

Ground and Center Yoga Teacher Training (YTT) Program

The RYT 200 training program offered by Ground and Center Yoga in collaboration with Happy Dog Yoga Studios will give you knowledge, information, practice, and experience related to yoga teaching techniques, asana and postures, anatomy, and yoga philosophy.

This 200-hour Yoga Alliance (a national registry for yoga schools)-registered modular teacher training program offered through Ground and Center Yoga is open to those looking to begin their journey into teaching yoga and those who are looking to deepen their own personal practice, by learning about the physical side of yoga, including asana and sequencing, learning about anatomy and physiology relevant to the practice, and learning about the history and philosophy of yoga, including its roots and the yoga sutras. The program is also open to current teachers who would like to jump into a single module for continuing education credits.

For those looking to complete their RYT 200 through Yoga Alliance, you can begin the program at any time. You will have 12 months to complete the 8 modular intensives and other course requirements (see below for details). Upon successful completion of this course, you will be able to register with the Yoga Alliance for your RYT 200. You will be qualified to teach classes in the styles of Ashtanga, vinyasa, slow flow, beginner, yin, and restorative yoga.

Tuition, Fees, & Payment Plans

Individual Modules: \$320 each

\$2,760 (\$200 non-refundable deposit due with registration plus \$320 for each of the eight modules)
OR \$2,560 (\$200 non-refundable deposit due with registration plus \$2,360) paid in full 1 week prior to your first module.

Tuition Includes - Trainee will receive: a copy of the training manual for each module paid for and a continuing mentor relationship with lead trainer, Katie Morey. You will be provided with lessons from registered yoga teachers and guest instructors who are experts in their styles of teaching and respective fields of study. Books and travel expenses are not included with tuition.

All trainees who are enrolled in the 200 hour program will receive a 30 class pack to practice at Happy Dog Yoga Studio, where the training will be held, to complete course requirements. If you are currently under contract for a monthly autopay, you can add the 30 class pack on to the end of your autopay contract or \$33.33 per month for 9 consecutive months (maximum) will be deducted from your payment to cover the 30 classes. If you are not on autopay, you will receive a 30 class pack and must remain in good standing and as an active member of the teacher training program (not more than 3 months in between modules) or unused portion of classes will be put on hold or forfeited. If you have purchased a year in advance, the 30 class pack will be added to the end of your one year unlimited package.



Refund Policy

All tuition and fees paid by the student outside of the \$200 deposit will be refunded if a request is made within 5 business days of signing a contract with Ground and Center Yoga. The requested refunds will be returned within thirty (30) days. Once the 5 business days have elapsed, Ground and Center Yoga will maintain the policy that no refunds will be granted once the teacher training program starts. In the event that the teacher training program cannot be held or completed, all monies paid by the student to date will be refunded in full within thirty (30) days.

Pre-requirements

Based on the fact that students choose to complete yoga teacher training for various reasons, there are no pre-requirements for completing the Ground and Center YTT Program. However, it is highly recommended that you have maintained a consistent yoga practice prior to enrolling for at least 6 months.

Grading & Graduation Requirements

Students will be marked as either complete or incomplete for this program. To be marked as complete, students must meet the attendance policy, have a thorough understanding of yoga and teaching, and fulfill the required hours set forth by the Yoga Alliance for the 200 hour yoga teacher training within 12 months of starting the program. Certification will be given upon successful completion of all required modules, hours and assignments.

Attendance Policy

In order to maintain the standards set by Yoga Alliance and maintain the integrity of the standards set by Ground and Center YTT, students must attend 100% of the 8 mandatory modules. If a portion of a module is missed, it can be made up the next time the module is offered at no extra charge. Students will be responsible for completing all assignments before training ends.

Each module will be offered a minimum of 1 time over the 12 months, with make-up and additional sessions offered as needed.

