

Blue Mountains Wellness Studio, Inc.  
**FROM THE GROUND UP**  
YOGA TEACHER TRAINING  
*200 HOURS*

~ Trust the Yoga ~

**Summer 2014**

Blue Mountains Wellness Studio, Inc.  
1220 S. Chugach St. Palmer, Alaska 99645

Lead Instructor: Georgia Stansell, LMT, ERYT, HRS [rungeorgiarun@gmail.com](mailto:rungeorgiarun@gmail.com) 907-841-6641  
Availability: Monday through Friday 7AM to 9PM. Saturday and Sunday 9AM to 9PM.

Class Days and Times:

**Orientation** is Saturday, June 14<sup>th</sup> from 9:00 AM to 12:00 noon.

**Regular Class** Times are Tuesdays, Wednesdays and Thursdays from 11:00 AM to 6:00 PM.

*Orientation and Regular scheduled class times are required unless prior arrangements have been made with the lead instructor.*

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**1. Purpose**

- This training exists to offer an opportunity for persons to obtain a 200 hour certificate to teach yoga as a Certified Yoga Teacher (CYT). If successful participant desires he/she may obtain Registered status with Yoga Alliance. This status is Registered Yoga Teacher (RYT). As a stand-alone training, or in addition to other professions, this training provides a well-rounded spectrum to the world of yoga.
- Overview of TABLE OF CONTENTS: "From the Ground Up"
  7. *Terms and Definitions*
  6. *Teaching to Different Populations*
  5. *The Art of Teaching Yoga*
  4. *Poses... aka Asanas*
  3. *Our Body: 'The Whole Enchilada'*

## 2. *Breathing and Pranayama*

### 1. *Foundation*

- A detailed Table of Contents is handed out during the first class of this training.

## **2. Course and Learning Outcomes**

By the end of this course, Successful Participants (SP) will be able to teach several styles of yoga classes, meditation and have at least two (2) of their own yoga scripts and/or routines.

- SP will know how to communicate in a positive manner for a positive outcome.
- SP will understand yoga props and correct methods of to use them safely.
- SP will have an understanding of making adjustments, and/or suggesting adjustments to yoga students, and will have working knowledge of correct yoga prop use.
- SP will have a general understanding of yoga history, philosophical teachings and deeper meanings of poses, along with general Ayurvedic knowledge as it pertains to yoga.
- SP will have working knowledge of classroom preparation, and considerations when teaching in various venues.
- SP will be able to create appropriate yoga classes for a wide variety of demographics.
- SP will have a thorough understanding of the benefits of yoga and meditation.
- SP will have an understanding of what type of Yoga Teaching style, and general learning style works best for them.
- SP will understand ethical, legal and general business logistics of teaching yoga.
- SP will have an understanding of basic Sanskrit terms and yoga pose names, along with how to continue learning Sanskrit.
- SP will understand and practice correct pronunciation of yoga names in Sanskrit and English along with the meaning of the term.
- SP will have a broad understanding and general working knowledge of human Anatomy and Physiology, Human Body Mechanics and how these subjects pertain to yoga.
- SP will know where to look for answers from student's questions as well as for continued learning of yoga and the teaching of yoga.

## **3. Format and Procedures**

- Every meeting in this training begins with each participant signing-in, followed by a brief check-in.
- 90% of all classes during this training are followed by Peer Reviews. Peer Reviews are required and become a large teaching and learning tool.
- Parts of this training are intermixed in with yoga classes taught by the Lead Instructor.
- Other teaching methods include; Lecture, Handouts, Demonstration, Hands-On Yoga Teaching by participants, Audio Visual teaching aids.

## **4. Course Readings**

- Required text: *Separate attachment*.
  - o All textbooks for this training are provided to each student.
- Handouts are given during this training.

## 5. Grading Procedures and Grading

- Grading: Pass/Fail.
- Attendance and participation is critical.
- This training does not follow traditional grading. Students will have many opportunities to practice and demonstrate skills to a level of mastery during this training.
- Students must attend all contact hours. Several dates are reserved in the event make up hours are required.
- Peer Reviews are performed on a daily basis during this training. This is accomplished by the use of a Positive Communication Model and a brief Peer Review Form. Participants give and receive feedback with peers using the Peer Review.
- During the last weeks of this training, several Learning Opportunities (LO) will be completed by each student. This is a learning experience with the use of all books, and handouts from this training. No electronic devices may be used during the LO. Peers may choose to work together or separately.
- Some in-class assignments are student directed.
- All Peer Reviews, Learning Opportunities and other measurements of students' understanding are done in class, during this training.
- There are no written assignments outside of this training.
- Receive and give feedback to peers in this session via a brief Peer Review.
- Completion of several Learning Opportunities (LO) are addressed near the end of this training.
- Professional, ethical and confidential standards are expected.
- Blue Mountains Wellness Studio, Inc. has a Zero Violence policy.
- Successful graduates receive a 200 Hour Certificate from Blue Mountains Wellness Studio, Inc.. This gives the recipient the credentials of a Certified Yoga Teacher (CYT).
  - o Following the procedure set by Yoga Alliance, graduates of this training are eligible to receive the standing of a Registered Yoga Teacher (RYT).

## 6. Academic Integrity

- Each student in this course is expected to abide by the ethics, bylaws and rules set by Yoga Alliance.
- Students are encouraged to study and learn together, discuss information and concepts covered in lecture, yoga classes, demonstrations and other topics covered in this training.
- Tuition must be made in full to BMWS by the end of this 200 hour training.
- Professional, ethical and confidential standards are expected.
- Blue Mountains Wellness Studio, Inc. has a Zero Violence policy.

## 7. Inclusivity Statement

BMWS recognizes that participants in this training represent a rich variety of backgrounds, life experiences, and perspectives. BMWS, Georgia Stansell and other facilitators and/or presenters, are committed to providing an atmosphere for healthy and safe learning that respects diversity and peaceful communication. While working together to build camaraderie community during we ask all members to:

- Share their unique experiences, values and beliefs as needed.
- Be open and respectful to the views of others.

- Be respectful of the uniqueness of trainees and yoga students of BMWS.
- Appreciate the opportunity that we have to learn from each other in this community.
- Value each other’s opinions and communicate in a respectful manner.
- Keep confidential discussions that are personal and private by nature.
- Use this training as a healthy opportunity to discuss ways to create an inclusive, positive environment.

**8. Training Schedule:**

***NON-Lecture make up hours are obtainable by attending BMWS yoga classes.***

	Mon	Tue	Wed	Thur	Fri	Sat							
June							14	4	week				
	16	0	17	7	18	7	19	7	20	0	21	0	1
	23	0	24	7	25	7	26	7	27	0	28	0	2
July	30	0	1	7	2	7	3	7	4	0	5	0	3
	7	0	8	7	9	7	10	7	11	0	12	0	4
	14	0	15	7	16	7	17	7	18	0	19	0	5
	21	0	22	7	23	7	24	7	25	0	26	0	6
	28	0	29	7	30	7	31	7	1	0	2	0	7
August	4	0	5	7	6	7	7	7	8	0	9	0	8
	11	0	12	7	13	7	14	4					9
	0		63		63		60		0		4		190

**9. Credentials for Registered Yoga Schools According to Yoga Alliance:**

- Schools that register with Yoga Alliance are listed on our online directory as Registered Yoga Schools (RYSs®). Registration acknowledges that the yoga teacher-training program meets standards for curriculum developed by Yoga Alliance and that training is conducted by experienced instructors. A school whose curriculum satisfies or exceeds our minimum training standards may apply to register as an RYS.
- Once a school is registered, all graduates of a RYS are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYTs®). Yoga Alliance reserves the right to suspend or revoke an RYS registration based on evidence that the school no longer meets RYS standards.
- Yoga schools receive varying levels of designation based on the levels and types of training they provide.