

Wild Spirit School of Yoga

Yoga Alliance Certified School



200 Hour Yoga Teacher Training Fall 2020

The purpose of our training is designed to prepare you to teach a beginning level hatha yoga class. The training will enrich and deepen your own personal experience of yoga, pranayama and meditation. This experience will help you to develop essential teaching skills.

The first half we will dedicate towards teaching the mechanics of the yoga poses as well as anatomy, physiology and kinesiology in regards to spinal alignment and core stabilization. Emphasis will be on understanding each posture and learning how to effectively cue moving into, out of and working within each asana with the breath. In the first half of the training, we will also spend a lot of time working in practice teaching to build confidence and help you as a teacher to find your voice and rhythm.

The second half of the training will also build on the foundation of the poses we learn and teach you how to build sequences in a vinyasa or purposefully put poses together for a common theme or class focus. Also, how to interact skillfully with students through responsive cueing, adjustments and modifications in person and online classes.

We will practice and learn how to teach pranayama methods for a beginner level yoga class. We will learn and practice meditation. We will discuss and explore intuition and being receptive to your class needs. We will work through special content such as The Study of Sanskrit, Finding Your Voice, Chakras and the Energy of the Body, Reiki & Energy Medicine, Ayurveda, the Yoga Sutras and the Energetic Language and healing of Hatha Yoga. Yoga teacher training is teaching you the fundamentals of a traditional yoga practice, body, mind & spirit.



Required Text & Reading for Wild Spirit School of Yoga

- "Fierce Medicine" by Ana Forrest
- "The Secret Power of Yoga" by Nischala Joy Devi
- Yoga Sutras Translated by Swami Satchidananda
- The Yoga Anatomy Coloring Book by Kelly Solloway
- Wild Spirit School of Yoga Hatha Yoga 200 Hour Text Book

Logistics of Training...

Proposed Scheduling Dates

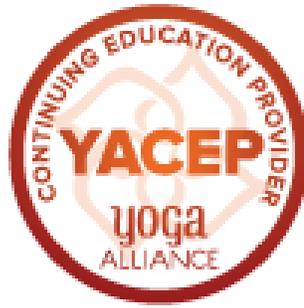
Yoga Alliance requires 200 hours of training to be a certified and registered Yoga teacher 185 of those hours must be direct contact hours.

Meeting dates

Training starts Sept 19, 2020 and Graduation is set for Jan 24, 2010

We will meet Saturday & Sunday from 9am-3pm in studio and the "other" weekends will have online content, projects + group classes that must be completed before the following in studio meeting. The 6 hour weekends will have a livestream class to attend as well as reading assignment or group project. The 3 hour weekend will focus primarily on an assignment to do at your own timing due by the next In studio meeting. The online + self study portion will focus to continue to integrate our lessons we cover in person as well as introduce some philosophy, technique and practice that will also accumulate our 200 hours. The online weekends will be scheduled for Saturdays for some of the weekends will have some mandatory meeting times, other weekends will be at a more self study pace. I will have that scheduled laid out for you for your scheduling time by the start of the training.

Sept 19 + 20	In Studio 9am-3pm	12	
Sept 26 + 27	Online + Home Study	6	
Oct 3 +4	In Studio 9am-3pm	12	
Oct 10	Homework Project	3	
Oct 17 + 18	In Studio 9am -3pm	12	
Oct 24 + 25	Online + Home Study	6	
Oct 31 + Nov 1	In Studio 9am-3pm	12	
Nov 7	Homework Project	3	
Nov 14 + 15	In Studio 9am-3pm	12	
Nov 21 + 22	Online + Home Study	6	
Nov 28 + 29	Homework Project	3	Thanksgiving
Dec 5 + 6	In Studio 9am-3pm	12	
Dec 12 +13	In Studio 9am-3pm	12	
Dec 19 +20	Online + Home Study	6	Christmas
Dec 26 + 27	NO CLASSES	-	Christmas
Jan 2 + 3	Online + Home Study	6	New Year
Jan 9 +10	In Studio 9am-3pm	12	
Jan 16+17	In Studio 9am-3pm	12	
Jan 23 +24	In Studio 9am-3pm	12	
		57	Required 3 Yoga Classes per Week
		216 Hours	



Attendance

Because certification is based on hours completed, every effort must be made to attend all scheduled classes. If something must be missed, instructors will assign make-up based on material missed, which must be completed for successful certification. In some instances a private make up session with the instructor will be required at your extra expense. (\$70/hour) No more than 3 absences will be allowed to graduate with the 200 Hour Yoga Alliance certification.