Certification

The Ground and Center YTT certification course satisfies the entire requirements for the 200 Hour Yoga Teacher Training as required by the Yoga Alliance. Upon completion of the program, you will be equipped with the necessary knowledge, experience and confidence to teach yoga in the community. You will receive a Certificate of Completion once all program requirements have been met and be eligible to become a Registered Yoga Teacher (RYT) through Yoga Alliance at the 200 hour level (additional fees apply). Placement for students cannot be guaranteed.



Course Objectives

Course objectives include but are not limited to the following. Students of the Ground and Center YTT Program will:

- Learn how to see bodies so that they can identify poses and practices that will work best with each individual student.
- Be able to address the specific needs of individuals to the degree possible in a group setting with varying levels of practice experience.
- Learn how to safely and effectively practice and teach asana.
- Learn how to safely and intelligently sequence classes.
- Learn basic anatomy and physiology of the human body and then learn to apply this knowledge to the function of asanas.
- Learn how to practice and teach pranayama and the various breathing techniques, how these various types of breath can benefit students, and how important pranayama is to a yoga practice.
- Learn the how-to's and benefits of meditation and the various techniques available.
- Gain knowledge on the history and foundations of yoga and how it applies to practice and life, as a yoga teacher and personally, on and off the mat.
- Learn to find their own individual voice in a yoga class setting and be provided with a safe and supportive environment in which to practice their teaching skills.
- Gain knowledge on the basics of the yoga business.

Course Work, Syllabus, & Detailed Module Topics

In order to have a well-rounded exposure to yoga and all of its principles, philosophies, and components, we require a range of assignments to be completed. Assignments and homework include but are not limited to: a home yoga and meditation practice, reading books, writing essays, oral presentations, and journaling, leading classes and meditations, and volunteering in the community. All assignments must be completed in order to receive certification.

Classes will be held on Friday, Saturdays, and Sundays. The Friday sessions will be held at the St. Clair Happy Dog Yoga Studio and the Saturday and Sunday classes at the Port Huron Happy Dog Yoga Studio, unless otherwise specified.

Those enrolled in the training will also be required to practice for a minimum of 30 hours in a yoga studio while enrolled in teacher training and can be done so using the 30 class pack provided or at their own expense at another studio of their choosing.



Coursework includes, but is not limited to (additional information and forms will be provided):

- Home yoga and meditation practice, gratitude journal
- Complete assigned readings
- Writing essays and papers
- Oral presentations
- Karma yoga (volunteering)
- Class observation
- Feedbacks and leading classes
- Individual reading assignment

The course topics have been chosen in order to not only meet, but to exceed the standards set forth by the Yoga Alliance. At Ground and Center Yoga we fully understand that practitioners of yoga are diverse and that teachers need to be prepared to encounter students from all backgrounds.

Therefore, our syllabus covers the following topics:

Asana: Learn to teach poses safely in the styles of Vinyasa, Ashtanga, Slow Flow, Beginner, Restorative, and Yin. You will learn the five foundations of Ashtanga, the benefits and precautions of a yoga practice in general and in respect to the various styles of yoga, principles of alignment, and how to safely provide physical and verbal adjustments and modifications.

Anatomy and Physiology: Topics will cover the basics of the major systems of the body, including the musculoskeletal system, fascia, respiratory, endocrine, and nervous systems.

Lifestyle and Ethics for Yoga Teachers: Lifestyle focus includes traditional texts with concepts such as non-violence and karma, and ethics topics will include teacher-student relationships, community, and service.

Meditation and Pranayama: Students will learn how to use and deliver various breathing techniques and the basic concepts of meditation and stillness.

Teaching Methodology: Topics include how to construct and sequence a class, choosing appropriate music, and finding your voice and own teaching style.

Teaching Practicum: Practicum includes teaching back to the class and receiving feedback from peers and instructors. It is expected that students will be prepared able to lead Karma (Happy Hour) classes on their own over the course of the teacher training program. Over the course of the program you will be required to observe a minimum of 6 classes, one class of each style.

