

Mindful Yoga Teacher Training

**program catalog
2020**

become witness to yourself

self awareness

self acceptance

self transformation

self fulfillment

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Plymouth Yoga

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Introduction

Our Mindful Yoga Teacher Training program emphasizes the importance of self-discovery and healing using the classic techniques of yoga and meditation in unique and creative ways. The program begins by focusing on your personal development with the philosophy that you are your first and most important teacher. It is as much about learning to be a yoga teacher as it is about learning to teach yoga.

Direct experience is the greatest source for gaining knowledge and inspiration. Grounding your practice first in a yoga routine, you will then move your practice out of routine and into creative and healing expression. You learn to design inspiring, creative, safe, and healing classes, work with props, and teach special populations.

The heart of the program is your personal asana and meditation practice. You will learn the basics of hatha yoga including vinyasa (flow) yoga, gentle yoga, restorative yoga, yoga nidra, and yin yoga. Additionally, you will study the history, philosophy and ethics of yoga using the eight-fold path of Patanjali's ashtanga yoga and the Bhagavad Gita. You will learn anatomy principles as they relate to the physiological and psychological aspects of the asanas. You will learn how to develop and maintain your own home yoga practice, and practice yoga into self-care, relationships, and other aspects of life.

In addition to learning the basics techniques and philosophies of hatha yoga, this Mindful Yoga Teacher Training explores why it is important for you as a yoga teacher to be a skillful observer and a witness to your own and to your students' movement and healing process including learning simple ways to be mindful with yourself and with your students. These tools will assist you in staying focused and present first with yourself, then with your students, and then with everything around you.

These practical tools include:

- conscious breathing
- meditation
- deep listening
- oscillation of attention
- thorough description

Having these tools at your disposal, you will begin to develop confidence expressing your knowledge of yoga in front of others. As you develop confidence, you can access a bottomless well of creative energy and thought.

Although this Mindful Yoga Teacher Training is designed to provide initial training to be a yoga instructor, it is also available as continuing education to certified and registered yoga instructors. You can use this training as a foundation for any style of yoga you wish to teach. Additionally, yoga enthusiasts who want to deepen their own personal yoga and meditation practice are strongly encouraged to use this program for healing and enrichment.

The Mindful Yoga Teacher Training is a 200-hour yoga teacher training program featuring a partnership of skills, philosophy, education, experience, talent, and training with instructors Kaitlynn Kiela (E-RYT200, RYT500candidate) and Marci Tousey (E-RYT200, MA-Somatic Therapy) and other local instructors. All instructors are like-minded in their philosophy of yoga, yet each bring their own unique skill set and background to create a one-of-a-kind yoga training experience of high caliber and integrity.

The Mindful Yoga Teacher Training Program is approved by the Education Approval Program of Wisconsin and registered with Yoga Alliance.

Instructor Biographies

Kaitlynn Kiela owns, manages, and teaches classes at Plymouth Yoga. She is an Experienced Registered Yoga Teacher (E-RYT500) with Yoga Alliance, completed her 200 hours in 2010, and completed her 500 hour certification in 2018.

Kaitlynn began practicing yoga at her campus rec center in college, but it wasn't until she traveled to India in 2008 that she began to understand the many aspects of yoga and its importance in her life. She repeatedly sought out information, through a vedanta philosophy retreat, Iyengar based yoga study, Vipassana meditation course, and 200hour teacher training. Inevitably, she learned it's more than a physical practice, and ultimately goes beyond a mental exercise, and now it's a whole life practice, moment to moment, and the spaces in between.

Kaitlynn likes to create class environments where students feel comfortable to learn their own strengths and weaknesses, and give students a chance to be in collective stillness. She's happy to share yoga and she's excited to grow with the local yoga community.

Kaitlynn started assisting Marci in teacher training in 2016 and developed a profound admiration for the integral component of Marci's teaching, which is becoming a witness. The ability to observe and describe our own experiences is a path to true understanding of our authentic selves, and an invaluable tool to teach others in ways of feeling, cultivating awareness, and essentially empowering students to become their own witness.

