



Wellness Leadership & Yoga Teacher Training

We've deconstructed and reimagined the traditional yoga teacher training to make it more relevant, accessible (and fun). Designed for people who want to incorporate yoga into their everyday lives, you'll learn to teach yoga, mindfulness and meditation in studios, gyms, classrooms, offices, workplaces and more.

Overview

This training examines the seven dimensions of wellness and their impact on individual and community health & happiness. Part- teacher training and part- adventure in personal development, this course was developed to deconstruct the current commodified wellness industry and to equip people with simple, effective and non-dogmatic tools for sharing yoga and wellness within their own communities.

Yoga, a Sanskrit word that means union, has become synonymous with flexible and athletic, yoga pant-wearing headstanders. We aim to support a yoga community that fosters accessibility on the mat, translation of its principles off the mat and the value of a social and spiritual approach to wellbeing. We're teaching to inspire "deep learning" and personal growth so that our students can use yoga, meditation, breathing and mindfulness techniques to support their own organic (natural and continuous) development. At completion of the experience, students will:

1. Understand the seven dimensions of wellness framework
2. Evaluate the benefits of many styles of yoga, including regular practice in the following styles: vinyasa, yin, restorative, kids, prenatal and gentle yoga
3. Feel comfortable sequencing, cuing and personalizing yoga classes for beginners and experienced students. Trainees will be equipped to teach yoga and wellness programs from 15-90+ minutes and for settings including a studio, gym, healthcare spaces, home, office, community, school-based and virtual settings
4. Learn a framework for teaching sessions focused on other wellness modalities (meditation, mindfulness, breathing, etc.)
5. Craft a personalized and sustainable wellness routine which includes movement and meditation

Methods & Learning Goals

This is an experiential learning program that uses yoga classes, interactive lecture, group work, meditation and assorted wellness practices to examine the relationship between yoga and wellness. This course emphasizes the fact that yoga is not strictly a physical practice. Yoga, at its essence, is a scaffold for fostering connection between who we are and who we want to be, between mind and body and between individuals and their community. By the end of this training, students will know how to:

1. Teach a classic vinyasa yoga class including common modifications and progressions to best serve open-level students
2. Teach a gentle yoga class to promote relaxation and accessibility to students with limited mobility

3. Guide the following meditations: Body Scan, Progressive Muscle Relaxation, Yoga Nidra, Visualization, Mantra/Affirmation
4. Guide the following breathing exercises: Ujjayi Pranayama (Victorious Breath), Box Breathing, 7/11 Breath, Bumblebee Breathing
5. Utilize backward design, thematic sequencing, and the bell curve approach for creating unique lesson plans for yoga and wellness classes (15-90 minutes)
6. Apply the seven dimensions of wellness framework for evaluating personal health and wellbeing

Who is this program designed for?

This training was created for anyone who is curious about how wellness influences health and happiness. Whether you're interested in teaching a sweaty Power Flow class in a studio or a 30 minute meditation at the park, we'll equip you with the knowledge, skills and confidence to create a lesson that centers the needs and interests of the "yogis" in front of you. We aim to help everyday people share yoga in a way that makes sense for them. Fitness trainers who want to add mindful stretch classes to their gym schedule, coaches who want to share yoga with their teams, parents who want to support their children with relaxation and healthcare providers that recognize the need for short and simple wellness interventions for their patients... All students will graduate from this program feeling empowered to be a wellness leader in their community and inspire the people around them to live healthier and happier.

Topics

This program uses yoga as a vehicle to examine the many dimensions of wellness. Through lecture, discussion, readings, and experiential learning activities, students will learn about: the history, philosophy and practice of yoga, teaching pedagogy (including different types sequencing, cuing, alignment, injury management, class design, adjustments and modifications, privates and small groups and creating a playlist), pranayama (breathing), mindfulness, meditation, energetics and the body-mind relationship (chakras, prana, qi), anatomy and applied physiology, stress science and management techniques, equity and inclusion in the yoga realm, components of health-related physical fitness, mindset and business practices. Students will gain 10+ hours of practice teaching.

Required Materials

- Equipment: Yoga Mat, 2 Yoga Blocks, Yoga Bolster, Yoga Blanket
- Journal
- Books:
 - Teaching Yoga: Essential Foundations and Techniques by Mark Stephens
 - Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice (2019) by Ann Swanson
 - Breath (2020) by James Nestor
 - Unplug: A Simple Guide to Meditation for Busy Skeptics and Modern Soulseekers by Suze Yalof Schwartz
 - Meditation Made Easy (1998) by Lorin Roche

What you'll receive over the course of the training

- Training Manual
- Yoga Pose *Asana* Workbook

- Ten teaching scripts that you'll be able to use the next day, including: five Beginner-friendly Guided Meditations: Sensory Meditation, Body Scan Meditation, Visualization, Manta Meditation, Intuitive Meditation, three Breathing Exercises: Ujayi Pranayama (Victorious Breath), 7-11 Breathing, Belly Breathing, and two 35-minute Yoga Classes: Gentle Stretch, All-level Flow
- A Class Pass for 10 Classes at Organic Yoga (virtual or in studio)
- An Organic Yoga YTT sweatshirt
- Personalized feedback on your homework and final projects
- Two one-on-one check ins with YTT faculty

Schedule & Format

We are offering the training in two formats: an in-studio one month intensive and a six month hybrid training. Both formats cover the same information and students are awarded the same certificate at completion of the program.

In Studio Intensive (Summer 2021)

This training meets in person at Organic Yoga (and occasionally outside in a local park) during the month of July. The intensive training is best suited for someone who has some background in yoga and is ready to take a deep dive into the practice. Students who complete the intensive training are invited to attend the hybrid training with discounted tuition. Modules are supported by several hours of self paced work each week that utilizes pre-recorded lectures and readings. Students have up to 3 months to complete assignments after completion of the training.

IN STUDIO:

July 5 through August 6 (No live class on July 12 & 13)

Monday through Thursday from 9am-3pm with a working lunch, Fridays 9-1

Hybrid Tuesday Night Training (Fall 2021 Session)

This hybrid-model training meets from July 2021 through January 2022. Learn from home in an interactive and discussion-based classroom via Zoom on Tuesday evenings. Then, join us in studio for four weekends where you'll work with your *sangha* (community) for discussion, hands-on and experiential learning activities. Modules are supported by 1-2 hours of self paced work each week that utilizes pre-recorded lectures and readings. See specific times and topics below:

IN STUDIO:

Friday through Sunday, July 23, 24, and 25 - Welcome Weekend

Friday and Saturday, September 17, 18

Friday through Sunday, November 5, 6 and 7

Friday, and Saturday, January 8, 9 - Graduation Weekend

Fridays meet 6-9pm, Saturdays 9-4 and Sundays 10-3

ONLINE:

Every Tuesday, July 27 through December 28 from 6-9:30pm with Office Hours/Q&A til 10

Technology

This training utilizes online learning. Both the summer intensive and the hybrid program will use Google Classroom for course delivery and Zoom for virtual meetings. Students should have access to internet, feel comfortable accessing Zoom and utilizing Gmail. Students in the hybrid model training are responsible for learning how to access and utilize Zoom before the beginning of the training (camera and mic enabled).

Make Ups

Students are expected to attend all scheduled meetings and punctuality is required. Students are able to make up missed information by pairing with a buddy in their cohort, arranging a meeting with a YTT faculty and occasionally, depending on the missed material, may need to schedule a private session (\$40/hour and availability to be determined by teacher). Make ups must be completed within 3 weeks of the missed module.

COVID Protocols

At this time, all students are required to wear masks while training inside of the studio. Masks are not required with meeting outside. Class sizes are limited to meet the requirements as set by the Broome County Health Department.

Assignments

Assessment	Description
Style Exploration	Over the course of the training, students will take classes in 10 different styles of yoga. In this project, students research the unique philosophy and benefits of each style, assess who the style is best suited for and write a personal reflection of their experience in the class.
Practice Teaching & Observations	Students will have several opportunities during training to practice teach yoga and meditation to their cohort. By completion of the training, students will design and teach a final class for the population of their choosing. Students receive detailed feedback on their practice teaching experiences. Students must meet a minimum of five observation hours. Teachers can arrange with instructors to observe (and sometimes assist) in public classes.
Journaling	Journal entries are a method for practicing mindfulness and will serve as a marker of your personal experiences in the training. The journals are a private conversation with yourself, and as such will not be graded for content. Instead, they will be checked for completion periodically throughout the program. Different methods of journaling will be introduced.
Module Quizzes	Quizzes are formative assessments taken throughout the course to identify gaps and improve learning. Assessment scores are to help students identify their own progress, not to determine if someone will "pass" the course.
Final Exam	The final exam is a summative assessment designed not to "test" the student but to demonstrate how they have integrated course concepts with their own knowledge and experiences. This exam is pass/fail and can be retaken.

Faculty

This training was developed by wellness-junkies Bryce Farrell, Corinne Farrell and Danielle Meissner. With over 2,500 cumulative training hours, thousands of hours of experience teaching private and group classes and an inherent love of people, the faculty are ready and excited to guide you through this next chapter of your yoga journey. All three teachers have experience in course building and

wellness education (both in person and online) and teach in the Health & Wellness Studies department at Binghamton University.

Bryce is the owner of Organic Yoga, holds an MA and BS in Molecular Biology and teaches health, wellness and physical education at BU and SUNY Cortland. Bryce has been teaching yoga since 2012, completed 700 hours of yoga and movement training and has assisted in three YTT's with Twin Cities Yoga Collective. With a knack for sequencing and a fascination with how movement affects the human body and mind, Bryce's classes attract students of all levels who want to move better and learn about yoga beyond alignment. Her approach to teaching is one of experiential learning informed by yoga's ancient teachings and modern movement science. In addition to this training, Bryce has developed a Wellness through Yoga course for Binghamton University and a yoga training course for Physical Education teacher candidates that was adopted into the SUNY Cortland curriculum in 2020.

Corinne is Organic Yoga's prenatal yoga queen and specializes in cultivating a strong sense of community in her classes. She has completed two 200-hour Yoga Trainings (2014 and 2020) and an additional 120 hours of training in kids and prenatal yoga instruction. Corinne's approach to teaching is one of gentle encouragement and her classes most often include a delightful discussion of the theme, an awareness of functional movements and a strong commitment to translating yoga off the mat and into the "real world." Corinne's best known at OY for developing a dedicated following of students and has a special talent of nurturing her yogis feel empowered by yoga practice. Corinne has a MS in Human Resources and Organizational Development.

Danielle is a movement teacher-extraordinaire with over two decades of experience teaching ballet and yoga. Danielle has completed two 200-hour YTT's (2012 and 2020), a 300-hour advanced training and hundreds of hours in speciality trainings including aerial, yin, restorative and active stretch therapies. Her background in dance and career as a licensed massage therapist provides her with a unique repertoire of skills to support her yoga teachings. Danielle's classes are fun, inclusive and help students to develop a deeper understanding of their own body-mind connection and personal strengths.

Tuition

Program tuition: \$2,500.00

- Early bird discount (Pay in full by June 20): \$1,900.00
- *Non-refundable application fee (\$25) and security deposit (\$500) are required within three days of acceptance and will be applied toward tuition. Tuition includes the training manuals but not the cost of required materials listed above (books, journal and equipment).*
- Payment plans available upon request. Payment plan consists of four auto-renewing payments to be fulfilled before the start of the training.

Scholarship

We are offering two full tuition scholarships (one per training). Applications for scholarships are accepted up to one month before the start of the training. These need-based scholarships are intended to help those who wish to increase accessibility to yoga in their communities and are committed to promoting diversity and inclusion through yoga and wellness education.

Application

To apply for this training, please complete the following steps:

1. Submit the application using the following Google Form. We recommend typing your responses into a document so that they are saved in case you lose connection. <https://forms.gle/NS1urifXs6HcQeEv6>
2. If you don't already have one, create a MindBody account with Organic Yoga.
3. Pay the non-refundable, non-transferrable Application Fee. Access this here: <https://clients.mindbodyonline.com/classic/ws?studioid=681007&stype=45>
4. If accepted to the program, you will receive an email notification within three days of application. Your acceptance email will include an acceptance letter, an agreement with terms of the training and information about how to pay the security deposit and tuition.

Questions

If you have questions about the training, please contact Bryce Farrell at bryce@organicyogastudio.com or by texting 607-221-6877.