The Business Side of Yoga: Here students will learn about professional conduct, advertising, setting prices, and respecting other studios and teachers

Yoga History and Philosophy: This section may find some overlap with lifestyle and ethics for yoga teachers. Students will learn about the history and foundations of yoga including the eight limbs,



yoga sutras, and yamas and niyamas. Students will also learn Sanskrit as it relates to teaching and everyday yoga practices.

Detailed Module Topics

Yoga History, Philosophy & Ethics: Building the Foundation

If you want to know where something is going, it's good to know where it came from. There are a few key yoga texts that help us to explore the history and philosophical side of yoga. Over the course of this 3 day weekend you'll explore these texts and cover topics such as the Yoga Sutras and the eight limbs of yoga, including the yamas and niyamas. You'll learn the foundational principles of yoga as a lifestyle and practice. The ethics portion of the weekend will include topics such as teacher-student relationships, community, and service.

Practice Focus: Hatha Basics

You'll learn about:

- The study of yoga philosophies and traditional texts
- The Yoga Sutras
- The 8 Limbs of Yoga
- Yoga as a lifestyle, including the concepts of dharma and karma
- The value of teaching yoga as a service and being of service to others (Seva)

Required Reading: The Yoga Sutras of Patanjali by Sri Swami Satchidananda

Optional: The Living Gita by Swami Satchidananda, The Yamas & Niyamas by Deborah Adele

Asana & Alignment: Feeling Into the Body

In this module we'll begin to explore Asana and start building the foundation for movement. We'll look at basic human anatomy and how each pose targets certain areas of the body, practicing and learning key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) so that you may begin to develop a relationship to the form and function of the different categories. We'll explore principles of alignment and how to apply them to your own practice so that you may begin to teach more effectively.

Practice Focus: Align & Flow

You'll learn about:

- Benefits and contraindications of various poses and for multiple populations
- Healthy movement patterns vs. alignments that could put the body at risk
- How to safely and effectively practice and teach asana



- Alignment, including where it's important and how it applies to different poses and styles of yoga

Required Reading: The Language of Yoga by Nicolai Bachman

Anatomy & Physiology of Yoga: Applications to the Practice

As a yoga teacher, it's important to know about anatomy in order to better to lead a healthy practice and help students understand what's going on in the body. Studying anatomy will allow you to lead classes with clearer instruction, to tell your students which parts of the body should be contracting and relaxing in various poses, and to better understand weak, tight, and injured areas. You'll leave with a greater understanding of the different systems of the body and how yoga can impact these various areas, which will inform your teaching and allow you to lead with greater understanding and compassion.

Practice Focus: Gentle Yoga w/ Meditation

You'll learn about:

- Muscles in action in yoga poses
- How yoga can impact our bodily systems and organs
- The major joints, muscles and bones of the body
- The differences between tension and compression and how they impact yoga practice
- Basic human anatomy & physiology, including the musculoskeletal, respiratory & endocrine systems
- Basic anatomy and physiology of the human body and how to apply this knowledge to the function of asanas

Foundations & Movement: Exploring the Styles of Yoga

In this module you'll learn about the many lineages and styles of yoga, including Hatha Yoga, Ashtanga, Vinyasa Yoga, Iyengar, Kundalini and others. There will be a strong focus on the movement styles of practice, including learning about Vinyasa Yoga, which was born out of the Ashtanga lineage. This module will cover the primary series of Ashtanga yoga and its foundations, including pranayama and drishti.

Practice Focus: Ashtanga

You'll learn about:

- The Ashtanga Yoga primary series
- The different lineages and styles of yoga
- The history and foundations of yoga and how it applies to you personally, on and off the mat
- How yoga has changed over the years and during its transition to and rise in the US

Required Reading: Ashtanga Yoga: the Practice Manual by David Swenson



Sequencing & Assists: Creating an Experience

Moving from one yoga posture to the next in a flow style practice should have the same fluidity and seamless transition that is often observed in dance. This transition is also important to practices that incorporate slower movement and longer held postures. In this module you will learn how to sequence and theme a class so that your classes move seamlessly and your students can connect with themselves and experience all of the intended benefits of their practice. You will also learn how physical and verbal cues and adjustments can help your students tune into their bodies and achieve mind-body connection in a safe and intelligent way.