Kaitlynn continues to live yoga through being outdoors, and experiencing gratitude of our environment. She appreciates growing, preparing, and consuming nourishing foods, and connecting relationships through sharing stories and quiet with others.

Marci Tousey owns, manages, and teaches classes at YogaLoft. She led the YogaLoft Hatha Yoga Teacher Training from 2006-2018. She is an Experienced Registered Yoga Teacher (E-RYT200) with Yoga Alliance and is a candidate for the RYT500 Ayurvedic Yoga Teacher Training certification with Kripalu School of Ayurveda.

Marci began her formal study of yoga in 1992. In 1994, Marci quit her job as a Software Support Manager, sold all of her belongings, and bought a one-way ticket to Asia to learn more about her new-found passion, yoga. She became certified to teach yoga at Sivananda Yoga Centre in India, listened to a 10-day discourse by the Dalai Llama on "The Path to Happiness," did a one-month of intensive study in Iyengar yoga, attended a 10-day silent meditation retreat, and rode a 55-hour "standing room only," 3rd-class train across China. "Because of yoga, I became more comfortable in my body and realized that my spirit and emotions were also moving and changing. I also began to see this same change in others who practiced yoga regularly."

This led Marci to Boulder Colorado and to the Naropa University where she earned a Masters degree in Somatic Psychology and completed a Teacher Training program with Richard Freeman in the Internal Form of Ashtanga Yoga.

In 2002, Marci moved with her family to Sheboygan to live a life surrounded by family. "We are like water in a river. Water that doesn't move stagnates. Water that tumbles over rocks and continues to flow around each unknown bend is continually purified. "My study of movement will never be complete. My life has changed dramatically because I no longer "stuff" what I feel, and instead "move" what I feel. I hope everyone has the freedom to constantly move their whole selves toward joy, peace, and happiness."

Mission Statement

1. Offer a teacher training program that cultivates awareness of the present moment as the foundation for developing the skills necessary to be a compassionate, intuitive, and respectful yoga teacher.
2. Assist teacher trainees with developing a personal yoga practice that is firmly grounded in the eight-fold path of Patanjali's ashtanga yoga.
3. Offer a concise and useful review of basic anatomy, physiology, and kinesiology principles as they apply to yoga asanas.
4. Develop somatic awareness through the use of observation, description, oscillation of attention, and breath as a way to witness movement and alignment patterns of self and others.
5. Foster an open, honest, and compassionate environment within the community of yoga teachers and yoga students where feedback is provided thoughtfully and learning takes place bilaterally.
6. Encourage the integration of classical yoga wisdom with our current day (direct) experiences.
7. Be non-sectarian and open to all who aspire to be yoga teachers as well as yoga enthusiasts who aspire to deepen their own practice.

Program Description

The **Mindful Yoga Teacher Training** program meets the standards outlined by Yoga Alliance to become a Registered Yoga Teacher at the 200-hour level. In addition to contact hours, there are weekly assignments in reading, written observation, and preparing to share at the following module. Daily requirements are a minimum of 30 minutes personal yoga practice and a minimum of 10 minutes a day of meditation practice. Registration in each module includes an unlimited pass to Plymouth Yoga to assist you in developing your personal yoga and meditation practice. The pass is activated January 1, 2020 and remains active as long as you are registered for an upcoming module.

In order to receive a certificate of completion, all modules must be successfully completed within a 3 year period. Attendance at individual modules for non-certification is allowed if space is available.

Because this program is grounded in the skills of becoming a witness to our self and to our students, everyone, even students attending modules for non-certification, must complete the Authentic Living Series which is a pre-requisite for attendance in all other modules.

Certification also requires a minimum five (5) hour practicum of teaching of an approved class sequence and written observation.

The program contains the following modules:

Authentic Living I

Authentic Living II

Techniques of Hatha Yoga

Authentic Teaching

Teaching Practicum

Yoga Philosophy

Yoga Anatomy

Adaptive Yoga

Advanced Practices

Meditation Weekend

Subsequent Module Registration

Registration in subsequent modules must be done a minimum of two weeks prior to the module's start date. There is preparation required for subsequent modules, upon registration you will receive the information required to attend the upcoming module. Each module costs \$250 and includes unlimited regularly scheduled class at Plymouth Yoga.

