



# The Studio

## Yoga Teacher Training

### Summer 2019 Immersion Catalog

200 hour training • vol 3.3i

*[TheStudioMadison.com/the-studio-yoga-teacher-training/](http://TheStudioMadison.com/the-studio-yoga-teacher-training/)*

**Contact Info:**

*The Studio  
625 Williamson Street  
Madison, WI 53703*

**Administration for Teacher Training:**

*The Studio Front Desk: 608.441.5310  
Email: [info@thestudiomadison.com](mailto:info@thestudiomadison.com)*

*Approved by the Wisconsin  
Educational Approval Board*

*Yoga Alliance Registered School  
ID# 55724*

**Director of Teacher Training Curriculum:  
Alex Pfeiffer**

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Registered Yoga School

## Practicals & Quick Reference

### **Immersion Training**

Please Note that The Studio offers two types of Teacher Training Format. One is an Immersion Format (23 days, 10+ hours per day, with off day). The other is a Weekend Modular Format (14 Weekend Modules over the course of a year or more per your choosing). This catalog is for the Immersion Format. If you are interested in the weekend format, see the weekend catalog.

# Applications are Due to The Studio no later than Sunday May 5<sup>th</sup> 2019

### Schedule

**Getting Started Teleconference Call** – Thursday May 23<sup>rd</sup> 8pm to 10pm

**Live Immersion** (Full 200 hour Certification Training)

Starts: Saturday June 1<sup>st</sup> at 1pm Ends: Sunday June 23<sup>rd</sup> at 4pm

**Rest (Off) Days:** Tuesdays: June 11 & 18 (group activities will be available)

### **Immersion Schedule - Required Times**

Completed Immersion, All Hours are needed for certification.

**Daily Schedule:** Usually 8am to 8pm w/ 1 meal break and 2 hours of homework.  
Days w/ more homework will start later/end earlier accordingly.  
Days with less homework will end later.  
Plan on being available from 6am to 10pm daily.

Sometimes the schedule shifts to ending at 10pm on no homework days and in order to shift to the schedule of the yoga studio. There are shorter days at The Studio that will have more homework. Our aim is to average 10 hours each day. The schedule may change and **the schedule is intense** (you are getting an entire certification in a short amount of time after all – this is like a bootcamp!). We advise that you DO NOT plan anything during this 3+ weeks of time except teacher training. Attend the entire Immersion with the capacity to put the rest of your life on hold as off days are valuable days for rest!

**Video Media** Some of the days, you may receive 1 to 4 hours of video to watch as homework before the next day. When these are given, we will have a shorter day so that you have time to watch the videos. Videos will be available online; however, we advise you bring a portable usb drive in case your internet is unreliable.

You will have 11 hours of video to watch and take notes on before your first teleconference call, and 11 additional hours to watch before you arrive the following week's Saturday. You will also need to read 2 books before beginning the Immersion: "Getting Real" and "Yogabody" (see page 19), in addition to the first 6 Chapters of "The Power of Focusing".

Wear yoga appropriate dress, ready with books and materials at the times stated. You will also want to bring food or lunch money for breaks. Food is not provided.

### **Pre-Immersion Preparation**

In order to fulfill the rich potential of the Immersion, it is necessary to prepare. In many ways, your training starts as soon as you sign up with **25 hours of video to watch before your first day, in addition to 2+ books to read before then.** Please take this seriously. The prep work is to give you the best possible experience in the Immersion. It is necessary and a requirement, so allot plenty of time for it.

### **Time or Venue Changes**

Outright changes will be avoided if at all possible but should there be a need for a time or venue change, students will be notified via email within one week of the Immersion at the latest.

### **Location & Facilities**

The Immersion is held at The Studio, located in the historic Machinery Row Building (625 Williamson St. Madison, WI 53703) with field trips to surrounding Madison hot spots.

Yoga blocks, straps & blankets are provided. Clean water is available at The Studio and dozens of restaurants, food carts, and markets are available within walking distance. The training is in the heart of downtown Madison with plenty of options to eat. The Studio also has a Mini-Refrigerator Available for use.

### **Housing**

If you are an out of town guest or anyone needing a place to stay during all or some of the Immersion, you will be allowed to inquire to others in the training through the training director. This is solely your responsibility and housing is not guaranteed. The Studio works with local hotels to provide options for discounted stays. Inquire at [Info@thestudiomadison.com](mailto:Info@thestudiomadison.com) ASAP.

### **Training Application Deadline & Late Fee**

You must apply and have your deposit paid by the application deadline. Our staff and teachers have a lot of work to get this training ready for you and make it the best training it can be. This includes everything from having supplies ready to hiring decisions. It is quite a lot of extra work to let someone in past the deadline. If you wish to be considered for entry past the application deadline,

you may be asked to submit a fee of no more than \$300.

