



Core Functional Fitness Prenatal Yoga Teacher Training School Catalog

2014 Prenatal Yoga Teacher Training School Catalog 1.4

Thank you for your interest in Hope Yoga Teacher Training Programs.

School Information

Hope Yoga Teacher Training

c/o Copper Tree Wellness Studio

1364 E. Sumner Street

Hartford, WI 53027

Website - www.hopecorefitness.com / www.coppertreewellnessstudio.com

Telephone - 262-670-6688

Mission Statement & Philosophy

To provide superior quality teacher trainings for dedicated yoga students and students of life. To envelope aspiring yogis into a mindful experience of the yogic lifestyle. Teaching aspiring yogis that it's not just a pose, it's "taking the person beyond the limitations of the mind to discover and experience the true inner self". To set the bar for other programs to teach beyond the "asana" and teach yoga as a lifestyle. That to become a yoga teacher you also become a teacher of life. "Taking what you learn on the mat into everyday life". I welcome you to take that journey with us!

History

The Hope Yoga Teacher Training was developed by Hope Zvara, owner of Copper Tree Wellness Studio (est. 2006) in 2009. Hope Zvara's core training is through Shambhava School of Yoga a spiritual based Hatha yoga practice. Hope has taught over 8,000 hours of classes trained for more than 10,000 hours and is an approved Experienced Registered Yoga

Teacher at the 500 hour level through Yoga Alliance, a Certified Pilates Trainer, Bender Ball Master Trainer and Meditation Teacher in addition to a registered Kids Yoga Teacher and Prenatal Teacher. Her take on teaching is traditional, spiritual, and physical focusing on the functionality of the postures to everyday life. A completion of Hope Prenatal Yoga Training Program will qualify one to apply for a RPNYT (Registered Prenatal Yoga Teacher with the Yoga Alliance (www.yogalliance.org))

Prenatal Program Description & Style of Yoga Training

Our Prenatal program teaches a physical Hatha Yoga based program including chakra work, massage, meditation, nutrition, anatomy, reflexology, plus basic education on the prenatal student and changing body. In addition you will learn Post-Natal work as well as Baby Yoga.

Our program meets Yoga Alliance Standards, the full training qualifies one for RPNYT (Registered Prenatal yoga Teacher) or counts as continuing education.

School Facilities and Location

The Hope Yoga Teacher Training School utilizes the facilities of:

Copper Tree Yoga Studio & Wellness Center

1364 E Sumner Street

Hartford, WI 53027

262-670-6688

www.coppertreewellnessstudio.com

Catalog Changes

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

Admissions and Entrance Requirements

It is requested that applicants be 18 years of age. To be considered for the program applicants should have a minimum of one year regular practice or directors' consent. Applicants should be able to physically perform the techniques they will teach. In addition one letter of recommendation is required with the submission of your application (one not of relation). There is a \$100 nonrefundable application fee to be submitted with the application. The applicant must complete and submit the application form and satisfactorily complete an admissions interview. Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail. Upon acceptance into the program applicants must sign the Agreement & Liability Release form, the Yoga Teacher Code of Ethics form, and the Catalog Release form & \$100 non-refundable application fee.

How to Apply

To apply to the program, please submit a completed application form along with \$100 application fee to the school (or host site studio if applicable). Applications submitted less than two weeks prior are not guaranteed admittance.

Applicants will be notified of acceptance by telephone, in writing or by e-mail.

Advanced Standing

The school does not offer advanced standing for any previous trainings or course work for the *Prenatal Yoga Certification*.

Non-Discrimination Policy

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

Housing

Hope Teacher Trainings and Copper Tree Wellness Studio do not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

Employment Assistance Services

Hope Yoga Teacher Trainings do not offer employment assistance services. Seeking employment will be discussed as a part of the program. For additional information students are encouraged to visit Yoga Alliance website for more employment information. (www.yogaalliance.org)

Student Conduct

Integrity and ethics are standards in the Hope Yoga Teacher Training and are enforced as guidelines for a successful training and a successful Yoga Teacher. Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

Attendance

To gain maximum benefit from the program attendance at all sessions is required. Missing any portion of the training may result in Certificate of Completion being withheld. It is to the Student's benefit that all missed material is made up prior to the next scheduled meeting, but will be required to be made up prior to graduation. Students will sign in upon each meeting. If a student is 10 minutes or later past start time of training that will be deducted from their total hours and will need to be made up prior to receiving their Certificate of Completion. Make up instruction resulting from absences will be charged \$85 per hour. If continual absence from the program, director holds the right to terminate the students enrollment.

Tardiness

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. Once a scheduled session commences and the Student is not present that is considered tardy.

If a Student is more than ten minutes late for a session one hour will be deducted from their total contact hours. This hour must be made up as described in "Attendance" and will be charged at \$85 per hour.

Leaves of Absence

There are no leaves of absence. If an "emergency" may come up (death, birth...) arrangements may be made between student and director to make up missing work or student may be placed in a future training. It is then the student's responsibility to pay any increase in tuition and there is a \$100 holding fee for training tuition for future trainings to be paid by the enrollee. Students have up to one year to re-enroll or make arrangements to complete the program.

