



yogaloft

2012/2013  
Teacher Training  
School Catalog



YogaAlliance®  
Integrity. Diversity. Community.

# YogaLoft Teacher Training Program

## Introduction

The YogaLoft teacher training program developed organically out of Marci Tousey's study and experience in yoga, meditation, and the somatic arts. Through yoga, meditation, Somatic Psychology, and contemplative movement, you will explore the psychology and philosophy of yoga and the skills needed to become a yoga teacher. Firmly grounding your personal practice in a basic hatha yoga routine you will ultimately move your practice out of routine and into creativity, developing a style that is completely your own. While learning the basics of hatha, restorative, and vinyasa yoga, you will also explore the philosophy and ethics using the eight-fold path of Patanjali's ashtanga yoga. You will be introduced to anatomy, physiology, and kinesiology basics as they relate to yoga asanas, complete a teaching practicum, and attend a Yoga and Meditation Retreat where you can begin to contemplate the lifestyle of a yogi and be introduced to the possibility of awakening through your dream state.

What is unique about the **YogaLoft Teacher Training** program is that in addition to learning the basics techniques and philosophies of hatha yoga, you will explore why is it important for a yoga teacher to be a witness to your own as well as to your student's movement and healing processes. You will experience the concept of Authentic Teaching, which includes learning the skills necessary to be an objective witness to yourself and others without projections and judgments discovering why it is vital to observe your students for who they are in each moment instead of through the filters of your own past experiences. You will extensively practice using the tools that help you witness including conscious breathing, meditation, oscillation of attention, and description to assist you in staying focused and present first with yourself, then with your students, and then with everything going on in the classroom. With these tools, you will begin to develop confidence expressing yourself in front of others. With this added confidence, you can access a bottomless well of creative energy and thought that exists in us all, ultimately sharing your passion and desire with your students.

The **YogaLoft Teacher Training** program is a Registered School with Yoga Alliance™ approved by the Educational Approval Board of Wisconsin. Upon completion of the curriculum, students will receive a Certificate of Completion from YogaLoft and can apply for Registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT200™). Please join us in learning how to use your personal experiences to guide others towards becoming a witness to their own healing process.

## Instructor Biographies

### *Marci Tousey - Director*

Marci began her formal study of yoga in 1992 and her study of the somatic arts in 1989. "However, I have enjoyed stretching, exercising, relaxing, breathing, and creative movement since the day I was born." 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. For two years she backpacked, absorbing the Asian way of life. She became certified to teach yoga from Sivananda Yoga Centre in India (a 30-day, 200-hour Yoga Alliance approved program), completed one-month of intensive study in Iyengar yoga with Sharat at The Himalayan Iyengar Yoga Center in Dharamsala, India, received a Thai Yoga certification in Chiang Mai, Thailand, listened to a 10-day

discourse by the Dalai Llama on “The Path to Happiness,” attended a 10-day silent meditation retreat, and rode a 55-hour “standing room only,” 3rd-class train across China.

In 1996, Marci returned to Colorado and began teaching yoga. “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 the Naropa University in Boulder, Colorado where she earned a Masters degree in Somatic Psychology. Somatic Psychology teaches that the sensations of the body must be included for emotional healing and transformation to occur. It is the study of how moving the body freely and authentically allows emotions and thoughts to change and evolve. “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.”

In 2002, Marci moved with her husband and two children to Sheboygan to live a life surrounded by family. In April 2004, Marci completed a Teacher Training program with Richard Freeman in the Internal Form of Ashtanga Yoga. Marci continues to attend silent retreats in Vipassana Meditation as taught by SN Goenka as a way to stay grounded in her own experience. “My study of movement will never be complete. My life has changed dramatically because of my experience of yoga.”

## **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 trainers 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 bi-laterally.
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 **YogaLoft Teacher Training** program meets the minimum standards outlined by Yoga Alliance to become a Registered Yoga Teacher at the 200-hour level. This program is modular based and includes 180 contact hours with an E-RYT™ (Experience Registered Yoga Instructor), approximately 30 hours of homework, and a minimum of 30 minutes a day on a personal yoga and meditation practice. Registration in each module includes a one month unlimited pass to YogaLoft (activated upon acceptance into the YogaLoft Teacher Training Program) to assist you in developing your personal yoga and meditation practice.