## **General Information**

### **Mission Statement**

The purpose of **The Studio - Yoga Teacher Training** program is to provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the student to deepen their personal practice and find their unique voice and soul as a skilled yoga teacher. **Alex Pfeiffer & The Studio** will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry and strives to train our students to function as a professional member of the Yoga Instruction Industry.

### **Employment as a Yoga Teacher**

Professional and Full-Time opportunities in Yoga are very similar to professional & full time opportunities as a musician or other artist:

- A fortunate few will make a comfortable living
- The Studio's - Yoga Teacher Training Program** offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement.
- However, grads of training will have an inside track to The Studio's Apprentice Program (info given upon graduation)
- The program makes no guarantee of employment.
- Any student referral to prospective employers is not based on direct contact with the employer regarding current job openings.

### **Statement of Non-Discrimination**

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, sexual orientation, national origin, or physical disability.

## **Culture of the Yoga Teacher Training**

### **Statement of Choosing This Program or Another**

While no person shall be discriminated against for their worldview or beliefs, nor is **The Studio's - Yoga Teacher Training Program** or yoga for that matter about any particular worldview or system of beliefs, we do take some orienting generalizations to heart. If too many of these orienting generalizations or principles (listed in the big section below) conflict with your beliefs, you may wish to consider that this is possibly not be the best program for you and are advised to look for a program that best fits your personality and values where you can get more out of it. Also, if the creation of an environment of non-discrimination conflicts with your personal beliefs – if you are uncomfortable fostering an environment which welcomes and celebrates people diverse in sex, race, age, creed, religion, sexual orientation, national orientation, & physical ability and

you are not willing to work with your discomfort as your own personal issue in these matters – you are advised to look elsewhere for training. **Actions that conflict with maintaining a nurturing atmosphere as outlined in the mission statement, and actions that conflict with fostering an environment of non-discrimination will not be tolerated.** As there is a spiritual component to yoga, one that joins or “yokes” the depth of all parts of life together, students are advised to be able to address comparative worldviews (from Christian to Atheist & so on) in a respectful way. If you do not believe you can do this, you are advised to look for training at a school that better aligns to your life orientation.

### **Acceptance, Respect, and Receptivity - never forced belief - never dogma**

No one is expected to suddenly or blindly change their worldview to the Orienting Philosophy that follows. Yoga is about self discovery, not dogma. However, there are some orienting principles and philosophy to organize the meaning of yoga. All information has some kind of orienting philosophy behind it (even if it's a “just the facts” philosophy, which works great for science, but not well for art – and yoga is - part art & part science). We embrace the path of overt awareness and put words to our orienting philosophy & principles ...

### **Orienting Generalizations, Principles & Philosophy**

The mission of yoga is to bring us back to ease and harness vitality in mind, body, heart, and spirit. When we align ourselves with our natural blueprint, in natural rhythm, and remove the blocks to our most authentic self, there is great flow. After yoga we tend more and more to experience a spontaneous joy, goodness, beauty and ease. It is an ease that lets us know we are perfect just as we are. This condition may not last at all hours of the day, but this is what we refer to as our spontaneous and natural self. When we are disconnected from our natural self, we lose our spontaneity and authenticity.

**Yoga is our tool to reconnect to what is most alive inside of us.**

### **Confidentiality**

In the interest of everyone in the training being provided with a safe space in which to work with their own growth, you will be requested to keep all personal sharing by others' confidential for one week after the Immersion Intensive ends and for forever is the person sharing has requested confidentiality.

### **Video Recording During the Training**

In the interest of preserving the training's teachings for you beyond your time with us and to provide you with support beyond the training, some of the teacher's presentations will be recorded. These recordings will be available to you on a password protected website so that you may revisit them as often as you'd like. About 60 hours' worth of video will be available. In order to provide as safe space during recording:

1. You may request at any time the camera be turned off.

2. It will be made clear when the camera is on.
3. Should Alex or The Studio want to use any footage for public viewing: If my voice or image appears on the footage, the administrator or The Studio must secure my permission in order to make it viewable to the public. Otherwise, the footage will not be used. Permission request will be sent to email address provided with the application. Requests that take more than 10 days shall be considered granted.
4. Edited Videos containing my image or voice will only be available by password protected website where only other teacher trainees will have access to it.
5. The Studio premises may take still shots at any time that may be used for marketing purposes. These will not be taken at vulnerable moments.
6. Recording will never be done for circle work, processing work, or any other time where personal information may be more likely.

If the principles, ideas, or philosophy of this section conflict in a large way with who you are and how you see the world, you may wish to consider a program that aligns itself more closely to what you value in training or your beliefs in general. Safe space, but challenging space is very important for everyone's growth and ability to connect to what is most alive in them. The training culture will be upheld by all trainers at all times, therefore, this could be said to be the most important part of the catalog. **Read this Culture Section at Least Twice and make sure you understand it.** As always, you can direct any questions to Alex, the Training Director.

