



Inlet Yoga Teacher Training
Fall 2014 Agenda
200 hour training

Inlet Yoga
223 East Main Street, #10
Manasquan, NJ 08736

www.inletyoga.com
732-223-08736

Inlet Yoga's 200hr Teacher Training Program is a foundational program rooted in Patanjali's Ashtanga yoga (the eight limbs), with an emphasis on the limb of asana, primarily vinyasa flow. This training will provide students with the knowledge, practice and experience to become inspiring, creative, and knowledgeable teachers. This training is open to all students who would like to deepen their practice. Upon successful completion of this training a student will be eligible to register with Yoga Alliance as a certified teacher.

Applications are due for the Fall Semester by August 15th 2014.

Mission Statement

Inlet Yoga Teacher Training was created to provide quality instruction of Yoga: we provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the student to deepen their personal practice and find their unique voice and soul as a skilled yoga teacher. Jeff Seymour (E-RYT), Emma Canarick (RYT) and Inlet Yoga will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry.

Philosophy

At Inlet Yoga we believe that every person has the potential for greatness, and that it is our job to help our students realize their potential. We accomplish this by providing classes, workshops and events that are accessible to all levels.. We also make a commitment to take our yoga out of the class room and into the community that allows teachers to inspire their students through teaching as well as living their yoga.

History

The Inlet Yoga Teacher Training Program was created in 2014 by Emma Canarick and Jeff Seymour. The school is located in downtown Manasquan, NJ. The Inlet Yoga Teacher Training curriculum follows the Yoga Alliance guidelines and is a Registered School (RYS) with Yoga Alliance. Upon completion of the program students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

Program Description

The Inlet Yoga Teacher Training program meets the standards defined by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. The Inlet Yoga Teacher Training Program comprises both contact hours and non-contact hours of homework and self-study. As noted, a certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of homework and journaling.

School Facilities and Location

The Inlet Yoga Teacher Training is located in downtown Manasquan, New Jersey.

Inlet Yoga
233 East Main Street
Manasquan, NJ 08736

Just a half mile from the Atlantic Ocean, Inlet Yoga offers nearly 25 classes a week in its 1000sq foot studio. The studio is fully equipped with mats, blocks, blankets, straps and bolsters. The

retail area is stocked with yoga clothing and water bottles. Fresh, cold spring water is complimentary. Lot and street parking is available and free.

All classes are complimentary for Teacher Trainees at Inlet Yoga during the duration of the program.

Agenda 2014 Changes

The Inlet Yoga Teacher Training Program reserves the right to make changes or revisions to this agenda. Every effort will be made to ensure the accuracy of information contained in the document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Requirements for Program Admission

6 months of Regular Yoga Practice

Applicants should be 18+ years of age

Completed Application

Enrollment Deposit of \$500

You are refunded within one week should you not be admitted to the program.

We'll contact you within one week of application deadline to confirm enrollment, start date and timeframe. Most program correspondence will occur electronically, so applicants should be computer literate and have access to email.

It is recommended that you make payment in full shortly after being admitted to the program as this cements your status as a student of the teacher training program. Full payment is required by start date of the program.

Upon acceptance into the program applicants must sign the Enrollment Agreement & Liability Release Form, and The Yoga Teacher Code of Ethics form.

Advance Standing

The school does not offer advance standing for any previous training's or course work.

Non-Discrimination Policy

The Inlet Yoga Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Employment Assistance Services

Inlet Yoga does not offer employment assistance services. The Inlet Yoga Teacher Training Program offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement. The Program makes no guarantee of employment.

Student Conduct

Students must adhere to the rules and regulations of Inlet Yoga. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentation by visitors, or the progress of the class or Inlet Yoga in general. Emma Canarick, Jeff Seymour and the administration of Inlet Yoga reserve the right of judgment to terminate a student on any of the following grounds:

Non-conformity of rules and regulations of Inlet Yoga;
Excessive tardiness which disrupts other students;
Conduct that is unsatisfactory to Inlet Yoga, it's staff, faculty and it's students;
Falsifying school records;
Failure to pay fees when due;
Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of Inlet Yoga; and Theft.

Attendance

To gain maximum benefit from the program attendance to all sessions is required. If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class. Please arrive 15 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the Teacher Training Director to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the Student's benefit that all missed material be made up prior to the next scheduled meeting. Yoga asana time missed may be made up by attending approved classes. Lectures and other classes that are unique to the training may be made up through individual private instruction. Make up instruction resulting from absences will be charged \$65 per hour. It is important to note that while we offer make up hours, the collective consciousness we cultivate in group practice and study cannot be replicated during make up hours. It is strongly suggested that students make the necessary arrangements to attend all scheduled training.

Tardiness

Please be on time and arrive at least 15 minutes early to be ready for the start of class. If a student arrives after the start of the class, the student is considered tardy.

Leaves of Absence

Leaves of Absence are not offered from the Teacher Training Program. If a student should have to discontinue the training, they would have to begin again.

If the student does decide to continue at a later date, and there has been an increase in tuition, the student is responsible for the difference between the tuition when they originally started the program and the tuition when they continue the program.

Probation, Dismissal and Re-Admittance

Students who are not fulfilling Student Conduct codes (see "Student Conduct") will receive a written warning. Should a second incident of conduct policy violation occur, termination from the program will result. The school Director will make this decision. Students may apply for re-admission to a future class, however admission is not guaranteed.

Tuition and Fees

Tuition for the entire course is \$3,300 if registered and paid in full by September 11th, 2014. After September 12, 2014 tuition for the entire course is \$3,500. Please make all checks payable to Inlet Yoga LLC. We also accept credit card and cash.

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within ten calendar days from start of program. The student will receive the refund within 30 business days. As part of this policy, the school will retain a one-time application deposit of no more than \$500.

Student Progress

Homework/reading, papers, journals, a written final exam, and ongoing teaching demonstration (practicum) will be used to assess the student's understanding of the material presented. The written exam will cover: Teaching Methodology, Anatomy and Physiology, and Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers. Scores of 70% correct or higher will constitute passing the exam.

Students are expected to maintain a daily journal of their personal asana practice, meditation, and yoga.

Students are asked to attend a minimum of two classes per week. Students enrolled in the program are welcome to attend any public class taught.

Should Student progress not be satisfactory at any point during the training, students will be notified immediately to schedule a meeting with the School Director to discuss ways to improve performance and complete past requirements.

Students may continue to attend classes, regardless of their exam performance. However, they will not receive certification unless meeting the requirements stipulated below.

Certification and Graduation

To receive a certificate of completion from Inlet Yoga Teacher Training students must meet the program requirements as outlined in this agenda. In order to receive a Certificate of Completion the student is required to have attended and completed all contact hours and non-contact hours. Students must pass the exam, complete all homework satisfactorily, and meet attendance requirements.

Program Curriculum

The Inlet Yoga Teacher Training program includes five program disciplines. The full program consists of over 200 hours. As defined by Yoga Alliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are reading and homework assignments as well as any personal practices.

Techniques Training (TT) and practice consists of learning how to teach and practice traditional yoga techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. Teaching Methodology (TM) consists of the principles of demonstration, observation, assisting, adjusting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.

Anatomy and Physiology (A&P) consists of human physical anatomy and physiology (bodily systems, organs, etc.) and Yogic energy anatomy and physiology (chakras, nadis, etc.) It includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (PLE) consists of the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. The philosophy portion of the training will include the reading and discussion of ancient yoga texts. Text commentaries are discussed in a group setting to explore the core philosophies of Yoga and how they can be applied to everyday life ("yoga off the mat"). Students are encouraged to explore their own personal connection to the teaching and examine the integration of yogic philosophy into their classes. Practicum (PR) consists of practice teaching, receiving feedback, observing others teaching and hearing/giving feedback.

Program Goals

Asana: Upon completion of the program the student will be able to perform the asanas and/or guide a student into the asanas covered in the program. For each posture the student will be able to describe how to enter and exit the posture, the benefits, cautions, and contraindications, proper alignment and perform hands-on adjustments. The basic Pranayamas of Diaphragmatic, 1:1, Dirgha (Three Part), Ujjayi, Nadi Shodhana, Kapalabhati, Sama Vritti will be covered as well as the Bandhas: Mula bandha, Uddiyana bandha, Jalandhara bandha.