If the majority of the group needs an adjustment in meeting times, things can be flexible. But again 100% of the vote in favor to make any changes.

Working with the Times

Things right now are constantly changing as far as Covid-19 is concerned. This training will be tuned into keeping everyone safe and healthy at every turn. If you are not feeling well or have been exposed you will not be allowed to attend in person training. We will make arrangements on a case by case basis to make up the hours or get you the materials that were discussed, either by recording the in studio sessions for you to watch later on or livestream with the group.

As weather permits we will take training outside to the garden as much as possible. In the beautiful Texas Fall weather that is usually a fabulous way to learn yoga. When gathering, we will practice social distancing and protocols for safety. There will be no more than 8 spots in this training available, this will ensure that even if we need to meet in doors there is plenty of social distancing room in The Mothership.

If for any reason in person meetings must go on hold, we will continue with online training to keep going as best we can to maintain our graduation date goals. However there may be adjustments to this date if needed to ensure everyone's safety in the group. Communication as we face any concerns will be first and foremost. We as a group will stay clear and empowered to make the best decisions as they arise. We will follow all mandates for Harris County in regards to Covid-19 which currently is masks must be worn indoors.

Tuition

The full cost of the 200 Hour Training is \$3,000. This includes a Unlimited Monthly Membership for classes at Wild Spirit Yoga throughout the duration of training at Wild Spirit. Additional required reading books are added to the cost of tuition. However books are available and even can be borrowed if necessary. There are no refunds for Yoga Teacher Training. If for any special circumstances you must stop training, you may have other options to restart or continue your training at Wild Spirit at another date and session.

If a payment plan is needed, 2 options are available.

Set on automatic payment

- 4 payments of \$750
- 6 payments of \$500
- Other automatic monthly payment options may be available, special circumstances can be discussed with Jennifer. Accounts must be paid in full before the end of the program and before receiving your certificate and approval through Yoga Alliance.

Making the most of this training



Homework Overview

In order to enhance your learning experience and continue achieving hours towards our 200 hours of required training, there will be required homework and projects.

Practice Yoga- It is a requirement that you attend 3 yoga, meditation or pranayama classes a week either online or in person during training. This requirement helps you to merge completely with a devoted yoga practice. If there are physical limitations to this requirement, observations of classes could be an option, if approved by Jennifer. All classes at Wild Spirit Yoga are included in your tuition at the studio. If classes are taken at other studios or online portals keep track of those hours to submit each month.

Cue Cards - As we teach the asanas, you will be required to prepare cueing instructions for each asana.

Vinyasa Assignment - Following the topic of vinyasa in class, you will be asked to construct 3 vinyasas for various purposes.

5 Observation Reports - During the course you will be required to turn in 5 observation reports.

6-Week Course Outline - During the later part of the training, you must create a detailed outline for a 6 or 8 week beginning level yoga course. This outline should reflect the depth of knowledge gained during the training. Don't rush through it. Put in thoughtful effort and creativity and you will have something special to draw on and teach from.

Assigned Reading - Over the training we will have assigned reading and sections of books to read and discuss in class. Jennifer will also have a list of additional suggested reading in yoga, anatomy, meditation, philosophy, ayurveda and other topics for your continued learning.

Online Live Streaming- On our online weekends we will have a zoom meeting with a variety of teachers to discuss topics that pertain to your training. Those meetings will be require you to attend live on-line. They will be scheduled ahead of time for your calendar, and we will aim them to be at a time that is manageable by the group. Jennifer will let you know that schedule at the start of training.

Practicals & Testing - The training will offer built in practice teaching time to really hone the skills of teaching yoga and prepare you for your practical exams. We will have 2 practicals, 1 mid-term and 1 final teaching exam. More information on those will come as training begins. We will also have 1 written test on some standard teaching methods and anatomy material.

We Recommend Before Starting YTT

Practice, practice, practice! Meet yourself on your yoga mat. Dig in and attend as many yoga classes as you can. Stay open and ask questions as they arise. Transformation and change are an essential part of the training. The more experience you have had as a student will only inform what your message will be as a teacher. If you haven't practiced much with Jennifer, start coming to her class in person or online. Make sure her style and approach is something you are interested in learning.

