



## **Yoga Teacher Training Certification Program/2024-2025**

Thank you for your interest in Entouch Yoga's Teacher Training Certification program. This packet contains the information and objectives covering our in-person training program. We know you have many options available to you for training, and we appreciate your consideration of our school and program.

The mind, body, and spiritual benefits that yoga brings into our lives are the major focus at Entouch Yoga. We are excited to guide you along your yoga journey as you embrace this life changing experience, both personally and professionally.

**Why Choose Entouch?** We believe in-person teaching and training provides the best possible outcome for success! We offer 220 hours of training, as opposed to the standard 200 hours offered at other schools. Those extra hours are designed to offer you extensive one-on-one and group guidance in class creation, as well as opportunities to co-teach with the directors of the program. Building knowledge and confidence ensures you are comfortable teaching to a live audience. Embracing the vibe of studio life is also pivotal in becoming a well-rounded instructor.

### **Yoga Teacher Training Certification:**

Below is a brief synopsis of our program. Classes will run two Sunday's a month, beginning October 20, 2024, from 1-5 PM and Monday evenings from 5:30-9:30 PM, beginning October 21st.

Our program is well rounded to include yoga philosophy, history, meditation, and breathing techniques, including study of the Subtle Bodies and Ayurveda, as well as providing you with all the teaching tools needed to professionally guide students through any asana practice. We'll dive deep into postures, alignment, anatomy, physiology, teaching methodology, business ethics and more. Our goal is to provide you with a comprehensive education, culminating in you becoming a confident 220 Hour Certified Yoga Instructor. Included in the cost of your tuition is our Silent Retreat -dates TBD- in early 2025. Our 220-hour program runs for 20 weeks, breaking for the end of year holidays. Classroom end date is March 9, 2025. Additional time will be required to complete feedback classes for certification. Please feel free to reach out with any questions.

### **Tuition & Payment Plans:**

The total cost of our program is due by the 1<sup>st</sup> day of class. Tuition, unlimited yoga for the duration of your training, silent retreat weekend and all other materials, including required workshops, excluding books, are included in this price.

Total cost is \$3,200. A \$25, non-refundable application fee will be applied towards your tuition. If paid in full prior to September 1<sup>st</sup>, 2024, you will be eligible for additional savings (reach out for details). If a payment plan is needed, please contact the instructors to discuss options before class begins. Employment placement is not guaranteed as part of this program.

**Program Refund Policy:** Any tuition fees paid by the applicant will be refunded, if requested, within 3 days after signing the training contract. Once the program starts, no refunds will be granted.

### **Required Books:**

- How Yoga Works by Geshe Michael Roach (it is recommended to start reading this before training begins)
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda
- The Yamas and Niyamas by Deborah Adele
- Ashtanga Yoga: The Practice Manual by David Swenson
- The Complete Guide to Yin Yoga by Bernie Clark
- The 4 Agreements by Don Miguel Ruiz
- Yoga Anatomy, 3<sup>rd</sup> edition by Leslie Kaminoff
- Yoga Sequencing by Mark Stephens

**Pre-requirements and Application:** Each applicant will be required to meet with the program Directors prior to acceptance into the program. At this meeting, the applicant will discuss their previous yoga experience, specific reasons they have for enrolling in the program, or any expectations they may have of the program. It is highly recommended that the applicant has at least 6 months experience in yoga practice prior to the start of the program.

### **Attendance Policy:**

Entouch requires 100% of all classes to be attended. Any absence must be made up at a future date agreed to by the teachers and student. An additional cost may be incurred if a student requires more than 2 make up dates.

### **Grading System and Requirements:**

The grading system is “complete” or “incomplete”. Any incompletes must be made up prior to receiving your certificate upon completion of the program. Students must fulfill the required 220 hours of the Yoga Teacher Training program and have a thorough understanding of the teaching and philosophy of Hatha Yoga, including passing the written exam at the end of the training. All requirements for completion (feedback classes, test, assisting, observing, etc.) MUST be completed in full by May 31, 2025.

### **Code of Ethics for Students:**

- Students are expected to arrive on time and be ready for class promptly at the class start time.
- Bring all books, homework, equipment needed for each session.
- Keep phones silent and away from the practice area.
- Students will be required to complete weekly reading and homework assignments, meditation and journaling practices.
- Attend a minimum of 2 asana practices a week at Entouch.

### **Code of Ethics for Yoga Teachers:**

As a yoga student certified by Entouch Yoga, LLC, I recognize the need for honoring my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and myself and to uphold the dignity and integrity of the yoga teachings. Therefore, I agree to abide by the following ethical codes:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate refer students to seek alternative instruction, advice, treatment, or direction.
- Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion, or sexual orientation.
- Respect the rights, dignity, and privacy of all students.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

### **Instructors:**

Jill Mazure, Director, E-RYT 500, Reiki Master, Aromatherapist Level 1

Pam Reardon, Director, E-RYT 500, Reiki Master/Teacher

Jennifer Schrage, E-RYT 200, LMT, Reiki Master, PLR Specialist

Guest Speakers TBD

***If you are interested in beginning your journey with us, please email us at [entouchllc@gmail.com](mailto:entouchllc@gmail.com) or reach out by calling (586) 960-5940 or visiting us at the studio. We look forward to speaking with you and answering any of your questions.***