In order to receive a certificate of completion, all modules (courses) must be successfully completed. 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 YTT1 Authentic Teaching - The Foundation and YTT2 Basics Techniques of Hatha Yoga for attendance in all other courses. Students must successfully complete the following courses for certification:

YTT1:Authentic Teaching- The Foundation (Pre-requisite for YTT2 - YTT10)

YTT2:Basic Techniques of Hatha Yoga (Pre-requisite for YTT3 -YTT10)

YTT3:Continuing Techniques of Hatha Yoga

YTT4:Authentic Teaching - Refining your Skills

YTT5:Yoga Philosophy and Ethics

YTT6:Yoga, Meditation, and Dreaming Retreat

YTT7:Yoga Anatomy and Physiology

YTT8:Adjustments and Assists

YTT9:Advanced Postures

YTT10:Practicum

## **Admissions**

Registration in the first two modules 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. Seventeen years of age.
2. Minimum of 30 hours of classroom practice with a yoga teacher. Note: if you live in an area where yoga instruction is not available, please include documentation of your personal practice time.
3. A minimum one-year personal yoga practice.
4. A personal meditation practice or a strong desire to develop a personal meditation practice.
5. A completed and accepted application (attachment).
6. Payment of a \$50 non-refundable application fee.
7. Payment of \$250 for enrollment into YTT1 - Authentic Teaching - The Foundation and YTT2 - Basic Techniques of Hatha Yoga. A 100% refund is given if non-acceptance into the program. In summary, the application must include a total of \$550 for the application fee and registration in YTT1 and YTT2.
8. A signed YogaLoft Code of Ethics in which you are agreeing to adhere to behavioral standards outlined by YogaLoft (attachment) and accepted by Yoga Alliance.

**Notice of Non-Discrimination Policy:** *To preserve an equitable, responsible, and humane atmosphere for work and study, YogaLoft affirms to the principle that its students, teachers, and staff have a right to be free from discrimination. YogaLoft 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.*

## **Subsequent Module Registration**

Registration in subsequent modules (YTT2 - YTT10) must be done a minimum of two weeks prior to the module's start date. Once you have registered for a module, you will be emailed a syllabus to assist you in preparing for that module. Each module costs \$250 and includes an unlimited monthly

pass to YogaLoft - allowing you to attend ten months of unlimited classes throughout the entire YogaLoft Teacher Training Program.

## **Code of Ethics**

Acceptance into the YogaLoft Teacher Training program requires that all yoga teacher trainees read and agree to YogaLoft's code of ethics. The code of ethics applies to YogaLoft teachers, staff, and students enrolled in the YogaLoft 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 readmittance 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 YogaLoft for updated information.

## **Location of Classes**

All classes (except the Yoga Teacher's Retreat) will be held at YogaLoft at 726B Michigan Avenue, Sheboygan, Wisconsin. We are located above Entourage Salon and Spa on the corner of 8<sup>th</sup> and Michigan in downtown Sheboygan.

## **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. We have listed the required readings and we expect you to have read the assignments prior to the start of the module. Books can be purchased through a local bookstore or on-line or checked out from the library (if available). Additionally, once you register for a module, you will be emailed the class syllabus in order for you to acquaint yourself with the course content. Please refer to the on-line schedule for module dates and prices.

## **YTT1 - Authentic Teaching - The Foundation**

Authentic Teaching comes from the heart. Authentic Teaching is grounded in knowledge, experience, and a passion for helping others have a transformational experience while discovering their true selves. In this course, you will be introduced to the skills necessary to teach authentically. By exploring the dynamic relationship between stillness and movement, you will actively, and often playfully, move as well as quietly reflect. This exploration will include:

- learning a basic yoga routine as a way to stay grounded in your practice and teaching style,
- practicing the skills of authentic speaking, authentic listening, and authentic movement,
- noticing what you see in others and be curious about what this has to teach you about yourself (and noticing what you see in yourself and becoming curious about what this has to teach you about others),
- spending time in reflection and meditation,
- practicing breathing as a way to stay present with what is going on in the room,

- discovering your comfort zone and then learning to move out of your comfort zone as you initiate being in front of others as a way to develop self-confidence,
- Learn the yoga cycle of healing.

You must successfully complete this module and YTT2 - Basic Techniques of Hatha Yoga to continue taking additional modules of the **YogaLoft Teacher Training** program. Required Readings: *The Posture of Meditation* by Will Johnson and *The Mirror of Yoga* by Richard Freeman.

### **YTT2 - Basic Techniques of Hatha Yoga**

In this course, we will break down the elements of an entire asana class in detail from Sun Salutations to Savasana. This includes an introduction to pranayama, bandhas, sun salutations, forward bends and hip openers, backbends, twisting, inversion training postures, savasana, and meditation. We will begin using props as a tool for deepening a pose. We will use the healing cycle to begin observing and understanding how yoga helps us heal mentally, physically, and emotionally. You must successfully complete this module and YTT1 - Authentic Teaching - The Foundation to continue taking additional modules of the **YogaLoft Teacher Training** program. Required readings include: *Hatha Yoga Illustrated* by Martin Kirk and Brooke Boon, *Yin Yoga* by Paul Grilley, and *Anatomy Coloring Book* by The Princeton Review.