Admissions

Registration in the Authentic Living Series is immediately available upon publication of the class dates and times. Advanced standing for previous teacher training or course work is not offered. In order to benefit from the content presented in this program, it is strongly suggested that applicants meet the following requirements:

1. Sixteen years of age.
2. Minimum of 50 hours of classroom practice with a yoga teacher. If you live in an area where yoga instruction is not available, please include documentation of your personal practice time.
3. One year of yoga practice.
4. A personal meditation practice or a strong desire to develop a personal meditation practice.
5. A signed Code of Ethics in which you are agreeing to adhere to behavioral standards outlined by Plymouth Yoga and accepted by Yoga Alliance.
6. Completed Application, found on Plymouth Yoga website (www.plymouthyoga.com)

Upon acceptance to our program, we require a \$200 deposit to reserve your placement.

Notice of Non-Discrimination Policy: *To preserve an equitable, responsible, and humane atmosphere for work and study, Plymouth Yoga affirms to the principle that its students, teachers, and staff have a right to be free from discrimination. Plymouth Yoga does not discriminate on the basis of gender, race, color, religion, national or ethnic origin, marital status, age, or sexual orientation in its teacher training program, classes and workshops, or employment practices.*

Code of Ethics

Acceptance into the Mindful Yoga Teacher Training program requires that all yoga teacher trainees read and agree to Plymouth Yoga's teaching code of ethics. The code of ethics applies to Plymouth Yoga teachers, staff, and students enrolled in the Plymouth Yoga Mindful Yoga Teacher Training program. Students who behave inappropriately and do not adhere to the Code of Ethics will receive one written warning. A second infraction will result in the student being unable to continue the teacher training program. Terminated students wanting re-admittance to the program may reapply in writing after completing 100 documented hours of community service work and 100 documented hours of yoga practice.

Catalog Changes

Although every effort is made to ensure the accuracy of information contained in this catalog at the time of publication, some revisions may be made during the program year. Please contact Plymouth Yoga for updated information.

Location of Classes

Classes will be held at Plymouth Yoga, 208 E. Mill St, Plymouth, Wisconsin.

Course Descriptions

Preparation for each module is expected and required in order to get the most out of each class and to be able to engage thoughtfully and intelligently in discussions.

You will be given reading assignments, homework, and both general ideas to prepare to discuss, as well as specific exercises to understand. You will be given this information two weeks prior to the module. Use this time to acquaint yourself with the course content. You are expected to have completed required readings and assignments prior to the start of the module.

Authentic Living Series (Week I & II)

Yoga Exercise, Deep Breathing, Relaxation, Positive Thinking, and Healthy Eating—These five tenants of yoga help us find a wealth of happiness and support the life we were born to live. To live an authentic life, we must take a few minutes each day to look inside. How do I want to approach today? What will truly make me happy? In these first two weekends of teacher training, you will learn the tools to help you begin or deepen your practice of yoga on and off the mat.

Begin to explore what it means to live an authentic life, the life of a yogi. Living is authentic when you are able to remain mindful and conscious in all moments of your life. This is called being a witness. When you witness, you observe yourself and others objectively and without projections and judgments. As you learn to become a witness to your own feelings, thoughts, and sensations, you open the way to have a healing, transformational experience.

These modules introduce many tools to assist you in learning how to stay focused and present with yourself, with others, and with everything that is going on in the space. With these tools, you will develop confidence expressing yourself clearly in front of others. Ultimately you will access the bottomless well of creative energy and thought that allows teaching to effortlessly oscillate between personal and intuitive experiences of the present moment to the relaying of information and guiding of others toward the direct experience of health and happiness. Additionally, this module introduces basic training poses that prepare you to practice and teach all levels of asanas.

