

Welcome!

On behalf of The Studio, we welcome you to our 200-hr Teacher Training Program.

We are grateful for the opportunity to assist you in fulfilling your personal and professional goals and are delighted that you have decided to dive deeper into your yoga journey with us.

Transitioning from student to teacher is a powerful and rewarding step. Consider this YTT the beginning of a lifelong learning relationship with your own practice and a lifelong relationship with a being teacher. We are here to support you before, during, and after your training.

Throughout this unique program you will complete 125 contact hours that will include the following:

- History, Philosophy & Ethics of Yoga
- Fundamentals of Asana, Pranayama & Meditation
- Anatomy & Physiology of Yoga
- Introduction to Ayurvedic Principles
- Introduction to the 7 Chakras
- Teaching Methodology: Cueing, Sequencing & Class Structure for Hatha-Vinyasa Yoga
- 1:1 Mentoring for Personal Development
- Practicum: Personal Practice, Shadowing, Teaching Assignments, Community Classes, Self-study
- Professional Development: Specializations, Building Your Career

We believe a teacher's investment goes beyond the financial. Taking the seat of a teacher means investing in the community. Our teacher training program will set the foundation for practicing, teaching and exploring yoga as a lifelong spiritual path. All trainees will be prepared to teach a class in a studio setting, whether or not they choose to pursue being an active instructor after graduation.

Anyone who is interested in deepening their yoga practice is invited to attend this training program, even if you do not necessarily have the desire to become an instructor. This program will provide you with the background, techniques and confidence to guide yourself through your own yoga practice beyond the studio.

We are committed to helping you grow! Our mission is to help foster personal transformation through self-inquiry, yogic studies and community.

We look forward to being part of your journey,

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The Studio

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Curriculum

This training program will be rooted in Hatha Yoga. Hatha Yoga uses postures (asana), and conscious breathing (Pranayama) combined with mental focus to develop awareness, strength and flexibility, and relaxation. This style of yoga will provide the foundations required to practice and teach a variety of all-levels class. Participants will be introduced to classic techniques for practicing and teaching Hatha Yoga, Vinyasa Yoga, Restorative Yoga, Pranayama and Meditation.

Certification Requirements

- Attend 5 one-on-one mentoring sessions (in-person or via zoom)
- Attend 18 studio classes as a student
- Shadow 6 studio classes as a teacher's assistant
- Develop a 60 minute class (30 minutes asana sequence, 30 minutes pranayama & meditation)
- Develop a 2-hour workshop based on participant's subject of interest
- Write a teacher bio
- Create a professional social media account dedicated to teaching yoga
- Upload 3 posts to social media account (1 headshot; 1 posture photo; 1 video)
- Complete 1 community class (or teaching demo)
- Complete all assigned homework and readings
- Attend graduation ceremony

In the event that you do not make satisfactory progress, every attempt will be made to provide input throughout the program about challenges that might be impeding your certification. If it is determined that you have not successfully met the certification requirements, you will meet with the facilitators, who will determine the appropriate steps needed for you to complete certification. This process may include working with a facilitator at an additional expense. The specifics of any additional work required will be determined individually, based on the needs of each student. In the case of extended study and a pending certification, the student and facilitators will agree upon the terms of continued study and sign a letter outlining the required steps and the timeline agreed upon with the facilitators. Students who are unable to complete the additional requirements within 6 months from the end date of the program must repeat the training in order to be certified.

Program Completion

Completion of the training does not necessarily guarantee a teaching position at The Studio. Though we prepare teachers to lead safe, effective, nourishing classes, the training is a foundation for teaching and should not be considered "job training." Qualifying participants will be personally invited to audition at the studio for a teaching position. Facilitators reserve the right to withhold recommendation if it is determined that the participant does not meet basic standards for teaching as per the mission and values of The Studio.

Attendance

100% attendance is encouraged. We understand that life happens, and emergencies and family situations can take away from commitments. We will allow participants to miss up to **4 days** of the program. Participants will need to make up any assignments that they miss. Any missed hours must be made up before graduation weekend. Make-up sessions may include watching a video, meeting with lead teachers or a small group, or completing a quiz or assignment.

Responsibility Agreement

I understand that I am responsible for my experience during this Yoga Teacher Training and for my well-being while at The Studio: Yoga & Wellness Center. I agree to support The Studio's inclusive environment and contribute to a safe, respectful, and positive experience for everyone during my participation.

I understand that the practice of yoga often produces non-ordinary states of awareness, and that The Studio program facilitators and staff are not responsible for managing every student's personal needs.

I understand that the 200-Hour Yoga Teacher Training curriculum has been designed to create the optimal yoga education for the majority of students, and each specific experience may have content that differs from my beliefs. I understand that the study of yoga involves exploring and discussing different belief systems. I agree to respect all the ideas and practices that are presented as part of the 200-Hour Yoga Teacher Training curriculum. I understand that any ideas presented are not necessarily the view of The Studio. I understand that The Studio is not requiring me to change my beliefs in any way in order to be certified as a 200-Hour Yoga teacher.

I understand that practicing yoga is often about exploring new boundaries and personal limitations. I recognize that activities of this nature involve an element of physical, emotional, and psychological risk. I understand that each person's level of physical and psychological fitness is different, and that some activities may not be appropriate for me given my individual capacities. I accept the need to monitor my own participation in each activity, and each exercise within any given activity, and that The Studio is not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

Although my attendance is required for me to become certified as a Yoga Teacher through The Studio, my participation is never required if I feel unsafe in any way. It is my responsibility to honor my physical and psychological boundaries, and if I feel unsafe in any way, to stop participation in an experience and speak to a staff member.

Photography & Video for Social Media

The Studio takes photographs, videos and audio recordings of guests to promote the benefits of participating in its programs and activities. Whenever these activities are happening, I can tell The Studio staff that I do not want to participate, or move to a place in the room that is not being photographed or recorded. Otherwise I hereby consent to being the subject of any photographs or audio/video recordings made during my participation by The Studio staff, and grant permission for these to be published or posted in ways that promote The Studio.

Release of Liability

After being informed of the above risks and responsibilities, I generally release The Studio: Yoga & Wellness,, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my guest participation, whether they arise while at The Studio, or from my later use of information or instruction at home.

Participation Conduct

Participants will be expected to behave in a professional manner at all times. Failure to comply with the standards of conduct may result in a warning, suspension, or program dismissal. Sexual harassment of any type or form will not be allowed. Substance use or smoking during training hours will not be accepted. Breaking confidentiality will not be tolerated. No bullying, targeting, verbal or written abuse, or exclusion of fellow teacher training participants of any kind will be tolerated. This includes in-person interactions as well as social media and emails.