### **YTT3 - Continuing Techniques of Hatha Yoga**

This course builds upon the skills learned in Basic Techniques of Hatha Yoga. We will explore the differences between muscular styles of yoga and yin yoga and the benefits they each bring to the body. We will be introduced to Kundalini and the chakra system and we will learn to lead a guided final relaxation. We will deepen our understanding of why following a class routine helps us stay grounded and balanced in our practice.

### **YTT4 - Authentic Teaching: Refining Your Skills**

Using the tools of conscious breathing, asana, meditation, oscillation, and description, we will continue to explore the obstacles that cloud our ability to witness. We will 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 with assists using our own reactions and responses to offer useful feedback. 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. Required Readings: *The Mirror of Yoga* by Richard Freeman

### **YTT5 - Yoga Philosophy and Ethics**

The study of ethics is an invaluable opportunity to explore our own personal power as well as our vulnerabilities. It is a chance to give a voice to our hopes for and anxieties around being a yoga teacher. Remembering "above all else, do no harm" (ahimsa), we will use the skills learned in Yoga Teacher as Witness and the eight-fold path of Patanjali's yoga (ashtanga) to bring into light our desires and fears associated with money and power, sex and creative energy, love, honesty and truthfulness, insight, and spiritual longing. As our desires and fears are named and made un-secret, the right action becomes obvious. The concept of transference and counter-transference will be introduced and we will explore how it affects the teacher-student relationship. We will also study the Bhagavad Gita, a core text for yoga philosophy. The Gita guides us in our 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. Required Readings: *Bhagavad Gita - A Walkthrough for Westerners* by Jack Hawley.

## **YTT6 - Yoga Teacher's Intensive Retreat**

Spend a long weekend with fellow YogaLoft teachers and teacher trainers learning and practicing asana, meditation, pranayama, and yoga dream reading. We will immerse ourselves in the lifestyle of a yogi. Retreat begins Friday evening and ends Sunday afternoon.

## **YTT7 - Yoga Anatomy and Physiology**

What muscles are used during Warrior II, Downward Facing Dog, Cobra? Why does practicing yoga both relax and energize us? Which organs are massaged when doing a Spinal Twist? How does the chakra system correlate to the glands of the body. We will cover all of the systems of the body and discuss how the posture affects each of them. Suggested References (please select one or more of the following books to use as a reference): *Anatomy of Movement* by Blandine Calais-Germain, *Anatomy of Movement: Exercises* by Blandine Calais-Germain and Stephen Anderson, *Yoga Anatomy* by Leslie Kaminoff, Amy Matthews, and Sharon Ellis, *Anatomy of Hatha Yoga* by David Coulter, *The Key Muscles of Yoga* by Ray Long, or *Yogabody: Anatomy, Kinesiology, and Asana* by Judith Hanson Lasater. All of these books are available at YogaLoft for review prior to purchase.

## **YTT8 - Adjustments and Assists**

In this course, we will deepen our understanding of how to use props as tools to deepen our experience in yoga postures. We will learn and practice verbal assists and hands-on adjustments as a way to gently guide our students into poses so that the postures can become a transformational experience. We will learn and practice restorative and therapeutic poses with and without the use of props to assist students with limitations and challenges. We will discuss the benefits of and problems with using touch in a yoga class. Additionally, we will compare and contrast different bodies in standing, seated, and lying postures and learn to make adjustments for various body types.

## **YTT9 -Teaching Advanced Postures**

Building upon our practice from Basic and Continuing Techniques of Hatha Yoga, we will continue learning and practicing more advanced variations of the asanas. We will deepen our understanding of pranayamic exercises. We will sequence poses to create peak progression toward advanced poses. Additionally, we will refine our personal understanding of backbends, inversions and various arm balancing poses and learn ways to teach students the postures that we cannot master ourselves. We will also learn how to teach poses like Handstand and Headstand even if we have not mastered them ourselves.

## **YTT10 - Practicum**

This course is intended to give the yoga teacher trainer experience in teaching and assisting. It includes assisting with classes, a student teaching internship, observation and feedback (see sample Observation Evaluation), personal evaluations, and an opportunity to discuss your experiences of teaching yoga.