Techniques of Hatha Yoga

The main objective of this module is to concentrate on the development of your yoga and meditation practice. Studying how the elements of an asana class (from Tune-In to Savasana) are broken down both in the more vigorous styles of yoga (Yang) and the more relaxing styles of yoga (Yin), you will experience first hand how to create a balanced yoga practice. We will practice vinyasa yoga, study alignment in the basic yoga postures, and learn introductory pranayama practices. Learning to become comfortable being in front of others authentically will continue to be a theme throughout all of the remaining modules. You will begin practicing teaching postures to one another, and we will learn more about witnessing and description.

Teaching Practicum

This module prepares the yoga teacher trainee for teaching experience. We will work on developing individual class sequences that are balanced and authentic to the teacher. We will practice using voice and being directive and descriptive. A student-teaching internship is required to complete this module. This weekend we will start thinking about what the internship will look like, within the format of 5 one hour classes at a future date. Through the internship and the rest of training, we work on observation and feedback, personal evaluations, and an opportunity to discuss your experiences of teaching yoga.

Authentic Teaching

Using the tools of conscious breathing, asana, meditation, oscillation, and description and exploring the obstacles that cloud your ability to witness. You will learn about the Yoga Cycle of Healing through observation, ownership, appreciation, and action. You will practice how to relay what you know, experience, and observe in a way that guides your students towards a transformational experience. Teaching then comes from your spirit and your heart as much as from your head. Additionally, we will develop a bio and class descriptions to enhance the Teaching Practicum.

Yoga Philosophy and Ethics

The study of ethics is an invaluable opportunity to explore your own personal power as well as your vulnerabilities. It is a chance to give a voice to your hopes for and anxieties around being a yoga teacher. You will learn about Patanjali's eight-fold path to bring into light your desires and fears associated with money and power, sex and creative energy, love, honesty and truthfulness, insight, and spiritual longing. As your desires and fears are named, the right action becomes more clear. The concept of transference and counter-transference will be introduced and you will explore how it affects the teacher-student relationship. You will also study the Bhagavad Gita, a core text for yoga philosophy. This karma yoga bible is a study of the science of self-actualization. A tale set on a battlefield, it is a metaphor for all of the internal struggles we face as human beings. We will also discuss the importance of karma yoga as a path to enlightenment.

Yoga Anatomy and Physiology

We will study anatomy of yoga postures throughout several modules, in this module we will review general anatomy concepts as well as applied anatomy and biomechanics in yoga postures. We will observe ourselves in motion, as well as observe others in stillness. We will also look at anatomy through the lens of the 7 major chakras and the 5 koshas. We will explore some common postural misalignments and the psychology of why they might occur.

Adaptive Yoga

In this module, you will deepen your understanding of how to use props as tools to enhance your experience of yoga postures. You will look at varying populations and how to adapt yoga to the students in front of you. You will learn and practice verbal assists and hands-on adjustments as a way to gently guide your students into poses so that the postures can become a transformational experience. You will learn and practice postures with and without the use of props to assist students with limitations and challenges. You will discuss the benefits and problems with using touch in a yoga class. Additionally, You will compare and contrast different bodies in standing, seated, and lying postures and learn to make adjustments for various body types. We will continue to refine our witnessing skills as we practice objectively observing others in asana and movement. We will practice being guided and guiding others in postures verbally and offer useful feedback using our own reactions and responses. Exploring how authentic presence with a student can be the most important assist, we will hone our skills of intuition and ultimately recognize that what we see in others always exists in ourselves.

Advanced Practices

Building upon your practice, you will continue learning and practicing more advanced variations of the asanas. Sequencing poses to create peak progression, you will understand how to build heat in the body and advance your asana practice. Additionally, you will refine your personal understanding of backbends, inversions, and various arm balancing poses and learn ways to teach students postures that you have not yet mastered, but that you understand from a student and teaching perspective. We will discuss challenges in teaching, and specifically learn about teaching new students. We will also practice the skill of teaching breathing exercises, guided imagery, and holding space for others.

Meditation Weekend

In this weekend retreat, you will learn and practice techniques for sitting, walking, resting, and yoga meditations. This is a body focused meditation practice concentrating on the breath to calm the mind while simultaneously noticing sensations as they arise in the body. With this practice, you learn to relax and trust the mind and the body as one whole unit. With practice, you learn to be mindful in all of your activities including the most important activity of being in relationship with others.