Probation, Dismissal and Re-Admittance

Students will receive a written warning if and when they are not following the Code of Conduct as noted in "Student Conduct". A second offence, students will be terminated from the program. In addition if student continues to perform poorly and fail to complete required readings and homework probation and or dismissal may be issued by the director as decided by the director on an individual basis. The School Director will make this decision in final. Students may re-apply for future training, however admission and acceptance is not guaranteed. In addition it is absolutely vital that students bring all their required materials to class failure to do this will result in probation and continued action of such may result in dismissal or make up time required at students' expense. [We have all the required books for sale in our store and if student needs to "borrow" a book they will be charged for the use of the book of a \$5 sitting charge per use].

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the School Director on all complaints is final. Students may contact director in person, by phone or e-mail/writing.

Tuition and Fees:

Please make all checks payable to Copper Tree Yoga Studio

Total cost of three weekends: \$1300.00

\$350 deposit is required to reserve your space upon applying.

We would kindly appreciate all applications 45 days prior to the start date of training but no less than 2 weeks.

Full balance is due at first day of training \$950

If splitting the remaining balance into 3 payments, \$320 is due 7 days before the beginning of each weekend.

Canceling 45 days prior to first day of training 100% of tuition paid will be refunded....less \$50 administration fee.

Canceling between 21 and 45 days 50% of tuition will be refunded....less \$50 administration fee.

Canceling less than 21 days....no refund.

There is an \$85 charge for any deficient program hours needed to be made up with faculty.

A 10% credit card fee is applied for any credit card reversals on program tuition.

The required textbooks & viewings are: *Books can be purchased through Copper Tree and receive a 10% discount*

Prerequisites: Yoga teacher or significant experience with yoga

Training includes: Prenatal postures manual and guide book.

Required Reading & Viewings For Weekend I-III:

Baby in the Belly DVD with Hope Zvara

Business of being Born DVD by Rick Lake & Abby Epstein

Yoga Birthing by Dorthy Guerra

Bountiful, Beautiful and Blissful by Gurmuth

The Female Pelvis by Blandine Calais-Germain

Pelvic Power by Eric Franklin

1 Book of Choice (to be discussed)

Required Observation Hours: All Trainees are REQUIRED to attend 10 Prenatal Yoga Classes. If you live outside of the Harford area you are required to view and practice with Baby in the Belly DVD, or as discussed with the director of the program.

Book reports will be graded pass/fail and are due in the order they are assigned. Students are required to submit book reports the day they are due. Students will receive grades by start of next tier of training and have one chance to resubmit a report for a passing grade by end of current tier. Upon a passing grade student will be "current" in all grading of reports, if "fail" other arrangements will be made to meet the requirements at students cost. For the Pregnancy book of choice, book report please:

1. Type a 1-2 paragraph overview/synopsis on the material covered. Additional details may be given the day the assignment is handed out and 1 page summary and your opinions and integration of the material read.
2. Certification will not occur if the student fails to demonstrate safe instruction, the student fails to demonstrate understanding of the material presented, or the student violates the Code of Ethics.
3. In addition students will be required to write a one paragraph on practice sessions taught outside of training and to be submitted by designated dates.

Certification

To receive a certificate of completion from Hope Yoga Teacher Training School students must pass all exams with 85% or more passing percentage, complete all book reports satisfactorily, fulfill all teaching practicum hours, and meet attendance requirements.

By attending all 3 weekends you then qualify for both a certificate of completion for Prenatal, post-natal and baby yoga from the program director but you also qualify to be Yoga Alliance's Registered Prenatal Yoga Teacher (upon completion of fully program, teaching hours and receiving of certificate and only if you currently hold a 200 yoga teacher certificate).

Students' Records

Student records are maintained at Copper Tree Wellness Studio in computer and paper files. The records maintained include the application, book report and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of seven years from the date of graduation. Records are private and only accessed by school's director; students must contact Copper Tree Wellness 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.

Graduation Requirements

Graduates will meet the program requirements as outlined in this catalog (complete all book reports, journaling, classroom hours, 85% or higher on all exams, and complete a practical evaluated by the director). In order to receive a Certificate of Completion the Student is required to have met the required contact and non-contact hours required by the program enrolled in by the last day of teacher training. Students receive Certificate of Completion upon last day of training.

Hope Yoga Teacher Training School and Copper Tree Wellness Studio staff is available to fulfill deficit contact hours at \$85 per hour.