## **Warning - This Training is Not for Everyone!**

Though the technical requirements for this training are modest, an **attitude of genuine desire**: to immerse yourself; to commit to be present and participate to the best of your ability in all classes; with eagerness for challenge; and a willingness to venture beyond your comfort zone; **are absolutely necessary**. In other words, if you're only interested in the certification, a spa-like yoga retreat, or a leisurely place to zone out, this training is not for you.

You should also **be ready to go deeper**. This means being ready to have your current means of practice compassionately taken apart, reworked, and put back together again. This includes even the things that you're doing well and excel at. Like a tennis player reworking the mechanics of her swing, it is often necessary to take what appear to be a few steps backward before coming back stronger, faster, more flexible, more mindful, and more in tune with your true bliss. In other words, if you're not ready for having your practice significantly change and ready to receive feedback on how to deepen the great practice you already have... If you only want to hear that your practice is perfect and there is nothing else to deepen, this training is not for you.

You should **be willing to bring your best self forward** for the sake of yourself, for the sake of making the most out of your valuable immersion time in the training, and for your classmates. If you are unwilling to discern your emotions from facts and look at your own judgments; If you are unwilling to take on another's point of view (Empathize); If you are not willing to be open to the possibility that your first thought, emotion, or judgment may not best reflect reality; and If you are unwilling to accept the possibility that your instincts and beliefs may not reflect right action, this training is not for you.

We are dead serious about these. Although this training will focus mostly on physical yoga, it goes beyond that. You must have genuine desire to go deeper and be capable of empathy, openness, and discernment as listed above. If you do not, this training will not work very well for you. You will be learning powerful tools in this training, many of which are not for the general public for these reasons. While the training will spend a lot of time building confidence, the humility of the above capacities are necessary in order for these powerful tools to have nurturing and empowering results rather than destructive results.

It is probable that after this training, your life will not be the same. Seen from new heights, previous terrain may look or feel completely different. Some of the tools we play with include: asana, intensity, prana, surrender, focus, action, stillness, meditation, breath work, and shadow work. This Teacher Training is ideal for those who wish to create something new, to fly higher. If you are ready, **we'd love to have you come fly with us.**

## **Training Values (Biases)**

As this training facilitates a deepening of the Relationship between mind, body, and heart with each other, ourselves, and our planet, there are important values that are necessary, not in mere theory, but in true practice – to exercise to accomplish this deepening. We would argue that without these values, transformation and deepening cannot be nearly as powerful. Values we humans believe to be misaligned with enlightened truth, goodness, or beauty, are often called bias. Everything in the training is colored by these values. Therefore, you will want to read and consider these values carefully to be sure they line up with what you want as a training experience.

All of these are practices – which no human being is “perfect” at. (That's why we call it a **yoga practice**, not a **yoga perfect!**) While you are not expected to be perfect at these, understand that these values make up the culture of the yoga training. It is, in other words, where everyone is encouraged to aim both by training instructors and by other trainees. They are the yardstick against which you will be measured and your worldview challenged. If you do not like the aim of these, you may want to look for a different yoga teacher training or talk to the training director for clarification.

## Values / Biases

- **Self-Awareness:** It is “better” to be aware than unaware of my own experience.
- **Self-Acceptance:** It is “better” to recognize, fully feel, and express rather than repress or deny my own experience.
- **Living Purposefully:** It is “better” to create my values, inspired by my own experience, rather than take on the assumptions/judgments of others, the culture, or of a past version of myself that does not represent who I am now.
- **Self-Love:** It is “better” to proceed by being as right with ourselves as we can possibly be (even as we are also a masterpiece in progress).
- **Self-Transcendence:** It is “better” to play this game in constant discovery of ourselves, as a moment-by-moment dance, rather than filtering/rehearsing.
- **Discernment:** It is “better” to discern a difference rather than to ignore them.
- **Self-Ownership vs Projection:** It is “better” to own my reactions, judgments, and values than it is to project them as objective reality. It is “better” to own them as *I* rather than *you or it*.
- **Empathy:** It is “better” to come to an interaction using my full ability to put myself in another person’s shoes regardless of whether or not they put me in theirs. It is “better” to recognize in the moment that others can be and often are having a completely different experience of events than myself, and that I can put myself in their shoes both mentally and emotionally.
- **Humility:** It is “better” to recognize that, in every moment, there is an opportunity to discover a truth that is hiding underneath my current experience. In any given moment I am completely unaware of this truth and its gift of revelation requires me to take a moment to step away from a universe that my life story is at the center of.
- **Objective Awareness:** It is “better” to recognize that when I have an emotional charge that this charge can significantly color my thoughts and judgments (as it can in all humans) to the point of not doing my best thinking or judging of the situation. It is “better” to recognize that the charge is about me (and not others or my surroundings, own it) and clear the charge (many times by expressing it, but certainly not by denying or repressing it) before proceeding on my track of thought or interaction.
- **Non-Objectification / Recognition of Thou:** It is “better” to come to an interaction with the intention to honor others’ Self that lies underneath their appearance, thoughts, beliefs, and values (recognize them as a “Thou”) than it is to turn them into (an “it”) a judgment, [stereo]type, or other nominalization.
- **Open Minded Awareness:** : It is “better” to create space for the possibility that my first thought, emotion, or judgment may not be the best fit to the reality of the moment even if it is most of the time.
- **Self Responsibility:** It is “better” to own my ability to respond to my own

emotions, thoughts, judgments, and results of my past actions (both intended and unintended) than not.