## **Final Evaluation**

Completion of the program is based on adequate completion of a final examination. The final examination is two part and 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, assists and adjustments, knowledge of yoga philosophy and human anatomy, and the ability to clearly instruct. Prior to the examination, you will pick a yoga topic that will be the focus of your examination. Because you don't know on which yoga topic you will be examined, 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. You will be given a list of possible questions at the start of the Practicum to help you prepare. You will then randomly select a question at the start of your exam and be asked to weave a thorough exploration of that subject into your class based on your student population. In the addendum is a sample of questions that may appear on the warrior exam.

### **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 **YogaLoft 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. YogaLoft will notify students of dismissals in writing. Students who are enrolled in the **YogaLoft 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

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

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 incompleteness 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 (see item #2 above). 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 course (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 **YogaLoft**

**Teacher Training** catalog and updates that occur thereafter including knowing, understanding, and adhering to the YogaLoft 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, YogaLoft cannot be held responsible if a student misses a pre-requisite course and is unable to attend another course as planned.

## **Employment Assistance**

Employment as a yoga instructor more often than not is on a part-time basis. The principle services of the **YogaLoft Teacher Training** program is to provide training to become a yoga instructor and to provide continuing education to current yoga instructors. However students may want to attend this program as a way to deepen their own personal yoga and meditation practice. YogaLoft maintains a policy of employment assistance to all of its graduates; however, we do not guarantee our graduates a job.

YogaLoft recommends that recently certified yoga instructors begin their careers by volunteering at community service organizations as a way to become known within the community. 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 and spas, and chiropractic offices. YogaLoft will make every attempt to inform its graduates of available opportunities in the community. YogaLoft will also work with local organizations that offer yoga instruction to inform them of qualified instructors looking for employment. 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. YogaLoft will maintain indefinite records referenced by student's name. Replacement certificates can be obtained in writing along with a \$25 fee.

## **Student Complaints**

The following steps should be taken if a student has a complaint about an instructor, about the program, or about 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 Marci explaining the steps you have taken to resolve the problem and Marci will work as mediator to help you solve the problem.
3. If resolution still cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

## **Addendums**

The following addendums have been enclosed with the YogaLoft Teacher Training Catalog.

1. Sample Warrior Exam
2. Sample Observation Form

## **Information**

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Director: Marci Tousey

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[marci@sheboyganyoga.com](mailto:marci@sheboyganyoga.com)  
920-698-0754

## YogaLoft Teacher Training Warrior Exam (sample)

The warrior exam is an opportunity to demonstrate your teaching skills, knowledge of yoga, courage, and strengths. Because you don't know which topic you will be asked to teach, you must settle into a place of confidence and trust in what you have learned as well as be well versed in all subjects of yoga. Following is a list of topics/subjects that may be part of the exam. You will randomly select a question at the start of your class and be asked to weave a thorough exploration of that subject into your class appropriate to your student population (approximately 5-10 minutes in length).

Lead a guided relaxation.

Teach/assist students in downward facing dog and child's pose or variations of those poses if necessary. What are the benefits of these poses? What are the contraindications?

Include an inversion in your class that accommodates all levels of students in attendance. What questions should you ask before beginning? Explain the contraindications.

Teach a variation of the sun salutation that is relevant to your population. If sun salutations are not a part of your routine, teach a warm-up flow routine.

Teach exercises to strengthen the deep muscles of the pelvic floor and spine. Explain the benefits.

Teach Cobra or variations. Explain benefits and potential problems.

Teach proper sitting for meditation.

Teach a variation of Alternate Nostril Breathing (Anuloma Viloma).

Teach Ujjia Breathing.

Briefly explain the chakras using an experiential exercise. What are the charkas and how do they correspond to the endocrine system?

Explain kundalini and the sushumna nadi. Include an experiential exercise.

Teach correct standing in Tadasana. Provide individual advice and training exercises. Make proper adjustments.

Teach two standing poses appropriate to your population and explain the benefits of standing poses.

Explain Moola Bandha, Udyana Bandha, and Jalahandara Bandha.

Teach two different postures for the spine and explain the six movements of the spine.

Using a yoga training pose, explain what it means to keep the scapula fixed in place.

# YogaLoft Teacher Training Observation Evaluation (sample)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Was the class timed correctly and include an appropriate variety of poses? Was there an appropriate beginning, middle, and ending to the class?

Did the teaching accommodate all students in attendance?

Did the teacher oscillate between being a witness to his students and to himself? Did the teacher move off the mat and provide adjustments and assists? Was every student given adequate and proper attention?

Did the teacher know their audience and teach to that audience? Did the description of the class match the class that was actually taught?

Was the theme clear?

Positive qualities of the class:

Suggestions for improvement:

Other notes: