



Yoga Integrity Teacher Training

2020 CATALOG

Yoga Etc. Studio





School of Yoga

2020 Catalog

Yoga Integrity Teacher Training 200

Yoga Integrity Teacher Training 300

Contact

Yoga Etc.

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Revisions to the Academic Catalog

Yoga Etc. Studio reserves the right to make any changes in the curriculum, procedures, policies, location, schedule of classes, and tuition published in this edition of the Academic Catalog. All students, both those currently enrolled as well as those newly enrolled will be subject to the curriculum requirements of the new catalog as well as any increase in tuition. New laws and regulations are reflected in policies in annual catalog revisions. Last revised *September 2, 2019*

General Information

Yoga Etc. Studio offers yoga classes for individuals and groups, workshops, retreats and Yoga Teacher Training programs at the 200- and 300-hour levels.

Mission Statement

Yoga Etc. Studio is committed to excellence in the practice and teaching of yoga to foster personal growth and meaningful participation in life.

Educational Philosophy

Knowing from our direct experience that knowledge of yoga results from direct practice at a sustainable pace, our programs of study assists students in becoming knowledgeable practitioners of all aspects of yoga to support vibrant health, intelligent living and emotional balance.

The main purpose of the Yoga Integrity Teacher Training program is to provide a safe, welcoming and supportive environment for deep study and practice of all aspects of yoga through systematic inquiry that honors yoga tradition while responding to the specific circumstances of living in the 21st century. The yoga Integrity Teacher Training (YITT) programs meet students where they are and support students in the process of becoming caring, well-prepared and effective yoga teachers committed to excellence. The YITT programs are approved by the Yoga Alliance. After completing the program, students will be able to register with the Yoga Alliance as a RYT (at the appropriate level).

Yoga Integrity Teacher Training

The Yoga Integrity Teacher Training is a complete program of in-depth Yoga studies for committed students who want to strengthen their understanding of yoga in order to become knowledgeable, honest and responsible teachers of yoga. Two core values in our program:

- Integrating all limbs of yoga
- Practicing, teaching and living with integrity

We know that the clarity and wholeness of your personal practice make your teaching true, authentic and creative. These values inform the overarching goals of our program:

- To assist you in enriching your yoga practice so that you can live a meaningful, fulfilling and joyful life guided by an open mind and a loving heart.
- To create opportunities that help you grow, develop and sharpen your teaching skills, so that you can become a competent, effective and compassionate teacher.

We have spent countless hours designing and crafting a very comprehensive program from the ground up to assist you in expanding your practice and enhancing your teaching skills. You can expect that our program will offer you:

- An authentic experience of yoga that meets you where you are
- Correct knowledge to strengthen, expand and deepen your existing yoga practice
- A program that goes beyond postures (asana) because it is directed to the whole person and not just to your physical body
- A gradual progression of modules building sequentially from a strong foundation
- Simple and practical ways to integrate all aspects of yoga
- Numerous opportunities to practice and teach
- A community of learners

As a result of our years of experience as yoga students, practitioners, teachers and trainers of yoga teachers, we know what works and what doesn't. We understand the frequent challenges faced when trying to establish a personal yoga practice as well as the patterns that we have observed in thousands of students and numerous teachers over the years. Moreover, as committed yoga practitioners and teachers, we have dedicated our lives to a lifelong journey of deepening our knowledge and refining our practice and our teaching for the benefit of our students and our community.

Multidimensional Learning: Our Unique Approach.

Our multidimensional learning program is a guided gradual journey of self-inquiry. Anybody who starts traveling the path of authentic yoga soon discovers the breadth and depth of this ancient discipline. From our years practicing, studying and teaching we know that it is possible to integrate all aspects of yoga. We have crafted a program that brings together a wide range of practices in small, easy-to understand and simple to apply modules that cover both the depth and breadth of yoga at a reasonable and easy to digest pace. Each training session combines bite-size modules in:

- Applied Philosophy
- Anatomy & Kinesiology applied to yoga
- Observation skills
- Verbal cueing
- Teaching methods
- Chanting
- Pranayama
- Mudra
- Meditation
- Asana

In these training sessions, you experience the richness and depth of yoga in body, breath, sound, mind and heart without feeling overwhelmed, instead you will feel confident to integrate all these aspects into your practice. In addition, your program of

studies includes practicum sessions to give you opportunities to hone your teaching skills and to receive constructive feedback to assist you along the way. There will also be special workshops to help you refine the quality and relevance of your instruction.