Practice Focus: Slow Flow/Burn

You'll learn about:

- Constructing, sequencing, and theming a class
- How to structure a yoga class by building postural arcs and valleys
- How to safely provide physical and verbal adjustments and modifications

Pranayama & Meditation: Breathing Into Stillness

In this module you will learn how to use and deliver various breathing techniques and the basic concepts of meditation and stillness. Dhyana (meditation) is something that has been practiced by yogis for thousands of years, so we'll explore meditation techniques and how they can be used to train attention and awareness and help both you and your students achieve a mentally clear and emotionally calm and stable state. We'll also explore a number of breathing techniques outside of the Diaphragmatic and Ujjayi breaths that are often used during a yoga practice. You'll learn how to incorporate these into your teaching and into your daily life.

Practice Focus: Meditation

You'll learn about:

- The how-to's and benefits of meditation
- The different styles of meditation and how to practice and teach them
- How to practice and teach pranayama and the various breathing techniques
- The uses of breathing techniques and their benefits
- The importance of pranayama and meditation to a yoga practice and daily life

Required Reading: Science of Breath by Yogi Ramacharaka and Wherever You Go There You Are by Jon Kabat-Zinn



Teaching Methodology: Finding Your Voice

Having the ability to teach multiple styles of yoga and different levels of practitioners is key to being an effective yoga teacher. In teaching methodology we'll explore a number of topics to help you find your voice and lead a class. Topics will include communication and group dynamics, establishing priorities and boundaries when you teach, addressing different levels of practitioners, the needs of individuals and populations in a group setting, and how students learn. We'll also discuss what makes a good class and a good teacher, how to hold space for your students, and how to find your own teaching style.

Practice Focus: Vinyasa Flow

You'll learn about:

- Finding your own voice and teaching style
- Principles of demonstration and observation
- The qualities of a yoga teacher
- How to see bodies so that you can identify poses and practices that will work best with each individual student
- Addressing the specific needs of individuals to the degree possible in a group setting with varying levels of practice experience
- The differences between teaching private and group lessons

Yin & Restorative Yoga: Exploring the Nervous System and Fascia

There is often a misunderstanding about the differences between Yin and Restorative yoga, including what each entails in terms of a physical practice and what the goal of each is. In this module we'll break down the similarities and differences of both styles of yoga. We'll explore the science behind Yin and Restorative practices, including how Yin Yoga targets more of the connective tissue and fascial systems of the body and Restorative targets the nervous system.

Practice Focus: Yin & Restorative Yoga

You'll learn about:

- The similarities and differences between Yin and Restorative Yoga
- The benefits of each type of yoga
- The function of the nervous system and how to use a yoga practice to regulate it
- Connective tissue and the body's fascial systems and how yoga can be used to stimulate and strengthen it

Required Reading: The Complete Guide to Yin Yoga by Bernie Clark



Teacher Practice, Assignments & Practicum & Homework

30 hours of practice, 6 hours of observation & 5 hours of teach backs/leading classes

Practicum includes having a personal practice while enrolled in training, completing class observations, and teaching back to the class and receiving feedback from peers and instructors. It is required that students enrolled in the Ground & Center YTT program observe 6 classes while enrolled in training.

Each student will be required to lead 1 hour long class at the studio in order to complete YTT, with additional practice opportunities during class and in group work. There will be an option for additional feedbacks if requested.