Meditation: Upon completion of the program the student will be able to teach and lead in a seated meditation practice and describe the benefits and cautions of these practices.

Philosophy: Upon completion of the program the student will be familiar with the eight limbs of Yoga as defined by Patanjali in the classic text, The Yoga Sutra. They will also understand the differences between Tantra Yoga and Classical (Patanjali Yoga) systems; and understand the relationship between Yoga and Ayurveda.

Anatomy and Physiology: Upon completion of the program the student will be able to correctly identify the major bones and muscles of the body, understand movement and how to prevent injuries from occurring during asana practice, understand the primary systems of the body, understand the energetic body (including the Chakras), and understand basic nutrition.

Teaching Methodology: Upon completion of the program the student will be able to properly sequence, construct, and instruct a safe class.

Personal Growth: In addition to the skills directly related to teaching yoga, the student is likely to enhance their own personal yoga practice, improve their communication skills, and understand personal and business ethics.

Required Dress

Students should be in yoga appropriate dress, ready with books and materials at the times stated. Students will also want to bring food and/or money for breaks. Food is not provided.

Additional Requirements

Non-contact hours will vary due to rate of learning and interest in subject. However, the completion of these hours will be monitored through journaling and homework. These hours are vital to the program.

Journal

Maintain a regular asana practice, minimum of 20 minutes a day. Each entry shall contain:
Date, time and Length of Practice and any additional notes or thoughts.

Maintain a regular meditation practice. Each entry shall contain:
Date, time and Length of Practice and any additional notes or thoughts.
Maintain daily gratitude entry, simply stating one thing that the student is grateful for each day.

Teaching Log

Must teach 2 full yoga classes. Inlet Yoga will provide classes to teach for those who sign up for apprentice taught class. The number will be determined by availability and schedule.

Books, Supplies and other materials

Supplies may be purchased anywhere. Students will need notebooks for asana practice, meditation, gratitude journaling, pens/pencils. It is recommended that students have their own yoga mat. All other props, manuals and materials will be provided. All students will also have mala beads, meditation shawl, and a neti pot.

Required Reading

This Training Agenda is provided.
Light on Yoga by B.K.S. Iyengar
Yoga Sutras by Patanjali
Bhagavad Gita
Anatomy of Yoga

Variations In Time

Every training weekend is different dependent upon sub-topics explored, the absorption rate of the students and possible weather emergencies. Also, there will be a degree of internal work in the training which can vary greatly in the amount of time necessary for best result. Please do not expect early dismissal.

Time or Venue Changes

Outright changes will be avoided if at all possible, but should there be a need for a time or venue change, students will be notified via email within one week prior to the date.

Teacher Training School Policies

We consider an applicant to be a student of the yoga teacher training when they have met the following criteria:

- Have successfully completed the application process (see above)
- Have made satisfactory arrangements for payments.
- Have submitted a signed copy of the Student Enrollment Form.

Satisfactory Progress

Satisfactory progress is defined as actively participating in all contact hours and levels of the training program and completion of the homework and journaling. In the event a student does not achieve the established criteria for determining satisfactory progress, the student will be notified and given opportunity to establish these criteria via the means outlined in the "make up hours" section.

Absence Records

Absences are recorded by attending faculty and assistants and kept with student records in a secure database.

Termination Procedure

Students to be terminated from the program are notified in writing and may appeal to the director of the Inlet Yoga Teacher Training Program within three days of Notice of Termination.

Reinstatement

All students requesting reinstatement may be denied at the discretion of the program director.

Students applying for reinstatement must attend a meeting with the program director, where the terms of reinstatement will be established based on the original reason for termination from the program, see student conduct above. These terms will be put into a written reinstatement agreement which must then be signed by the student in order to be reinstated. The student understands that any breach of the reinstatement agreement results in termination. All decisions are final.