Develop your Observation skills and learn to Teach by Teaching.

Because we know that you develop your teaching skills over time through meaningful feedback, our program offers you numerous opportunities to develop your teacher's eye so that you learn to see clearly what students need. Moreover, you also have plenty of opportunities to teach in our practicum sessions, where you will learn to hone your skills based on meaningful feedback received from students, peers and teachers.

Integrating what you learn.

A competent teacher is a dedicated student who keeps learning by integrating what she studies and practices into her craft. Between training sessions, you have time to explore, digest, implement and reflect on what you are learning. To take you further in expanding your skill set, you will also have access to a complete program of applied anatomy for yoga that will give you confidence in teaching based on an accurate understanding of anatomy merging Western science with the yoga tradition. The concepts from the applied anatomy sections are cross-referenced in our training sessions so that you can apply what you are learning to make your practice principled, logical, safe and effective. As a result, you will be able to use your direct experience to teach a wide range of students avoiding injuries and inaccuracies.

We care.

We know that the yogic path is a lifelong journey of self-discovery and we want to support you along in your learning and growing. We are here for you the whole way through. We create an environment of collegiality, respect and curiosity, to inspire you to learn, share and grow. Because we respect and honor the process of powerful transformation resulting from meaningful yoga practice, and in order to maximize your

opportunities to learn, to be seen and to be heard, our program is limited to a maximum of 10 participants.

Ethical guidelines

Following the yoga tradition, we recognize the importance of establishing a respectful, meaningful and honest student-teacher relationship. Only in a safe space, free from judgment and without discrimination can a student feel comfortable to explore the boundaries that may limit the full expression of their vitality physically, mentally, emotionally and spiritually.

In order to provide a safe space for systematic inquiry, we accept the following principles:

- **No person shall be excluded from participating, denied any benefits or subjected to any form of discrimination in our program.**
- We welcome and respect students from all backgrounds, including but not limited to social, educational, cultural, racial, gender, sexual orientation, creed and religion.
- We are committed to excellence in teaching through our own continued practice, study and teaching.
- We engage in collegial relationships to foster collaboration, cooperation and growth.
- We are committed to living our lives with honesty, integrity and a commitment to health and overall well-being.
- We seek appropriate assistance to resolve our own personal challenges.
- We use our knowledge and professional associations for the benefit of our students and teacher trainees.
- We are committed to our own personal and professional development through study of past and current developments in yoga and related fields.
- We discuss with clarity and honesty all fees and financial arrangements.
- We neither receive or pay a commission for a referral of a student.

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- We are careful to represent information accurately based on our direct experience and on our honest assessment of sources when we do not have direct experience.
 - We are aware of the limitations in our expertise. Therefore, we do not give you medical advice.
 - We encourage students to learn through their own direct experience through inquiry and reflection so that they guide their own learning process.
 - We do our best to support our students on their learning journey, so that each person feels empowered to be responsible for their own process of growth through their own genuine experience.
 - We practice tolerance towards other teachers, schools, lineages and traditions.

Yoga Integrity Teacher Training programs

Yoga Etc. Studio offers two Yoga Integrity Teacher Training Certificates at the 200 Hour and 300 Hour level. Our teacher training programs are approved by the national yoga registry, Yoga Alliance. These programs are offered on a yearly basis. Our programs include yoga philosophy, chanting, yogic ethical guidelines (*yamas* & *niyamas*), hand seals (*mudras*), postures (*asana*), movements (*vinyasa*), breathing techniques (*pranayama*), sense mastery (*pratyahara*), concentration (*dharana*) and meditation (*dhyana*) with emphasis on the yoga philosophy outlined in the *Yoga Sutras* of *Patañjali*. In addition, we draw from traditional texts such as the *Bhagavad Gita*, the *Upanishads*, and the *Hatha Yoga Pradipika*.