Schedule:

WEEKEND TIMES:

Friday: St. Clair Happy Dog Yoga Studio, 7:15 – 9:30pm

Saturday: Port Huron Happy Dog Yoga Studio, 11:00am - 7:00pm

Sunday: Port Huron Happy Dog Yoga Studio, 11:00am - 5:00pm

2019-2020 Dates

History & Philosophy: September 6 - 8, 2019

Asana & Alignment: October 4 – 6, 2019

Anatomy & Physiology: November 8 - 10, 2019

Foundations & Movement: January 3 -5, 2020

Sequencing & Assists: February 7 -9, 2020

Pranayama & Meditation: March 6 -8, 2020

Teaching Methodology: April 17 – 19, 2020

Yin & Restorative: May 1 – 3, 2020

Please note, module dates are subject to change. In the event that a module date needs to be changed, a minimum of 3 months advance notice will be provided.

Anything outside of this including observations and feedbacks will be scheduled with the instructor(s) once training begins.



Required Text

- The Yoga Sutras of Patanjali by Sri Swami Satchidananda
- Ashtanga Yoga: The Practice Manual by David Swenson
- The Language of Yoga by Nicolai Bachman
- The Science of Breath by Yogi Ramacharaka
- Wherever You Go There You Are by Jon Kabat-Zinn
- The Complete Guide to Yin Yoga by Bernie Clark

Teacher Training Code of Conduct

1. Arrive on time, preferably early, to class and come prepared and ready to learn
2. Respect your fellow students and instructors
3. Honor your own inner perceptions – listen to your body, mind, and emotions. Adapt if necessary and remember self-care is important.
4. Practice the yamas and niyamas at all times, both in and outside of yoga teacher training and the yoga studio

Students who violate these conditions will be expelled and not readmitted, in this case all tuition and fees will be forfeited.



Registration Form

Ground and Center YTT Registration and Contract 200 Hour Yoga Alliance Certification Program

Name _____
Address _____
City _____ State/Zipcode _____
Date of Birth _____ Occupation _____
Cell Phone _____ Home Phone _____
Email Address _____
Emergency Contact _____

Registration Questions (If you are submitting this in person or by mail, please use a separate piece of paper for your answers.)

- How did you hear about Ground and Center YTT?
- Why do you want to complete this yoga teacher training program?
- Write your own definition of yoga.
- What do you currently do in relation to the spiritual practice/asana practice of yoga?
- What are your other interests and activities?
- Do you have any medical issues, injuries, or limitations (for teacher awareness only)?
- What are your expectations of this program and of yourself?
- Other information, thoughts, considerations you feel are important:

Payment Plan

Which payment plan will you be enrolling in? Please check one.

- \$2,560 – \$200 deposit due with registration, remaining \$2,360 due 1 week prior to course start date
- \$2,760 - \$200 deposit due with registration, \$320 per module as attended

Payment plans described above include \$200 deposit to hold your spot. Tuition does not include cost of books or personal yoga supplies.

Please complete and mail or bring this completed form (along with \$200 deposit fee) to: Happy Dog Yoga Studio, 2887 Krafft Road, Suite 1600 Port Huron, MI, 48060 or 201 N. Riverside Dr. Suite C-10, St. Clair, MI 48079. You may also email groundandcenteryoga@gmail.com to receive an electronic version. Please make check payments written to Ground and Center Yoga or contact Katie directly to make payment by credit card.



Please review the following information before signing.

Refund Policy - All tuition and fees paid by the student outside of the \$200 deposit will be refunded if a request is made within 5 business days of signing a contract with Ground and Center Yoga. The requested refunds will be returned within thirty (30) days. Once the 5 business days have elapsed, Ground and Center Yoga will maintain the policy that no refunds will be granted once the teacher training program starts. In the event that the teacher training program cannot be held or completed, all monies paid by the student to date will be refunded in full within thirty (30) days.

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4. Practice the yamas and niyamas at all times, both in and outside of yoga teacher training and the yoga studio

Students who violate these conditions will be expelled and not readmitted, in this case all tuition and fees will be forfeited.



I have read the above information regarding the refund policy, grading and graduation requirements, the attendance policy, certification, and teacher code of conduct as outlined by Ground and Center Yoga. I understand the information and am in agreement with the terms.

Trainee Name Printed: _____

Trainee Signature: _____ Date: _____