Final Evaluation

Completion of the program is based on adequate completion of a final examination. The final examination is two parts. It includes a written test and a teaching examination called the warrior exam. The warrior examination tests the teacher trainee's skills of instruction, witnessing, demonstration, verbal cues, knowledge of yoga philosophy and human anatomy, and the ability to clearly instruct. For the examination, you will be assigned a yoga topic that you must weave into your teaching. Because you don't know on which yoga topic you will be examined until right before the examination, you must be well versed in all subjects of yoga and then settle into a place of confidence and trust in what you have learned.

Attendance, Cancellation, and Dismissal Policies

Attendance is required and recorded at each class. If you foresee missing any portion of a module, enrollment in that module is discouraged. A student who is enrolled for certification in the Mindful Yoga Teacher Training program and withdraws from any module must do so in writing and the date and the time the letter is received is the official date of withdrawal. Plymouth Yoga will notify students of dismissals in writing. Students who are enrolled in the Mindful Yoga Teacher Training program who terminate or are dismissed after attending any portion of the module, but before completing 60% of the module are entitled to a pro-rated refund as follows:

Withdrawal prior to the start of the module 100% refund

Withdrawal after start of the course but prior to 10% completion, 90% refund

Withdrawal after 10% completion but prior to 20% completion, 80% refund

Withdrawal after 20% completion but prior to 30% completion, 70% refund

Withdrawal after 30% completion but prior to 40% completion, 60% refund

Withdrawal after 40% completion but prior to 50% completion, 50% refund

Withdrawal after 50% completion but prior to 60% completion, 40% refund

Withdrawal after 60% completion or more, No refund

A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the module and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rated amount.

Plymouth Yoga will make every effort to assist you in finding a buyer for unused or used books.

To comply with the number of contact hours required by Yoga Alliance for registration as an RYT200, for each missed hour of class, a make-up lesson must be scheduled with the instructor. If a private lesson is necessary, the student will be charged a \$60 an hour private consultation fee. Missing more than 20% of any course results in an incomplete for the course and the student must re-register at 50% of the course fee.

Classes start promptly on time. Please arrive to class approximately 15 minutes early to adequately prepare for the learning process. Missing more than 15 minutes of class time is equal to missing an hour of class and will require a make-up lesson. Students attending modules for non-certification or students auditing a course should comply with all attendance policies and complete all homework and reading assignments.

All classes are graded on a pass/fail basis. Homework assignments that are completed unsatisfactorily can be resubmitted up to two times and within two weeks after the last day of the module. Incompletion of a course in the allowable time frame receives a failing grade and the student must re-register, repay, and re-attend that module until it is successfully completed for certification in the program.

Student Responsibility

It is the student's responsibility to ensure that all requirements are completed prior to certification. Every student is personally responsible for all information printed in the Mindful Yoga Teacher Training catalog and updates that occur thereafter including knowing, understanding, and adhering to the Plymouth Yoga Teacher's Code of Ethics. Students are also personally responsible for all homework requirements for each course within the time frame allowed. From a scheduling standpoint, Plymouth Yoga cannot be held responsible if a student misses a pre-requisite course and is unable to attend another course as planned. Yoga Alliance 200 hour RYT certification requires a minimum amount of contact hours. For any part of a module where a student has to arrive late or leave early, these hours must be made up.

Employment Assistance

Employment as a yoga instructor more often than not is on a part-time basis. The principle services of the Mindful Yoga Teacher Training program is to provide training to become a yoga instructor or provide continuing education to current yoga instructors. Plymouth Yoga does not guarantee our graduates a job, though we strive to assist those who wish to teach locally.

The employment assistance comes in the form of connecting graduates to positions that become available through organizations seeking out qualified yoga instructors. We will also assist in further mentoring when questions arise in your teaching position, or helping to navigate teaching situations that are unfamiliar (example: creating sequences for specific populations, dealing with particular student-teacher situations that arise)

Plymouth Yoga recommends that recently certified yoga instructors begin their careers by volunteering at community service organizations as a way to become known within the community as a yoga teacher. Community service organizations include schools, senior centers, teen groups, health centers, etc. Paying opportunities are also available at local YMCAs, health clubs, community recreation centers, yoga studios, hospitals, salons, spas, and chiropractic offices. Plymouth Yoga will make every attempt to inform its graduates of available opportunities in the community. Graduates of the program are responsible for writing their own resumes and cover letters, making inquiries, and scheduling interviews.