We see ourselves as stewards of a learning community and as such, we teach smaller cohorts to facilitate gradual learning as well as healthy interaction with peers. Our lead teachers have been committed to a consistent daily yoga practice for more than 20 years. We are dedicated to integrating all aspects of yoga as the foundation of living with integrity, kindness and compassion.

Our approach to learning

Yoga is a state of deep joyful awareness. In addition, yoga is also the **PROCESS** of moving towards that state. It is very rare for any practitioner to master all aspects of yoga overnight. For most of us, yoga is a lifelong journey of self-discovery. This journey requires the commitment of the student. The learning process works best when students are motivated to find answers to questions that are relevant to themselves and to their own personal growth.

The major idea in yoga this to know yourself thoroughly so that you can cultivate your physical intelligence, mental intelligence, emotional intelligence and social intelligence. This integrated intelligence will lead you to notice your own tendencies and how to regulate them so that you have a healthy range of action that is articulated within you to enhance your participation in life.

Our program suggests a path for personal growth. We offer you the best we have learned from decades of learning, practicing and teaching to grow beyond our own limitations and challenges. This program is not a way to get a quick certification. The Yoga Integrity Teacher Training programs are best for students who have a genuine desire to learn, grow and move beyond the current limits of their understanding.

When a teacher provides answers, all you have is “received information.” An empowering teacher is a guide that shares principles and methods, so that you can apply those principles and methods to find your own answers. As a result, your own inquiry and exploration empowers you to understand through your direct experience. Then you are ready to share that information accurately with others.

Every learning opportunity requires feeling the bearable discomfort of noticing that our usual ways of being are no longer useful. Learning consists of releasing the old ways and finding more intelligent, useful and efficient ways of moving, breathing, thinking, feeling and relating. Our goal is to support on your learning process as you develop greater kindness, gratitude, humility, patience and a sense of humor.

We invite our students to dedicate time and energy to find answers to seemingly simple questions:

- How does my body work?
- How does my breathing work?
- How does my mind work?
- How do my emotions work?
- What is a healthy range of action?
- How much is enough?
- Who am I?
- What is the vital energy that animates me?
- What are the relationships between my body, mind, emotions and vital energy?
- How do I relate to other beings?
- How can I optimize my life energy to participate in my life with an open heart and an open mind?
- Am I doing what I think I am doing?

Policies

Dress Code

Students are expected to be properly attired for yoga practice yoga, which includes dressing in layers for temperature comfort.

Attendance and Make-up session Policy

Students are expected to be present for all modules in the program of study to graduate and receive certification. The Yoga Integrity Teacher Training consists of 240 hours of in-person classroom hours. We understand that students may need to miss all or part of a weekend for meaningful reasons. An attendance record of at least 90% is required for graduation. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor

make-up fee is \$35.00 per hour paid in advance. Students must fulfill all assignments in all courses, despite any absences.

Tardiness

Tardiness and leaving class early are subtracted from the total time of the program and counts against the minimum-required attendance. All missed time will be rounded up to the nearest half-hour and must be made up.

How our training program works

Teacher Training sessions

Teacher training sessions are designed for students in the cohort of learners and are conducted on 16 weekends. These classes are not open to other students. Each weekend consists of three sessions:

- **Friday** 6pm to 9pm
- **Saturday** 1pm to 7pm
- **Sunday** 1pm to 7pm

Group classes

In addition, students are encouraged to attend group classes lead by the program co-directors in order to observe, participate and reflect on each teacher's approach, design and decisions when teaching. Attending these group classes will count towards Practicum hours when the student submits a written reflection on the class.

Requirements

Important! You may apply to our programs regardless of your current level of fitness, strength or flexibility. How many postures you know or have mastered is also not an important criterion for application.

