



# In2 Yoga

## Yoga Teacher's Training, 200 Hour Level

**In2 Yoga at One Wellness**  
359 W. Nepessing St, Suite B  
Lapeer, MI 48446

**[www.In2YogaLapeer.com](http://www.In2YogaLapeer.com)**  
**(810) 412-8564**



## Namaste, Dear Future Teacher!

I am so honored and grateful for your interest in our 200-hour teacher training program. You will develop a foundation that goes beyond teaching sequences, gain lifelong friends, and most importantly, grow to love and know yourself and your amazing qualities.

Teaching yoga has been one of the most fulfilling, purposeful parts of my life. After years of personal practice, in 2014, I had the opportunity to attend formal teacher training under the guidance of Duane Utech, former owner of Updog Yoga in Rochester, MI. At Updog, I also learned and practiced Thai Yoga Massage Level I with Duane, as well as Level II with Shai Plonski, founder of Toronto's Still Light Centre School. It was at Updog that my practice and understanding grew deeply, and I'm eternally grateful for the guidance of "Baba G", the friendship/partnership of current Updog Yoga owner Jill Rocker, and all of the amazing teachers there.

In January 2019, I earned my 500-hour yoga certification through the 300 hour Beaumont School of Yoga Therapy program. This year, I will complete my Yoga Therapy Level III Certification at Beaumont. I have studied Yin Yoga under Joe Barnett, and Restorative Yoga with Jillian Pransky. My influences include Bernie Clark, David Swenson, Shiva Rea, B.K.S. Iyengar, and Jon Kabat-Zinn, among others. I have over 1000 hours of teaching experience, and am delighted to collaborate with Yvonne Clark, (C-IAYT, ERYT-500) and Lauren Malone (ERYT-200) to offer you the In2 Yoga 200 hour YTT experience.

If you are looking for an in-depth, transformational, challenging experience, and a renewed sense of purpose, we'd love to have you apply. On behalf of our In2 Yoga teaching team, I want to thank you for your commitment to the eight limbs of yoga, and consideration of our program.

Please feel free to contact me with any questions at [In2YogaLapeer@gmail.com](mailto:In2YogaLapeer@gmail.com)

With Peace and Gratitude,

Lisa Madden, E-RYT 200, RYT-500  
Founder, In2 Yoga



## Application Process

1. Carefully read over the handbook, review the calendar, requirements, and enrollment agreement.
2. Are you ready?! Complete the [online application](https://www.in2yogalapeer.com/teacher-training-application.html) at <https://www.in2yogalapeer.com/teacher-training-application.html> and submit your \$200 deposit.
3. After your application is submitted, you will be contacted to set up a short meeting with Lisa Madden or Yvonne Clark to discuss your goals, interests, etc.
4. Upon acceptance, sign the enrollment agreement.
5. Get ready to soar!



## Curriculum

Yoga Alliance requires a comprehensive blend of knowledge, skills, and understanding that will provide you with a solid foundation. At In2 Yoga, we are committed to a reflective, student-centered approach that will allow you to grow deeply into your practice, learning to “teach people, not classes.”

### Topics will include:

#### Foundations of Ashtanga

- Introduction to History and Philosophy
- Techniques, Training, Practice
- Teaching Methodology

#### The Ethics of Yoga Practice

- Yamas & Niyamas
- Living the Sutras
- Professional Essentials

#### Pranayama, Meditation, and the Subtle Body

- Various breathing practices
- Basic meditation techniques, including Yoga Nidra
- Chanting, mantras, and mudras

#### Basic, Slow Flow Vinyasa, Yin, Restorative & Blends

- Techniques, Training and Practice
- Class Construction

#### Anatomy and Physiology

- Major Skeletal, Muscular, and Body Systems
- Basics of Biomechanics
- Navigating the Koshas/Subtle Body
- Relationship to planning, sequencing, safe transitions and modifications, contraindications

#### Practicum

- Professionalism with intention: student-centered teaching

#### Assessment

- Written reflections
- Quizzes
- Demonstration Teaching
- Final Exam



## In2 Yoga 200 Hr Yoga Teacher Training School Spring 2020 Schedule

<b>March</b>		
Sunday, March 1	7:30 am-4:00 pm	
Sunday, March 8	7:30 am-4:00 pm	
Saturday, March 14	12:30 pm-6:30 pm	
Sunday, March 15	7:30 am-4:00 pm	
Sunday, March 22	7:30 am-4:00 pm	
Sunday, March 29	7:30 am-4:00 pm	
<b>April</b>		
Sunday, April 5	7:30 am-4:00 pm	
<b>****Easter Weekend off****</b>		
Saturday, April 18	12:30-6:30 pm	
Sunday, April 19	7:30 am-4:00 pm	
Sunday, April 26	7:30 am-4:00 pm	
<b>May</b>		
Saturday, May 2	12:30 pm -6:30 pm	
Sunday, May 3	7:30 am-4:00 pm	
Sunday, May 10	7:30 am-4:00 pm	
Sunday, May 17	7:30 am-4:00 pm	
<b>***Memorial Weekend off***</b>		
Sunday, May 31	7:30 am-4:00 pm	
<b>June</b>		
Sunday, June 7	7:30 am-4:00 pm	
Sunday, June 14	7:30 am-4:00 pm	
Saturday, June 20	7:30 am-4:00 pm	Final Exam, Graduation



## Required Texts

[Ashtanga Yoga: The Practice Manual](#) (2007), David Swenson

[Living the Sutras: A Guide to Yoga Wisdom beyond the Mat](#) (2018), Kelly DiNardo and Amy Pearce-Hayden

[The Complete Guide to Yin Yoga Philosophy & Practice, 2nd Edition](#) (2019), Bernie Clark

[The Heart of Yoga: Developing a Personal Practice](#) (1999), T.K.V. Desikchar

[The Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice](#) (2019), Ann Swanson

**Recommended** (not required)

[The Yoga Anatomy Coloring Book](#) (2018), Kelly Solloway

[Bhagavad Gita](#) (there are several translations)

[Light on Yoga: The Bible of Modern Yoga](#) (1979), B.K.S. Iyengar

## Additional Materials

- Your yoga mat
- Lined notebook or other lined paper for writing assignments, or electronic device
- A journal of your choice for reflections
- Pens and/or pencils, highlighters, bookmarks, bookbag etc.
- A packed or purchased lunch/snack and/or beverage.



## Payment Options:

\_\_\_\_\_ \$1850 EARLY, EARLY BIRD SPECIAL PAID IN FULL BY January 31, 2020

\_\_\_\_\_ \$2100: \$200 deposit + one-time payment of \$1900 by March 1, 2020

\_\_\_\_\_ \$2,350: payment plan - \$200 deposit + 3 payments of \$700 due 3/01/20,  
4/01/20 and 5/01/20

*Failure to fulfill payment requirements will cease student's ability to continue the program and deny certification.*

Program includes unlimited yoga class pass at IN2 Yoga for the duration of the Teacher's Training Program; free or reduced-price workshops; 15% discount on most retail. Additional materials (books, paper, etc.) are to be provided by the applicant. *See Required Materials List.*

If paying by check: payable to **IN2 Yoga**. Any variation from the above-stated payment plans require discussion and pre-approval in writing by IN2 Yoga.

**Attendance Policy:** In order to meet Yoga Alliance's Requirements, students must adhere to the schedule and attend all classes. A maximum of one class session may be missed. There may be an additional fee if a student needs to make up more than 6 hours of the program (modules may be made up during the next training cycle, if space allows). All noncontact requirements (homework, projects and other assignments) must be completed, submitted and approved by the Lead Teacher in order to complete the program and receive a certificate of completion. If a student misses more than 12 hours of classes, the student will not receive the yoga certification and their admission to the school is terminated without refund.

**Refund Policy** (as mandated by the State of Michigan): Upon acceptance into the school, the deposit becomes nonrefundable. All tuition is due as described above. All tuition paid by the applicant shall be refunded (minus the deposit and a \$50 application fee) if requested on or before the disenrollment deadline. The disenrollment deadline is 11:59PM ET on Sunday of the first weekend of training. Once the disenrollment deadline has passed, no refunds will be given under any circumstances. All refunds shall be returned by check within 30 days.

**Level of Training:** This training will be geared towards meeting all requirements of Yoga Alliance's 200 hour level teacher's training guidelines. As such, no credit can be given for previously-attended yoga trainings outside of this program.  
*Job placement is not a component of this training.*



## YOGA ALLIANCE

### Code of Conduct

Our code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a RYT®, E-RYT or representative of a RYS®, I agree to uphold the following ethical principles:

- Conduct themselves in a professional and conscientious manner. This includes, but is not limited to, ensuring that they live up to any commitments they make to their students or to the public, and ensuring that their practices and behaviors conform to the representations they make about themselves in holding themselves as yoga practitioners who adhere to certain precepts.
- Acknowledge the limitations of their skills and scopes of practice and where appropriate, referring students to seek alternative instruction, advice, treatment, or direction.
- Create and maintain safe, clean, and comfortable environments 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.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to their yoga teaching and business.

Reference: <https://www.yogaalliance.org/aboutya/ourpolicies/codeofconduct>

**Program Completion Requirements:** All contact hours fulfilled; all noncontact assignments completed, submitted and approved; completion of all tests and quizzes in the program; full payment of tuition; any and all materials borrowed from the studio or the program returned. Grading is based on completing the program (all requirements met = certificate of completion).

Upon completion of all program requirements, a certificate will be issued that training at the 200 hour yoga teacher level has been completed. The certificate will then allow the student to apply for registration through Yoga Alliance at the 200 hour level. Additional information regarding Yoga Alliance may be found at [www.yogaalliance.org](http://www.yogaalliance.org).





## Enrollment Agreement

I certify that I have read and understand the conditions, requirements and expectations as described in the the In2 Yoga Teacher Training handbook. I agree to the terms and conditions in regards to attendance, tuition fees, payment schedules, and refunds. I understand that I will not receive my Certificate of Completion until all obligations in regards to tuition and the program requirements have been fulfilled. Further, my application information is accurate, and my health is as described to the best of my knowledge. I understand that misrepresentation of my information is grounds for application rejection, expulsion from the program, or revocation of certification. I understand that I am entitled to an exact copy of this Enrollment Agreement and any other papers I sign. I hereby abide to conditions set forth therein:

Dated: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Applicant's signature: \_\_\_\_\_

### Approval of application:

Dated: \_\_\_\_\_  
\_\_\_\_\_ In2 Yoga Representative

I have received a signed copy of the enrollment agreement.

\_\_\_\_\_  
\_\_\_\_\_ (Signature)

