required to complete 4 hours of community service teaching. The community service classes must be adult classes. All students must complete class sequencing worksheets and teaching reflections for each of their community classes. These worksheets must be duplicated and turned in with a teaching reflection at the completion of the 4 classes. Teachers may begin their community service hours after completing all 10 teacher training modules.

Final Exam Assessment

To successfully teach a 60-minute Yoga Practice with the following specifications.

1. Adhering to the sequencing guidelines taught in the program
2. Including 1 pranayama, 1 mudra, & 1 guided meditation

The 60-minute class will be scheduled ahead of time at Inner Light Yoga Studios. At least 1 of the trainers will be present to grade the class.

Completion Deadlines

- After the completion of all 10 modules, students have 1 year to complete their Karma Yoga Project and Final Exam. After 1 year, the students file will be closed. A reactivation fee of \$150 will be charged if student chooses to reopen their file and complete coursework.
- Students in the Flexible Program have 2 years to complete all 10 modules.
 - Students who do not complete the 10 modules within 2 years and have a desire to do so have the following option for course completion
 - Active Students: Active Students are students who have taken a module within the past 12 months. Active Students will be required to re-take Module 1 at the rate of \$350 and then complete the remaining modules within 12 months.
 - Inactive Students: Inactive students are students who have not taken a module for over 12 months. Inactive students who have exceeded the 2-year deadline of completing modules, will need to re-apply to the program and restart the program from the beginning.

IYT 200 RYT Yoga Teacher Training Program

Eligibility for RYT 200-hour certification includes completion of all 10 Modules

All Modules meet 8:00a-6:00p and include a 1 hour lunch.

Our program is offered ongoing throughout the year. Check www.InnerLightYogaStudios.com for specific dates.

Module 1: History of Yoga & Intro to Integrative Yoga Therapy

Module 2: Yoga Teaching Essentials, Sequencing & Teaching Beginner Populations

Module 3: Chakras, Healing Energy & Teaching Intermediate Populations

Module 4: Philosophy, Yoga Sutras, Meditation & Hands on Assists

Module 5: Anatomy & Teaching Mixed Level Populations

Module 6: The 5 Koshas, Hands on Assists & The Business of Yoga

Module 7: Pranayamas, Pranavayus & Restorative Yoga

Module 8: Yoga Texts, Inversions & Teaching Advanced Populations

Module 9: Ayurveda, The Elements, & Bhakti Yoga

Module 10: Special Audiences, Modifications & Props

Students Records:

We will keep student applications on file, as well as a copy of certificate of completion of each module (attendance records). All students records/files will be kept with studio owner and not shared with outsiders. Paper records will be kept for 5 years/electronic files kept indefinitely. The replacement fee is \$25 per certificate.

Attendance:

Attendance is mandatory. All missed time must be made up. Depending on the content being missed, portions of the modules can made up privately with an instructor at the rate of \$70/hour. All private instruction must be approved and arranged in advance. For students enrolled in the Weekend Program of the Thursday Program, a \$50 transfer fee can be paid to take a module out of order/at a different time. If a student is enrolled in a module and cancels with LESS than 48 hours notice, a \$100 LATE transfer fee will be due to complete the module.

Tardiness:

Students must arrive on time to receive their certifications for each module. Students more than 30 minutes late to the start of session, must follow attendance rules noted above.

Probation, Dismissal, and Re-admittance:

Students who are not fulfilling Student Conduct codes (see Student Code of Conduct below) will receive a written warning and be placed on probation for next Module. Should a second incident of conduct policy violation occur during this probation period, termination from the program will result. The School Co-Directors will make this decision. Students may reapply for re-admission to a future module, however admission is not guaranteed.

Standards for Academic Progress:

Students cannot participate in subsequent modules until all the homework/coursework from the previous module has been completed at a satisfactory level. Students who need help completing their coursework at a satisfactory level can work privately with an IYT Program instructor at a rate of \$70/hour.

Student Code of Conduct:

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at the IYT'S Yoga Teacher Training Program. The ethics statement outlines our behavioral expectations. Please review the statement and become familiar with its contents. During the program the importance of ethics will be discussed. 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, abusive language and/or rude/menacing behavior. The school will provide a student with one written warning. Continued disruptive behavior will result in termination from the program.

Student Complaints:

If a student has a complaint it should be communicated in writing to Inner Light Yoga Studios and will be reviewed by Program Managers. All complaints will be responded to within 30 days. If further action is needed/student requires reimbursement for withdrawal from program, please follow guidelines listed in Tuition, Fees and Refunds section. If the complaint cannot be resolved, the student can contact the Wisconsin Education Approval Board for further assistance at 608.266.1996 or via email at eabmail@eab.state.wi.us

Tuition & Fees

OPTION 1: Weekend Program OR Thursday Weekday Program

- This plan is for students who plan to attend modules in chronological order.
- The IYT Manual is included in the price of tuition. All other books must be purchased by the student.
- Tuition includes 30 Yoga classes at Inner Light Yoga Studios. The classes can only be used during the duration of the program. Of the 30 classes, 20 classes can be used to attend classes with Haley or Biz and 10 classes can be used to attend classes with Rose. Use them or lose them absolutely no exceptions allowed. Discounts will not be given to students who do not use their classes.
- During the course of the program, Yoga School Students may purchase 10 Class Packages at the discounted rate of \$85/10 Class Package. These purchases must be made in studio and are limited to 4, 10-Class Packages per student.

Standard Rate	Current Yoga Teacher Discount*	Transfer Fee: \$50
\$3300	\$3100	If a student cannot attend a module in chronological order, they may take the Module (space permitting) at a different time. The \$50 transfer fee is due at the start of Module.
\$100 Application Fee + \$3200 = \$3300 Application Fee is non-refundable	\$100 Application Fee + \$3000 = \$3100 Application Fee is non-refundable	Late Transfer Fee: \$100 If a student is enrolled in a module and cancels with LESS than 48 hours notice, a \$100 late transfer fee will be due to enroll in the missed module.
*Tuition Discounts are given to individuals who currently teach group classes at a Health Club or Recreation Department. Proof of employment is required.		

OPTION 2: Split Payment Plan for Weekend Program or Thursday Program

- This plan is for students who plan to attend modules in chronological order, but prefer to split the payment into 2 equal payments. The first payment is due PRIOR to Module 1, to secure the students spot in the program. The 2nd payment is due NO LATER than 2 weeks before the start of Module 6.
- The IYT Manual is included in the price of tuition. All other books must be purchased by the student.
- Tuition includes 30 Yoga classes at Inner Light Yoga Studios. The classes can only be used during the duration of the program. Of the 30 classes, 20 classes can be used to attend classes with Haley or Biz and 10 classes can be used to attend classes with Rose. Use them or lose them absolutely no exceptions allowed. Discounts will not be given to students who do not use their classes.
- During the course of the program, Yoga School Students may purchase 10 Class Packages at the discounted rate of \$85/10 Class Package. These purchases must be made in studio and are limited to 4, 10-Class Packages/student.

Standard Rate	Current Yoga Teacher Discount*	Transfer Fee: \$50
Payment 1: \$1600, (Due prior to Module 1) Payment 2: \$1600, (At or before Module 6)	Payment 1: \$1500, (Due prior to Module 1) Payment 2: \$1500, (At or before Module 6)	If a student cannot attend a module in chronological order at the rate of 1 module/month, they may take the Module (space permitting) at a different time. The transfer fee is due at the start of Module.
Total Tuition for Program: \$3300 \$100 Application Fee + Payment 1 \$1600 + Payment 2 \$1600 = \$3300 Application Fee is non-refundable	Total Tuition for Program: \$3100 \$100 Application Fee + Payment 1 \$1500 + Payment 2 \$1500 = \$3100 Application Fee is non-refundable	Late Transfer Fee: \$100 If a student is enrolled in a module and cancels with LESS than 48 hours notice, a \$100 late transfer fee will be due to enroll in the missed module.
*Tuition Discounts are given to individuals who currently teach group classes at a Health Club or Recreation Department. Proof of employment is required.		

OPTION 3: Modular/Flexible Program/Monthly Payment Plan

- Students have the option to complete the 10 modules within a 2-year time period. Students MUST complete Module 1 first. The remaining 9 modules can be completed in any order.
- This option is for students who would like the flexibility to complete the program over a longer time period and/or who are seeking a monthly payment option.
- Students who allow more than 12 months to lapse between taking a module, will be required to audit Module 1 at the price of \$350 before continuing with additional modules.
- Payment/enrollment for each module is due 5 days prior to the start of the module.
- The IYT Manual is included in the price of tuition. All other books must be purchased by the student.
- Tuition also includes 30 Yoga classes at Inner Light Yoga Studios. The student will receive 3 classes per module. Of the 30 classes, 20 classes can be used to attend classes with Haley or Biz and 10 classes can be used to attend classes with Rose. Use them or lose them absolutely no exceptions allowed. Discounts will not be given to students who do not use their classes.
- During the course of the program, Yoga School Students may purchase 10 Class Packages at the discounted rate of \$85/10 Class Package. These purchases must be made in studio and are limited to 4, 10-Class Packages/student.