We Recommend During YTT

Keep practicing! Come to yoga classes often! Its is natural and part of the growth process to have some resistance arise during the course of the training. If you feel your mind get particularly active or negative, practice the teachings that we are learning about. Use mantra and work consciously with the breath. These are great ways to focus the mind in a positive direction.

It is important to allow some time to be alone with yourself during this process and to practice what you are learning. This will bring real depth and a fuller understanding.

There will be assignments given. We will encourage you to make time to visit and observe classes, practice teach with each other and friends and family.

Testimonials



I joined the teacher training with the mistaken thought of “oh I get to learn all the cool poses”, with no intention of becoming an instructor. What I didn’t expect was to learn so much more. More about myself, my inner being, the meaning of building a group of women that truly and deeply love each other. I learned how to be raw and real, even though I always thought I was. I learned the power of mantra, energy work, meditation and that was just scratching the surface. There is no real way to describe what you experience with this teacher training. It is a gift that was placed in my lap and I am thankful for everyday that I shared at Wild Spirit School of Yoga. Jennifer is so extremely vast in her knowledge on every part of what you dive into. You can see that there is true passion in everything that she brings to the class, a love for what she does and what she knows. It’s not “just yoga school”, it’s a life changing, mind altering (in the most amazing sense), heart opening experience one could ask for. I recommend teacher training 100%, but wouldn’t recommend it from any other place than Wild Spirit School of Yoga. I now am a yoga instructor and I love it, it’s more than “just the cool poses”! -Tessi Nelson

The training was a magical experience! I developed a deeper understanding of the practice, enhanced my knowledge of the history of yoga, but what I learned about myself was life changing. I have a higher connection and awareness of myself that I never imagined possible. I feel immensely connected to my body, nature and the world around me! I am forever grateful for all that I learned and experienced during my teacher training! -Barbara Diemer

After completing my 200 hours with Wild Spirit School of Yoga, I am confident of my ability to go out on my own and teach. Jennifer went over and beyond the required curriculum. Her love, passion and compassion shone throughout and with her leadership, we as students and teacher formed a sacred tribe whose bond of connection and support cannot be broken. We are able to move on to our next phase knowing that we have the support of each other and the support of Wild Spirit School of Yoga to help guide us and be there if and when we should ever need. -Sandy Leon

What an awesome experience - life changing. Jen lead us on a most amazing journey of teacher training - so thorough in covering each topic and more! I feel so prepared to get out there now and teach! WOULD DEFINITELY RECOMMEND this is a teacher training facility! -Natalie Taylor

This training will change your life! If you are even remotely thinking about it...DO IT! It wasn't something I was considering but found out about it and jumped in head first less than 48 hours later. It was by far the best decision of my life! Thank you Jennifer! -Ashley Cornell

This is a Life Training. We came onto this Beautiful planet without instructions, so on this YTT I am finding & recovering my voice & Heart guides. Thank you Jennifer, for your courage! -Elizabeth Calvo

*If you would like to talk to previous graduates, I can get your contact info.

Please let me know if any other questions or special circumstances arise that you have questions about.
yoga@wildspirityogatx.com
(970) 412-8740

-Jennifer Carmack, E-RYT



Wild Spirit School of Yoga Application

Please answer and submit this application in person or by email to Jennifer to apply for the 200 hour yoga teacher training at Wild Spirit School of Yoga.

What makes you want to enroll in yoga teacher training at Wild Spirit School of Yoga?

How long have you been practicing yoga? And what style of yoga do you mostly practice?

What have you learned about yourself being a student of yoga?

What are you most interested in learning in yoga teacher training?

What scares you the most about yoga teacher training?



Wild Spirit School of Yoga Agreement

I, _____ (name) fully understand the logistics and dates set forth for the Wild Spirit School of Yoga Fall 2020 200 Hour Yoga Teacher Training. I understand I must attend all hours provided to accumulate to the 200 hour requirement by Yoga Alliance in order to receive my certificate.

I understand I must have tuition paid in full by the graduation date, or have an agreement with Jennifer Carmack if payments must continue past the graduation date. I understand I will not receive my certificate of completion until the tuition is paid in full.

I understand monthly payments will automatically draft from my account on the 1st of each month unless I have made arrangements with Jennifer directly.

I am excited to embark on this adventure with Wild Spirit Yoga and I am committed to show up, do the work and watch myself grow like crazy!

Signed _____

Date _____