Student Records

Upon completion of the program a certificate of completion will be issued to the student. Plymouth Yoga will maintain indefinite records referenced by student's name. Replacement certificates can be obtained by written request along with a \$25 fee.

Student Complaints

The following steps should be taken if a student has a complaint about an instructor, the program, or another student.

1. Talk directly to the person with whom you have a complaint in a kind, compassionate, non-judgmental manner. Try to see their side of the story and attempt to work it out together in a way that both parties feel equally empowered and satisfied.
2. If talking together does not work, submit a written explanation of the problem to Kaitlynn explaining the steps you have taken to resolve the problem. Kaitlynn will work as mediator to help resolve the problem.
3. If resolution still cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

Contact Information

Plymouth Yoga

208 E Mill St.

Plymouth, WI 53073

www.plymouthyoga.com

kaitlynn@plymouthyoga.com

920.892.6024

Director: Kaitlynn Kiela

Code of Ethics for Plymouth Yoga Instructors and Teacher Trainees

At Plymouth Yoga, we believe in creating an environment that is positive, healthy, and transformational for all who work, study, relax, and play here. We understand that in order for this to take place, Plymouth Yoga owners, staff, and instructors, and teacher trainees must enthusiastically and freely work toward their own personal enlightenment and happiness. We have found that when intentions are named, agreements are discussed, and commitments are made, the energy needed to be brilliantly creative and true to your beliefs is available, while fostering a safe and transformative environment for our clients. May we all have the freedom to achieve our goals and honor the depth of our inherent wisdom.

Commitments and Agreements:

I want to create, foster, and maintain an environment in my work and leisure life that is healthy and positive.

I am willing to see anything that arises in my classes or in my relationships at Plymouth Yoga as a metaphor for my own problems and strengths. I am willing to take what arises and use it as an opportunity to participate fully and to learn about and heal myself.

I will strive to live in accordance with the principles of Yoga. To the best of my ability, I will adhere to the precepts of yama and niyama, which include non-violence, truthfulness, non-stealing, and purity. As I am dedicated to the wellbeing of my students, I will conduct myself with integrity in all my interactions with them.

I agree to keep the confidences of my colleagues and students. I will try to bring all problems that arise back to the relationship. I will not gossip, for I understand that when I gossip, I am taking people out of my heart creating inflexibility in the body, mind, and spirit.

I agree to be responsible for the success of my classes. I agree to not blame others when I am not fully present. I will try to use this teaching and learning experience to create a transformational point in my life. I agree to take chances with myself, admit when something is not going as planned, and feel a sense of pride and accomplishment when it works.

I know that to be a fabulous teacher, I must continually educate and inform myself in the techniques, philosophies, principles, and methodologies of yoga and other movement forms. When possible, I will attend outside classes, workshops, and conferences and incorporate what I learn into my classes. I will keep my registrations and certifications updated. Additionally, I will present my qualifications honestly.

I agree to hold myself as a steward of safe and sacred space by maintaining clear personal and professional boundaries. I will maintain awareness of my position of power and influence in relationship to students, being especially attentive to my own agendas, perceptions, and expectations.

I understand that my purpose as a Yoga Teacher is to serve students' personal exploration. I agree to avoid any activity or influence that is in conflict with the best interests of students or that is solely for my own personal gain or gratification.

I agree to refrain from romantic or sexual relationships with my students and with other students at Plymouth Yoga. I understand that any sexual or romantic relationship is potentially distracting and possibly even harmful for students who have come to do inner work. I will not invite, act on, respond to, or allow sexual or romantic contact with a student during the time that person is a student even if the student initiates such contact. If an attraction arises, I will bring it to the immediate attention of Kaitlynn, and explore the right action.