	Standard Rate	Current Yoga Instructor Discount*
Module 1	\$550	\$530
Module 2	350	330
Module 3	350	330
Module 4	350	330
Module 5	350	330
Module 6	350	330
Module 7	350	330
Module 8	350	330
Module 9	350	330
Module 10	350	330
	\$100 Application Fee Price Includes daily lunch and snacks	\$100 Application Fee Price Includes daily lunch and snacks
<p>*Tuition Discounts are given to individuals who currently teach group classes at a Health Club or Recreation Department. Proof of employment is required.</p> <p>Late Cancel Fee: \$100 If a student is enrolled in a module and cancels with LESS than 48 hours notice, a \$100 fee will be due before they can enroll in their next module.</p>		

Cancellation & Refund Policy

Refunds for those who purchase all 10 modules:

A student who withdraws or is dismissed after attending at least one day of Module 1, but before completing 6 modules, is entitled to a pro-rated refund as follows:

After the completion of:	Refund amount
The first day of the Module	100%
1 Module	90%
2 Modules	80%
3 Modules	70%
4 Modules	60%
5 Modules	50%
6-10 Modules	NO REFUND

As part of the policy, the school will retain a one-time 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 6 of 10 modules, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a prorated amount. If a student is absent without notifying an instructor (within 1 week after module) or a no-show for any given module, he/she will be automatically withdrawn from the 200 hour program and the refund policy will be instated. A written withdrawal letter is requested to be removed from the program (see above schedule).

Certification: To receive a certificate of completion from Integrative Yoga Therapy 200-hour Yoga Teacher Training Program at Inner Light Yoga Studios, students must pass all assessments, complete all required readings/papers/binder reflections in a satisfactory manner, 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.

Graduation Requirements:

Graduates will meet the program requirements as outlined in this catalog. To receive a Certificate of Completion the student is required to have a minimum of 180 contact hours and a minimum of 20 non-contact hours.

IYT's Yoga Teacher Training Program at Inner Light Yoga Studios is available to fulfill deficit contact hours at \$70/hour.

Employment Results:

- Student Progress
- Practice teaching rubrics will be completed by an instructor throughout the program
- Student Satisfaction
- All students will complete a satisfaction survey at the end of each module

Program Curriculum:

The Integrative Yoga Therapy (IYT) Teacher Training Program at Inner Light Yoga Studios is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200). Yoga Alliance requires 180 contact hours (classroom) and 20 non-contact hours. IYT's program is comprised of 180 hours of contact study and 20 hours of non-contact hours. Contact hours are earned through regular

attendance and non-contact hours are substantiated by completion of at home independent study and 4 hours of volunteer teaching hours. Students will keep a log of hours and dates to record non-contact hours.

The 200-hour Yoga Alliance Registered Yoga School Standards are listed below under Techniques/Training Practice. Graduates of this program are certified to instruct group and private yoga sessions but are not Professional Yoga Therapists. To become a Professional Yoga Therapist, students must complete the RYT 1000-hour certification through IYT or another approved Yoga Therapy school.

Yoga Alliance 200-Hour Standards (directly from Yoga Alliance)

The Integrative Yoga Therapy 200-hour teacher training program meets and exceeds the Yoga Alliance 200-hour standards. In addition to the standards required below, the IYT teacher training program will help you learn to teach Yoga for a wide range of complementary settings including health care as well as Yoga classes for the general public. This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals and all therapists.

Per the Yoga Alliance, curriculum must incorporate training hours in the following educational categories:

Techniques Training/Practice (100 hours): 75 contact hours, 50 with primary E-RYT®s (Experienced Registered Yoga Teachers)

Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Note: Contact Hours in this category must be in a dedicated yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

Teaching Methodology (25 hours): 15 contact hours, 10 with primary E-RYT®s

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga. Although your curriculum may include more than five hours on business aspects of teaching yoga, a maximum of five such hours can be counted.

Anatomy and Physiology (20 hours): 10 contact hours

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of five hours must be spent applying anatomy and physiology principles to yoga.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (30 hours): 20 contact hours

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. A minimum of two contact hours must be spent on ethics for yoga teachers.

Note: A minimum of 2 contact hours must be spent on ethics for yoga teachers.

Practicum (10 hours): 5 contact hours with primary E-RYT®s

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)

Electives (15 hours): Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

55 Remaining Contact Hours

Contact hours to be distributed among educational categories according to the school's chosen emphasis.