Students' Records

Student records are maintained at Inlet Yoga studio in computer and paper files. The records maintained include the application, and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of three years from the date of graduation. Records are private and students must contact Inlet Yoga Studio in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

Yoga Teacher Training Faculty

Jeff Seymour, E-RYT (Lead Faculty) Jeff Seymour is a student of Sri Dharma Mittra. He completed both the 200 and 500 hour certification programs at the Dharma Mittra Yoga Center in New York. Jeff had the distinct honor of mentoring teacher trainees in Dharma's Life of a Yogi Teacher Training program and has assisted Dharma in workshops away from the New York Center. Jeff teaches classes at various locations along the Jersey Shore. His classes accommodate first timers and advanced students alike.

Emma Canarick, RYT (Co-Lead Faculty)

Emma Canarick has been teaching since she received her Yoga Alliance certification in May 2005 from Laughing Lotus College of Yoga in New York City. She has taught in NYC, Hoboken and in the Shore area for nearly 10 years. Her classes are a combination of high energy asana, music, and positive flow.

Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only Inlet Yoga Teacher Training, its faculty and the program director to your students, but the yogic lineage. Certified teachers are expected to uphold the following ethical standards. Please read the standards to be sure that it is consistent with your values as all certified teachers will be trained to follow this standard.

Ethics

Purpose

As yoga instructors, we should be aware of the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to create a safe environment in which a student can grow physically, mentally, emotionally, and spiritually.

Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teacher and to provide an environment which nurtures growth, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin;
- To stay abreast of new developments in the field of yoga through educational activities and study;
- To seek out and engage in collegial relationships and peer relationships, recognizing that isolation can lead to a loss of perspective and judgment;
- To manage our personal lives healthfully and to seek appropriate assistance for our own personal problems or conflicts;
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence;
- To establish and maintain appropriate professional relationship boundaries; and
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves, but completely within ourselves.

Practice

In all professional matters we maintain practices and teaching procedures that protect the public and advance the profession:

- We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward and professional manner.
- We may at times render service to individuals or groups in need without regard to financial remuneration.
- We neither receive nor pay a commission for referral of a student.
- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.
- Knowingly soliciting another teacher's students is unethical.

Practice of Student Relationships

In recognition of the trust placed in us as teachers by our yoga students, it is our responsibility to maintain relationships with students on a professional basis that honors the unique and sensitive nature of this relationship:

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class.
- We recognize the unique dynamic of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
- Should we choose to engage in such a dual relationship, it is our responsibility to consult our own teacher for advice before proceeding. We vow to represent the situation honestly and honor our teacher's advice.
- We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such involvement.
- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.
- We treat all communications from students with professional confidence.

- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
- We do not disclose student confidences to anyone, except as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
- We obtain written consent of students before audio and/or video tape recording.

Practice of Inlet Yoga Advertising

Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices:

- We do not misrepresent our professional qualifications, affiliations, and functions, or falsely imply sponsorship or certification by any organization.
- Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
- We do not make public statements which contain any of the following:
 - A False, fraudulent, misleading deceptive or unfair statement.
 - A misrepresentation of fact or a statement likely to mislead or deceive. (ex: in context it makes only a partial disclosure of relevant facts).
- Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experience of the provider involved are to be appropriately specified.



INLET YOGA TEACHER TRAINING
AGREEMENT & LIABILITY RELEASE

I _____ (print name) understand that yoga includes physical movement as well as an opportunity for relaxation, stress reduction, and a release of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. Yoga is not a substitute for medical care. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Jeff Seymour, Emma Canarick or the Inlet Yoga Studio.

I have carefully read this agreement and the entire contents of the Inlet Yoga Teacher Training Agenda and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that this is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Jeff Seymour, Emma Canarick, the Inlet Yoga Teacher Training Program and Inlet Yoga Studio and all such hosts, instructors, organizers and participants.

SIGNATURE: _____

DATE: _____

PRINTED NAME _____

INLET YOGA TEACHER TRAINING
AGENDA RELEASE

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the Inlet Yoga Teacher Training Program.

Name (printed) _____

Date: _____