- **Self Assertiveness:** It is “better” to focus on what I can change and act on than it is to take a disposition that things are always happening to me.
- **Personal Integrity:** It is “better” and it feels “better” to express my values through my choices than it is to intentionally or accidentally express the opposite values.
- **Lean into One’s Edge:** When experiencing a moment outside my comfort zone, it is “better” to stay with it so I can grow with it than it is to avoid everything outside my comfort zone. It is also “better” to lean into my edge (only be a little outside my comfort zone) than to push myself to the point of overwhelm (where it is impossible to grow).
- **Self Care for Limits:** It is “better” to separate myself from a group or situation if I experience unexpected overwhelm (which may cause me to act out of accordance with my values) than it is to stay in an overwhelming situation. Only I know my limits and it is therefore my responsibility to report them.
- **Abundant Motivation:** It is “better” to be motivated out of love, appreciation, excitement, inspiration, or compassion than out of fear or anger.

## Agreements

If we are going to play a game together, we must agree to a set of rules or the game becomes chaos. In order that the training be a space in which emergence is possible, we must all (including teachers) agree to some basic rules. (Note, we will discuss these on the first day in detail to see if there is anything we need to modify so that we may all proceed together in good faith). The Agreements Are:

- **Accountability:** You agree to be held accountable to what you have agreed to do for the training, including for what is outlined in this catalog. This is only for that which you have explicitly agreed to. (example: If you are one hour late, by the outline of this catalog, you agree to be subject to make up time.)
- **Mind the Playing Field of the Training:** Honor training as a space for all as a vessel of increasing consciousness, compassion, and competence inside of space set aside for inner work (sacred space in Self, Culture, and Nature).
- **Honor Self:** Take Care of Yourself and Your Own Needs First
- **Honor Other:** Respect Your Classmates, Instructors, and the Space
- **Video Recording:** See Page 5
- **Own Your Experience:** When not explicitly in a context of teaching, coaching, or leading, you agree to commit to being coached on making your truth as inarguable as possible. You are also committing to a humility that you are not an authority on anyone else’s experience.
- **Consider Leaning Into Hiding Nothing:** This does not mean that there is no privacy. Quite the opposite (see confidentially). You may be a very private person and that’s okay, but we do encourage you to share your internal process

as it helps deepen the learning process. It is always 100 percent your call on what is transparent and what is not (note: Honor Self and Honor Other take precedence). This agreement encourages that your transparency be a conscious process.

- **Seek Synthesis:** When confronted with a view of reality that is different than my own (thesis & antithesis), it is “better” to navigate the paradox by getting curious about both realities and prod to see how they connect. While in this prodding it is “better” to explore incongruities of the other reality (antithesis) and my own (thesis) than it is to rigidly hold my own reality (because its my own and what I've always known). It is also “better” to synthesize than to simply accepting the reality of an authority figure when that reality conflicts with my own.. In this way, I can seek a synthesizing of the two and produce true learning that is both open minded and grounded in my own experience.
- **Confidentiality by Request:** See Page 5
- **Take the Reins of Your Process:** You take responsibility for your own learning and commit to the training as a process.

## Getting Started

### How to Enter the The Studio's - Yoga Teacher Training

The **Application Process** is as Follows: *(easiest to start with the checklist and Application Form)*

1. Complete the Application Form online: <http://thestudiomadison.com/the-studio-yoga-teacher-training/yoga-teacher-training-application/>.
2. Include Your Personal Application Letter. *(see next page for details)*
3. If you are under 21 years of age, *(see “Requirements for Program Entry” #2 next page for details)*, also submit your Letter of Recommendation.
4. With the email account you use in your submission, please [whitelist](#) the following email addresses:

**teachertraining@thestudiomadison.com**  
**apfeiffer@thestudiomadison.com**  
**asanageek@yahoo.com**

5. We'll contact you within two weeks to confirm your place in the program and collect the \$200 deposit fee.
6. It is recommended that you make full payment for your first module soon after being admitted to the program as this cement your status as a student of the teacher training and allows you to receive access to the teacher training website where additional training materials are kept.

## **Application Deposit**

To encourage the entry of trainees who are sincere, committed, and willing to go through the entire training of 14 modules, an application deposit of \$200 is due when applying for The Studio's - Yoga Teacher Training. You are refunded within one week should you not be admitted to the program.

There is no refund of your deposit should you withdraw of your own accord, so apply only if you are sincere about training. Your deposit is applied to your tuition.

## **Personal Application Letter**

Your Personal Application Letter is an essay of 1 to 3 standard pages. This document should express who you are as a yogi (yoga practitioner) and who you are as a person. Feel free to include significant events and inspirations (including people, artists, writers, historical moments, etc.) that have shaped who you are today. Please include the same for your life as a yogi: what training, teachings, and classes have you done, and most importantly, what of these experiences have inspired you most. In short, who have you been, who are you now, and who are you becoming? As a person. As a yogi.

Please make this about what is closest to you. This letter is not a resume about showing how experienced you are and how much you have done from the outside. It is about the organic process of becoming on the inside. This is to help the training faculty understand you.

## **Requirements for Program Entry**

- 1) Six Months of Regular Yoga Practice or Program Director's Consent.
- 2) Applicants should be 18+ years of age. Applicants under 21 will need to have 1 extra face-to-face interview with the Program Director.
- 3) Candidates must have a mature understanding of themselves and others.

Maturity is based on the applicants' reasonable capacity to exercise:

- Commitment and Personal Follow Through
  - Understanding of basic human logic and emotion. (Ability to discern emotions from facts, and both from judgments.)
  - Ability and Willingness for Empathy: The ability to take on another person's point of view and set your own temporarily aside when the environment is safe to do so.
  - Open Mind: The ability to seriously consider that your first thought, emotion, or judgment does not accurately reflect reality.
- 4) Read and understand the The Studio's - Yoga Teacher Training Catalog (this document)
  - 5) Have completed & signed the **The Studio's - Yoga Teacher Training Application Form** which includes the **Personal Application Letter**

- (described above).
- 6) Have Computer Literacy: comfort with email, whitelisting email addresses, navigating websites, and playing online video as much of intellectual part of the course will be coordinated online.
  - 7) It is highly recommended that you set aside time in your life for this course. There is an intensive aspect of 200 hours in 20 days in June, but there is also 25 hours and 2 books in preparation material.

### **Student Records**

Student Records will be stored for a period of ten years from the date of graduation from The Studio's - Teacher Training Program. For privacy reasons, records can only be accessed with written permission from the teacher trainee and will only be sent to the teacher trainee.

# **Teacher Training School Policies**

## **Who is considered a Yoga Teacher Training Student?**

We consider an applicant to be a student of the yoga teacher training when they have met the following criteria:

1. Have Successfully Gone Through the Application Process. (see above)
2. Have made satisfactory arrangements for payment of the first intensive.
3. Have signed and handed in a copy of the Training Application Form. (copy at the end of this document)

## **Completed Intensive**

Only 2 conditions give a student the status of having "Completed Immersion Intensive Hours". (1) The Student attends all Mandatory Time in each immersion intensive. -- or -- (2) If the student has missed Mandatory Time (because of tardiness or absence), the student has successfully made the time up according to the rules outlined in "Make Up Time" in this catalog. Students are responsible for completing a missed time form and turning it into the instructor for all time missed. Students must Complete All Immersion Hours and Complete All Immersion Rubrics (see "Grading System") in order to have the status of a completed Immersion Intensive.

## **Attendance Policy**

Students are expected to be present for all Mandatory Time. If Mandatory Time in either intensive is missed, it must be made up according to the Make Up Time Rules or none of the said intensive will count towards certification. Students are responsible for completing a missed time form any time they are late or missing Mandatory Time.

## **Tardiness**

Tardiness is subtracted from the total time of the program (as is leaving early), and counts against the minimum required attendance and against immersion intensive completion. Students are responsible for completing a late form each time they are late and must submit a completed form to the instructor. Missed time will be rounded up to the nearest half-hour and must be made up.

## **Graduation / Certification Requirements**

Students must satisfactorily complete all hours of the Immersion, complete all payment obligations, and return all property belonging to The Studio or Program Administrators to graduate and become a certified yoga teacher. If The Studio's - Yoga Teacher Training Program runs the intensive again, it will not be for another year. For this reason, we recommend completing the program in one year.

Students will also have graduation requirements outside of training intensive time. They are:

- Score a 90 percent or better on Final Written Test (study guides, assessments, and infinite retakes will be given)
- Read the Required Books: All of "Getting Real" and the first 6 Chapters of "The Power of Focusing" (read these before beginning the intensive, see page 19).
- Watch and Take Notes On Up To 30 hours of online video.

### **Grading System**

The program is pass/fail. Satisfactory Progress / Whether the student passes or fails the program is based on completion and participation in all assignments, tests, observations, and performance evaluations given during the course of the program. Requirements to pass an immersion intensive will be submitted by email as a "Rubric Sheet" before the intensive begins.

### **Credit for Previous Training**

The Studio Yoga Teacher Training Program – 200 hour modular training – will only accept credit from a sister program such as: The Studio Immersion Teacher Training. You can talk to the Program Director for more information. No other previous education, training, work experience, or yoga practice will be accepted for credit.

### **Transcripts**

Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee of \$15 will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

### **Program Advising**

The student's yogic objectives, attendance and conduct are reviewed on an ongoing basis. If program standing or conduct is unacceptable, the student will be advised. Students will be advised at each intensive.

### **Payment of Tuition**

Satisfactory arrangements for payment of tuition and other fees must be made between the student and The Studio prior to the student's official start date. The Studio accepts cash, check, Visa, MasterCard and Discover.

### **Satisfactory Progress**

Satisfactory progress is defined as actively participating in the Immersion. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be notified and given the opportunity to establish these criteria via the means outlined in the "Make Up Hours" section. Personal time with the instructor may be assigned for as long as it takes for the student to demonstrate the competence outlined in the Rubric Sheet (which is handed out at the intensive's beginning). The student cannot pass the intensive until he/she meets the requirements on that intensive's Rubric Sheet. No unattended intensive will be given as a prerequisite unless there is instructor consent. Students will receive updates on their progress orally and via email at the end of each intensive and be properly advised on how to properly proceed.

### **Unsatisfactory Progress**

Students struggling to keep up will be given an opportunity to make satisfactory progress through the personal attention of makeup hours and by repeating modules (in weekend form or immersion intensive form). In the event that the student is unable to make the satisfactory progress outlined on the Rubric Sheet after three attempts to make satisfactory progress, the student will be released from the program. Students unable to complete their required reading will also be released from the program.

### **Absence Records**

Absences are recorded by attending faculty and assistants and kept with student records in a secure database.

### **Make-Up Hours**

The cost of makeup hours with an instructor is \$125 per hour. While the training director will consider special cases, particularly if you invoke discussion before your absence, do not expect it. Our recommendation is to be on time and attend all days over the Immersion Intensive by being prompt, even early and attend the full intensive. Be prepared by being on your mat or seated in circle a couple minutes before each day starts. Leave plenty of time for traffic, bathroom & other preparation.

### **Student Conduct**

Students must adhere to the rules and regulations of **The Studio**. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or **The Studio** in general. **Alex Pfeiffer** and the Administration of **The Studio** reserve the right of judgment to terminate a student on any of the following grounds:

- 1) Non-conformity of rules and regulations of **The Studio** or the **The Studio Teacher Training**.

- 2) Excessive tardiness which disrupts other students.
- 3) Conduct that is unsatisfactory to **The Studio** its staff, faculty, and its students.
- 4) Falsifying school records.
- 5) Failure to pay fees when due.
- 6) Entering school premises while under the influence of alcohol or drugs.
- 7) Carrying a concealed or potentially dangerous weapon.
- 8) Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of **The Studio**.
- 9) Theft.

### **Termination Procedure**

Students to be terminated from the program are notified in writing and may appeal to the Director of the The Studio's - Yoga Teacher Training Program within three (3) days of Notice of Termination.

### **Reinstatement**

All students requesting reinstatement may be denied at the discretion of the program director. Students applying for reinstatement must attend a meeting with the program director (at a non-refundable fee of \$90/hr) where the terms of reinstatement will be established based on the original reason for termination from the program (see student conduct above). These terms will be put into a written **reinstatement agreement** which must then be signed by the student in order to be reinstated. The student understands that any breach of the reinstatement agreement results in termination. All decisions are final.

### **Student Grievance Procedure**

- 1) Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
- 2) If one-on-one discussion fails to result in satisfactory resolution, a written complaint must be submitted to the Program Director. The director's decision on all complaints will be made normally within 1 week (to make time for interviewing all witnesses) is final.
- 3) If resolution cannot be reached, the student may contact the State of Wisconsin Educational Approval Board for further assistance : <http://eab.state.wi.us/> or 608.266.1996.

# **Tuition Schedule**

## **Program Tuition Fees**

Tuition may be pay as you go (per intensive) or all in advance. Each intensive will have a designated "early bird" date. (see page 18)

## **Cancellation and Refund Policy**

### **Rejection**

An applicant rejected by the school is entitled to a refund of all monies paid.

### **Before the First Intensive**

Applicants who have not yet attended an intensive are entitled to a refund of all monies paid.

### **Notice Of Absence**

If a student is going to miss an intensive that he/she signed up for, the student must notify the Director of Teacher Training to avoid Constructive Notice of Withdrawal.

### **Constructive Notice of Withdrawal**

If a student misses an intensive without providing an explanation to the Director of Teacher Training (DTT) regarding the absence, the student is considered to be withdrawn from the entire program starting one day after the unexplained absence. This means that if you "disappear" from the training program for an intensive you were signed up to attend, and do not let the DTT know the reason, you will be dismissed from the program and need to reapply. You will be refunded in full for the intensive. Students who have gone over 12 months without attending an intensive and have not contacted the DTT will also be considered withdrawn from the program.

### **Refunds Before the Training Starts**

If a refund is requested within three business days of the initial payment, the applicant shall receive a full refund within 10 days. All refunds requested after the three business day window will be paid in full, minus a processing fee of \$100.

### **Transferring to Another Program**

Yoga Alliance requires that you get all 200 certification hours from the same provider. The only programs you may receive transfer credit to are the Modular Weekend program at The Studio or another 21<sup>st</sup> Century Yoga on the Mat Program. Transfer may require an extra module (\$279).

If you transfer to the weekend program, you must do the following:

- 1) Notify the Program Director
- 2) Purchase all books listed on page 20 as books in the weekend program and begin reading them.
- 3) Follow subsequent directions in RSVP emails from weekend program (you will start to receive these within a couple weeks of completing step 1)

### **Refund after the Commencement of an Intensive**

Should cancellation come in the middle of an immersion intensive, all refunds once an intensive has started are pro-rata. A student who withdraws or is dismissed after attending one day, but before completing 60% of the instruction is entitled to a prorated refund as follows:

After completion of at least	Prior to completion of	Refund will be
N/A	FIRST DAY	100%
1 unit/class	10% of intensive	90%
10%	20% of intensive	80%
20%	30% of intensive	70%
30%	40% of intensive	60%
40%	50% of intensive	50%
50%	60% of intensive	40%
60%	N/A	NO REFUND

# **The Studio's - Yoga Teacher Training Course of Study**

## **Objective of the The Studio's Yoga Teacher Training Program**

Upon completing this program, the student will be able to teach a solid yoga class backed by a refined knowledge of human anatomy, the psychology of practice, personal experience, the teaching & learning cycle, and yogic tradition.

## **The Studio Yoga Teacher Training Website**

More training materials will be accessible online upon program entry.

## **Clock Hours**

Approximately 202 total hours, 180 Live Hours (non homework time)

## **Course Title**

The Studio's - Yoga Teacher Training Program 200 Hour Level.

## **Course Description**

Topics covered in the 200 hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

**Techniques** – the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation. minimum

**101.25 hrs**

**Teaching Methodology** – principles of demonstration, observation, assisting/correcting, instruction, qualities of a teacher, and business aspects of teaching yoga. minimum **31 hours**

**Anatomy and Physiology** – both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, meridians, etc.) minimum **25.75 hours**

**Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers.** – a look at the history and evolution of yogic worldviews including how yoga is now being embraced and absorbed in the west with some theories on the future of yoga, the yogic lifestyle, and teaching ethics. minimum **30.25 hours**

**Practicum** – actual practice teaching, giving and receiving feedback and observing others teaching. minimum **10.5 hours**

## **General Material Covered in the Sessions**

Basic history, philosophy and evolution of yoga. Gain knowledge of basic and advanced asanas (postures) of yoga Pranayama and the use of breath as a transformative tool. Ability to develop and communicate a themed class that teaches and inspires. Art of sequencing to create a fluid and balanced class. Basic yogic anatomy and physiology. Therapeutic value of various asanas. Alignment and how to avoid injuries. Verbal and physical adjustments. How to read bodies - physically and energetically. Bandhas (energy locks) and inward focus. Art of meditation - developing deeper levels of awareness

## Additional Requirements

- Take Notes on the 30 hours of video provided on Teacher Training Website.
- Get Books Listed on Next Page.

## Books, Other materials, & Supplies

May be purchased anywhere. The teacher training website will provide links to purchasing locations of the books for the student's convenience. Teacher Training Students will need two notebooks or notebook divisions (one journal and one notebook), pens/pencils (multi-color recommended for visual learners), required books (listed below), and a yoga mat. All other props, manuals, and materials will be provided.

<b>Complete Cost of the Training</b>	<b><u>early bird</u></b>	<b><u>non early bird</u></b>
Tuition	\$3250	\$3550
Books	\$110	\$110
Notebooks/Pen/Pencil	\$24	\$24
Yoga Mat	\$20	\$20
Detox Bath Mix	\$50	\$50
Total <i>(only Tuition is due to The Studio)</i>	\$3454	\$3754

## Yoga Teacher Training Faculty

Alex Pfeiffer eRYT – Primary Teacher & Director, Asana, Pranayama, Teaching Methodology  
Sarah Higgins, RYT - Asana, Pranayama, Teaching Methodology  
Autumn Bonner, RYT - Working with Injuries & Other Challenging Students  
Kathleen Slattery-Moschkau, Business & Marketing

## Required Books

[Yogabody](#) : Anatomy, Kinesiology, and Asana *by Judith Lasater, PH.D.*

[The Yoga Bible](#) *by Christina Brown*

[Getting Real](#) : 10 Truth Skills You Need to Live an Authentic Life *by Susan Campbell, PH.D.*

[The Power of Focusing](#) : Guide to Emotional Self-Healing *by Ann Weiser Cornell, PH.D.*

## Included Materials

**21<sup>st</sup> Century Yoga on the Mat Training Manual** *by Alex Pfeiffer,* Provided bits at a time in handout / binder format in total 100 - 300 pages of presentation slides. We will go through the manual together or in web video format. Provided via online website. It is your responsibility to print it yourself or bring it with you in another (electronic) format to training modules.

## **Optional Reference Books** *(required if continuing to weekend / modular program)*

[Teaching People Not Poses](#) : 12 Principles for Teaching Yoga with Integrity by Jay Fields

[Functional Anatomy of Yoga](#) : A Guide for Practitioners and Teachers by David Keil

## **Optional Reference Books**

[Therapeutic Wisdom of Yoga Set — Both Volumes 1 and 2](#) by Doug Keller \*\*

[The Yoga Bible](#) by Christina Brown *(helpful for Sequencing if new to Anatomy)*

[Yoga Anatomy](#) : by Leslie Kaminoff & Amy Matthews

[Key Poses of Yoga](#) by Ray Long

[Key Muscles of Yoga](#) by Ray Long

[Anatomy Trains](#) by Thomas Myers \*\*

[2,100 Asanas](#) by Daniel Lacerda

[Eastern Body, Western Mind](#): Psychology and Chakra System As a Path to the Self by Anodea Judith

[Integral Meditation](#): Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life by Ken Wilber \*\*

[Nonviolent Communication](#) : A Language of Life, by Marshall Rosenberg Ph.D \*\*

[Full Body Presence](#): Learning to Listen to Your Body's Wisdom by Suzanne Scurlock-Durana \*\*

[Yoga Sequencing](#): Designing Transformative Yoga Classes by Mark Stephens \*\*

[Theme Weaver](#): Connect the Power of Inspiration to Teaching Yoga by Michelle Berman Marchildon \*\*

[Getting Our Bodies Back](#): Recovering, Healing, and Transformation by Christine Caldwell \*\*

[Loving What Is](#) : Four Questions that can Change Your Life by Byron Katie \*\*

[The Unfolding Now](#): Realizing Your True Nature through the Practice of Presence by AH Almaas \*\*

[The Body Keeps the Score](#): Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk \*\*

\*\* = book is used in the 500 hour Advanced Training or/and Mastery Training

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## Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only The Studio Teacher Training, 21<sup>st</sup> Century Yoga on the Mat, its faculty, and the Program Director to your students, but the yogic lineage itself. Certified teachers are expected to uphold the following ethics standard. Please read the standard to be sure that it is consistent with your values as all certified teachers will be trained to follow this standard.

### Ethics Standard

**Purpose:** As Yoga Instructors, each of us recognizes the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to create a sacred space in which a nurtured student can grow physically, mentally, emotionally, and spiritually.

**Principles:** In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers to provide an environment which encourages inner work. This environment will be somewhere on the spectrum between a safe space and encouraging leaning into an edge. The goal is to set clear context for the sake of nurturing growth. To this end, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
- To not use context to step over the line and trigger students on purpose when there are other methods available to bring the light of awareness.
- To not use context to step over the line and keep the safe space within its borders where there is distinction between therapeutic context and growth context.
- To stay abreast of new developments in the field of yoga through educational activities & study.
- To seek out and engage in collegial relationships and peer relationships, recognizing that isolation can lead to a loss of perspective and judgment.
- To manage our personal lives in a healthful fashion as to be resourced and to seek appropriate assistance for our own personal problems or conflicts. **A huge part of this is maintaining your personal yoga practice!**
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence and be honest when you are not sure if it is.
- To establish and maintain appropriate professional relationship boundaries founded upon the understanding of transference and countertransference.
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves, but completely within ourselves.

**Practice:** In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

- We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
- We may at times render service to individuals or groups in need without regard to financial remuneration.
- We neither receive nor pay a commission for referral of a student.

- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.
- Knowingly soliciting another teacher's students is unethical.

**Practice Of Student Relationships:** In recognition of the trust placed in us as teachers by our yoga students, it is our responsibility to maintain relationships with students on a professional basis that honors the unique and sensitive nature of this relationship.

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class and own them as foundational to yoga itself or us personally.
- We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
- Should we feel extraordinary circumstances to engage in such a dual relationship, it is our responsibility to consult our own teacher for advice before proceeding. We vow to represent the situation honestly, honor our teacher's advice, and follow up with the situation.
- We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement.
- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.
- We treat all communications from students with professional confidence.
- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
- We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
- We obtain written consent of students before audio and/or video tape recording.
- When current or former students are mentioned as an example in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

**Practice Of Advertising:** Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

- We do not misrepresent our professional qualifications, affiliations, and functions, or falsely imply sponsorship or certification by any organization.
- Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
- We do not make public statements which contain any of the following:
  - A false, fraudulent, misleading, deceptive or unfair statement.
  - A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
- Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experience of the provider involved are to be appropriately specified.
- Should any participant of our services have reason (to a 3<sup>rd</sup> party) to conclude that they did not receive benefits promised or stated in our advertising, we will immediately give the participant's money back. (We recommend anyone who claims a misrepresentation from advertising be given full money back immediately with few exceptions.)