Programs Scheduled Dates:

Prenatal Yoga Teacher Training Dates:

- Weekend I: Friday, November 21st - 23rd 2014: Prenatal Yoga & Anatomy
- Weekend II: Friday, January 16th 18th 2015: The Prenatal/Postnatal Body, Delivery and Special Care
- Weekend III: Friday, March 20th - 22nd 2015: Postnatal-Baby Yoga & Creating Community

Program Hours:

Friday 4-9pm, Saturday 8am-6pm, Sunday 8am-6pm (*hours may vary depending on enrollment*)

Hope Prenatal Yoga Program Curriculum & Requirements

- The changes a woman encounter's entering motherhood (hormonal, physical, mental)
- Common discomforts of pregnancy
- Proper exercise for a pregnant woman
- What is a healthy pregnancy:
 - National standards, statics, risk factors, weight gain, obesity and pregnancy
- Three trimesters, week-month-birth
- Anatomy & Physiology: perineum, inner organs, pelvis
- Importance of the core in a pregnant woman
- Prenatal Yoga Postures & proper breathing techniques, meditation
- Prenatal Yoga Class
- Structuring a prenatal/postnatal yoga class
- Meditation and chanting for mummies
- Anatomy & Physiology: perineum and delivery, pathologies common to the lesser pelvis, exercises specific to the pelvis and pelvic floor, exercises specific to labor, delivery
- Anatomy & Physiology: perineum, inner organs, pelvis
- Chakra and energy work

- Prenatal Yoga Postures & proper breathing techniques, meditation
- Structuring a prenatal/postnatal yoga class
- Prenatal Yoga Postures: Inversions, Hip Openers, preparing for labor & delivery
- Prenatal Yoga class
- Creating a Motherhood yoga community
- The natural way vs. medical intervention
- Using Essential Oils for pregnancy, labor, delivery and on baby
- Postpartum “baby blues”
- A mother’s body after delivery, c-section, multiples
- Structuring a prenatal/postnatal yoga class
- Couples yoga and massage for labor & pregnancy
- Reflexology for Labor and delivery
- Energy and chakra work
- Healthy diet for motherhood
- Nursing
- Belly after Baby
- Postnatal Yoga Postures and exercise
- Postnatal Yoga Class
- Mother Baby Yoga
- Infant massage and developmental movement with babies and toddlers (mother baby yoga)
- Chanting, Meditation, Relaxation, Mother and baby sleep
- Scheduling for new mothers

In addition each PNYTT will be required to teach community prenatal yoga classes appropriate staff

- 4 Prenatal yoga classes
- 2-4 Mother and Baby yoga classes;

Teacher Training Application

- ③ Date:
- ③ Name:
- ③ Address:
- ③ Phone(s):
- ③ Fax:
- ③ Email:
- ③ Date of Birth:
- ③ Referred By:
- ③ Current Occupation:
- ③ Emergency Contact:
- ③ Emergency Phone:
- ③ Comments:

Please include a color photo of yourself with the application (via e-mail use jpg or tif) and the \$100 deposit (check or cash only).

Completed applications should be sent to or dropped off:

- ③ Hope Zvara, Director
Hope Yoga Teacher Training School
c/o Copper Tree Wellness Studio
1364 E. Sumner Street
Hartford, WI 53027

Please respond to the following questions. Include the original question with your response.

- ③ **Essay Questions:**
 1. Why do you want to teach prenatal yoga?
 2. What is your current experience teaching prenatal students?
 3. List any degrees or certifications you hold in the related field.
 4. Who can we call in case of an emergency:
 5. Yoga Alliance ID# or other fitness certification information

☺ HOPE YOGA TEACHER TRAINING SCHOOL AGREEMENT & LIABILITY RELEASE

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief 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. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. 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 Hope Zvara, any teaching staff or Copper Tree Wellness Studio. I have carefully read this agreement and the entire contents of the Hope Teacher Training School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Hope Zvara and teaching staff, The Hope Teacher Training School and Copper Tree Wellness Studio and all such hosts, instructors, organizers, and participants.

I also release all rights to photographs and videos taken during the training to the director of the program and Copper Tree Yoga Studio & Wellness Center. _____ (initial)

I understand it is my sole responsibility to keep track of when my next payment is due. _____ (initial)

☺ SIGNATURE: _____ DATE: _____

☺ PRINTED NAME: _____

**HOPE YOGA TEACHER TRAINING SCHOOL
YOGA TEACHER CODE OF ETHICS**

As a yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental, and emotional welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

Relationships with Students

As a student and teacher of Yoga, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Understand that my personal relationships of all and any kinds must and will be kept separate from my training and will not interfere with my learning and the learning of others in any way.
8. Adhere to principles of respect of other and the human existence.
9. Follow all local government and national laws that pertain to my Yoga teaching and business.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), I will:

Make no exaggerated claims as to the benefits of yoga practice or my classes.

Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.

Not falsely imply sponsorship by, representation of or endorsement by any organization.

I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature _____ Date _____

Print Name _____

HOPE YOGA TEACHER TRAINING SCHOOL CATALOG RELEASE

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

Name (printed) _____ Date _____

REGISTRATION & PAYMENT:

\$350 deposit is due upon applying

\$1300 full payment

\$350 deposit with application & \$950 due the first day of training.

\$350 deposit with application & \$320 due 7 days prior to each weekend for the three training weekends

Payment Option (if applicable):	\$ _____
Deposit :	\$ _____
Total Payment:	\$ _____

☺ **Chose Type of Payment Method:**

- Cash (If paid in person by stopping by Copper Tree Wellness Studio)
- Check # _____ (made out to Copper Tree)
- Credit Card # _____ exp _____ cvc _____
 - Name as it appears on card: _____
 - Master Card or VISA Only