Total: 200 hours

Total Contact Hours: 180

Sample Schedule for Module 1

Day 1 Materials Required: Binder, Notebook, IYT Tool Box, IYT Mudra Book, IYT Manual			Day 2 Materials Required: Binder, Notebook, IYT Tool Box, IYT Mudra Book, IYT Manual		
8:00-12:30	Biz	Paperwork/Yoga School Info Mudra Meditation History of Yoga What is IYT & Class structure Teaching language Master Class	8:00-12:00	Haley	Master Class Transitions Class Levels
12:30-1:30		LUNCH: Be 100% ready to learn at 1:30p!	12:00-1:00		LUNCH: Be 100% ready to learn at 1:00p!
1:30-6:00	Haley/Jes	Explanation of Resources & How to Use Ray Long Books Pose Breakdown: Mountain, Forward Fold, Half Forward Fold, Runners Lunge, Plank, Chaturanga, Sphynx, Cobra, Up Dog, Down Dog, Chair, Childs Pose Sun Salutations: History of Sun Salutes & Practicing Sun Salutes at Varying Levels Cueing Activity: Kramas of cues applied to	1:00-6:00	Haley	Foundations of Yoga, Wheels of Yoga, Hatha Yoga & Koshas Sequencing

APPLICATION FOR ACCEPTANCE:

Integrative Yoga Therapy 200-hour Yoga Teacher Training Program at Inner Light Yoga Studios

STEP 1: Submit the following information to InnerLightYogaStudios@gmail.com

1. Inner Light Yoga Studios Waiver of Liability (see below). Print, fill out, scan, & email
2. Application Questions (see below). Type answers, save as a PDF, & email
3. 1 letter of Recommendation, preferably from a Yoga Teacher who can speak to your dedication to the practice of Yoga. If this is not an option, then from someone who can speak to your dedication to completing projects that you begin to the best of your abilities.
4. Submit \$100 (non-refundable) application fee. Payment can be through our website www.InnerLightYogastudios.com, a check made out to Inner Light Yoga Studios, or cash.

STEP 2: Interview: Once all of Step 1 has been completed, Inner Light Yoga Studios will contact you to set-up an interview. When possible, interviews will be held in person.

STEP 3: Submit Payment to secure your spot. After a successful interview, students will receive an acceptance email from the studio. Students must submit a tuition payment to be enrolled in the program.

Inner Light Yoga Studios Waiver of Liability

INSTRUCTIONS: Print, sign, and scan the following Waiver of Liability and email to InnerLightYogaStudios@gmail.com

I have read, understood and agree to the terms and conditions for application, admission, payment and participation in the IYT 200 hour Yoga Teacher Training Program at Inner Light Yoga Studios.

Initial: _____

I understand that by completing the Integrative Yoga therapy 200-hour program, that I am not a Professional Yoga Therapist. I must complete a 1000-hour Professional Yoga Therapist certification to hold this title.

Initial: _____

I am aware that participation in Yoga or any other physical activity may result in accident or injury, and student assumes the risk connected with the participation in Yoga and represents that Member is in good health and suffers from NO physical impairment which would limit their use of Inner Light Yoga Studios' facilities. Student acknowledges that Inner Light Yoga Studios has not and will not render any medical services including medical diagnosis of Student's physical claim, demand, cause of action of any kind resulting from or related to Student's use of the facilities or participation in any Yoga, exercise or activity within or without the studio premises, and Student agrees to hold Inner Light Yoga Studios harmless from same.

Initial: _____

Print Name

Sign Name

Date

APPLICATION QUESTIONS

INSTRUCTIONS: Complete the following questions and email as a PDF to InnerLightYogaStudios@gmail.com. (Typed applications & email submission are preferred. Thank you.)

Name:

Address:

Phone:

Birthday:

Email:

Emergency Contact:

Occupation:

Please list any medical concerns (physical limitations, disabilities, psychological disorders, communicable diseases, recent surgeries or hospitalizations, pregnancy, current medications, etc) that may be relevant to participation:

Short Essay Questions

What is your background and experience with Yoga/meditation?

How long have you been practicing?

Where and how often do you currently practice Yoga and what is your/their style?

What is your educational background outside of Yoga?

Do you currently teach yoga?

What is your intention for attending this course?

Do you intend to be Yoga Alliance Certified?

What track do you plan on completing? (Thursday Program, Weekend Program or Flexible Program)

How did you hear about the IYT Teacher Training Program at Inner Light Yoga Studios?