Like every yoga teacher for thousands of years, we are interested in your commitment to grow as a yogi and as a human being. Thus, we invite students who are sincerely interested in growing as yogis, as teachers and as human beings. We are committed to offering you the best quality training experience and materials possible and we encourage you to commit to your own personal development.

As you very well know, the quality of the results is directly proportional to the quality of your work. For all our programs the main requirement is that you make a commitment to dedicating this time to yourself to grow and learn at a pace that is appropriate for you.

200 Hour program (January – December)

This is our entry level teacher training program for dedicated practitioners wanting to teach. To apply for this program:

- The main requirement is a sincere desire to expand your practice in a mindful and meaningful way.
- To apply for this program contact us to submit your application and set a time for a personal interview.
- No teaching experience required.

300 Hour program (January- December)

This is a program for dedicated teachers who have completed a 200 HR teacher training program and who want to grow and attain a level of 500HR training. To apply for this program:

- The main requirement is a sincere desire to expand your practice in a mindful and meaningful way.
- Have completed a 200-hr. teacher training program with a Yoga Alliance registered school
- Have completed 100 hours of teaching after completion of the 200-hour training
- Contact us to submit your application and set a time for a personal interview.

Tuition/Fees schedule

Tuition per program

- Yoga Integrity Teacher Training 200 (240+ contact hours of instruction) \$2600
- Yoga Integrity Teacher Training 300 (300+ contact hours of instruction) \$3600

For both programs tuition includes:

- All Yoga Integrity Teacher Training Study Sessions
- Unlimited yoga classes at Yoga Etc. studio
- Practicum sessions
- Digital Yoga manual and study guide
- A weekend yoga retreat at the end of the year!

****Tuition does not include required text books.***

Deposit

After completing interview with program directors, students confirm commitment to participate in Teacher Training program by submitting a completed application and paying a \$500 dollar deposit.

Refund Policy

The deposit is non-refundable, and a tuition refund will be pro-rated based on the number of sessions attended to the total cost of the program.

Program Schedule

Yoga Integrity Teacher Training 200 & 300

- January 10,11,12
- January 31, February 1,2
- February 21,22,23
- March 13,14,15
- April 3,4,5
- April 24,25,26
- May OFF
- June 5,6,7
- July 10,11,12
- July 24,25,26
- August 7,8,9
- August 28,29,30
- September 18,19,20
- October 9,10,11
- October 30,31, November 1
- November 20,21,22
- **December 4,5,6 Retreat**

Yoga Integrity Teacher Training – 200 Hour Level

Contact hours: 240

Admission requirements:

1. Commitment to personal growth through regular yoga practice
2. High school graduation or equivalent
3. Complete initial interview with program directors

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4. Submit a signed application with a \$500 deposit
 5. Make satisfactory arrangements for payment of tuition and other fees

Cumulative Final Exam: Yes

Grading System: Pass/Fail

Pass: Successful completion of the course

Fail: Unsuccessful completion of the course

Minimum requirements for graduation:

1. Attending AND participation actively in all teacher training sessions
2. Complete cumulative final exam with passing grade 80/100
3. Submitting Individual learning journal at the end of the course
4. Submitting review video for each teacher training session attended for review by peers and teachers
5. Submitting Yoga Manifesto Document
- 6.

Graduation Document: Certificate

Yoga Integrity Teacher Training – 300 Hour Level

Contact hours: 310

Admission requirements:

1. Commitment to personal growth through regular yoga practice
2. High school graduation or equivalent
3. Complete initial interview with program directors
4. Submit a signed application with a \$500 deposit
5. Make satisfactory arrangements for payment of tuition and other fees

Cumulative Final Exam: Yes

Grading System: Pass/Fail

Pass: Successful completion of the course

Fail: Unsuccessful completion of the course

Minimum requirements for graduation:

1. Attending AND participation actively in all teacher training sessions
2. Complete cumulative final exam with passing grade 80/100
3. Submitting Individual learning journal at the end of the course
4. Submitting review video for each teacher training session attended for review by peers and teachers
5. Submitting Yoga Manifesto Document
6. Submitting course proposal for yoga class

Graduation Document: Certificate