



2016-2017 Yoga Teacher Training School Catalog volume 8
Thank you for your interest in this program!



School Information & Training Location

Core Functional Fitness by Hope Zvara®/HOPE School of Yoga
c/o Copper Tree Wellness Studio
1364 E. Sumner Street
Hartford, WI 53027
Website – www.HopeCoreFitness.com
Telephone – 262-670-6688

This document is required reading prior to program application & acceptance

Please note we have made some changes to the format of our 200 Hour Yoga Teacher Training.

2016-2017 Weekend Program Schedule:

Saturday's 8am – 5pm & Sunday's 7am – 5pm, with the exception of the first and last weekends

2016

Weekend 1: Friday, October 21st 6pm – 9pm; Saturday, October 22nd 8am – 5pm; Sunday, October 23rd 7am – 5pm

Weekend 2: Saturday, November 19th – Sunday, November 20th

Weekend 3: Saturday, December 10th – Sunday, December 11th

2017

Weekend 4: Saturday, January 7th – Sunday, January 8th

Weekend 5: Saturday, January 28th – Sunday, January 29th

Weekend 6: Saturday, February 18th – Sunday, February 19th

Weekend 7: Saturday, March 11th – Sunday, March 12th

Weekend 8: Saturday, April 1st – Sunday, April 2nd

Weekend 9: Friday, April 21st 6-9pm; Saturday, April 22nd 8am – 5pm; Sunday, April 23rd 7am – 5pm

This does not include outside classroom contact hours and non-contact hours.

Welcome from Director, Hope Zvara

I couldn't be more excited to have yet another year with great minds and willing bodies and souls! This journey you are about to take part in is nothing shy of amazing and transformative and if you decided to fully commit that is exactly what you will receive!

My passion is helping others and educating not just teaching other avid yoga and fitness professionals how to move in their bodies and how to teach others how to move in their bodies. My approach to teaching this program and yoga in general has evolved greatly since I first started and each year I get to engage with yet another group I get the same opportunity to tweak and fine tune this program.

I want to say right away that if you are simply interested in getting certified to teach yoga and nothing more, then this program is not for you. This program is set up with deep interpersonal and intrapersonal growth in mind, as I deeply believe that to be a good yoga teacher it's not just about memorizing yoga asanas or sequences, but developing a beginning understanding to life, living and happiness, alongside learning how the body moves not just how to put bodies in asana.

Taking your practice from avid yoga student to yoga teacher is one that changes how you look at yoga and it is my goal and privilege to help guide you through that process.

If you are ready to take the next step in your life and yoga practice I want to welcome you to this program. During this program get ready to look at asana and movement outside the box, get ready to learn new approaches to old things. Get ready to be uncomfortable and open your mind to new ways of looking at life and living; and finally get ready to forget much of what you were probably taught about yoga (especially the physical practice) and open your mind and your body to a new way.

I don't just want you to pass this program, I want you to soar, as long as you are willing to show up and be ready to work.

Completion of this program: contact, non-contact hours, all written assignments, teaching hours and both practical and written exams will result in a 200 Hour Certification with Core Functional Fitness by Hope Zvara® / HOPE School of Yoga.

There after you will be able to register with the Yoga Alliance for the status of RYT (registered yoga teacher), as well as create a free online Teacher Web Page via the Yoga Alliance website.

Both during and after the completion of this program I will be here both as a guide and sounding board to help you along the way from yoga practice questions to business issues to hearing the successes of your evolving practice and teaching along the way.

All enrolled yoga teacher training students will have the opportunity to take advantage of the following to help assist them in their learning process:

1. Unlimited classes at Copper Tree Yoga Studio & Wellness Center in both yoga and Core Functional Fitness.
2. 15% discount on retail boutique purchases from the first to the last weekend of the training.
3. 20% discount on all workshops offered at Copper Tree (this does not include certifications & trainings).
4. Continual support every step of the way.

I look forward to taking this journey with you

Namaste,
Hope

Mission Statement & Philosophy

HOPE un-YOGA Teacher Training School & Personal Growth Transformation Program was created to help fill in the gaps and missing links in the yoga world. A school not solely based in asana and sequencing, our school is designed to teach students to be in their bodies again, to not just question how but why. Un-Yoga is a term Hope created to help draw attention to the difference between participating in asana on the mat and actually practicing to be in your body, unveil issues, inconsistencies and areas you need to work in (physically, mentally and emotionally) and then ask why and actually receive details to how to undo them. This training is 100% based on teaching eager students how to live better in their bodies, pain-free FIRST, then to teach them how to guide others down that path. The aspect of personal growth and transformation is only present if the attending student is willing to do the work, to see sides of themselves and their lives they may not otherwise by encouraging themselves into new situations, new ideas, new ways of living and looking at life.

Our goal is to provide superior quality teacher trainings for dedicated willing yoga students and students of life. To envelope aspiring yogis into a mindful experience of the yogic lifestyle in modern living context. 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 and teaching what yoga really is-not just asana. That to become a skilled, quality, knowledgeable yoga teacher you must 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

Hope Zvara-**The Real Deal**, is a Yoga Teacher, Trainer and Expert specializing in the true art of Yoga and Core Functional Fitness™ for students, teachers and Fitness Professionals interested in practicing authentic mind-body Yoga and other practices in need of true connection.

Unlike traditional or extreme Yoga practices, Hope's Yoga & Core Functional Fitness® methods empowers you to understand the "WHY" behind particular postures, and to effectively translate what you experience on the mat into your everyday life. The Core Functional Fitness by Hope Zvara® Yoga Teacher Training School (formerly: Hope Yoga Teacher Training) was developed by Hope Zvara, owner of Copper Tree Wellness Studio (est. 2006) in 2009.

Hope Zvara's initial training is through Shambhava School of Yoga a spiritual based Hatha yoga practice. Hope has taught yoga for over a decade now and is an approved Experienced Registered Yoga Teacher at the 500 hour level through Yoga Alliance, Bender Ball Master Trainer and Meditation Teacher; in addition Hope has attended several workshops and certifications through the Gray's Institute for functional applied science as well as Anatomy Trains. Her take on teaching is spiritual with a modern day twist and physical focusing on the functionality of the postures to everyday life. Hope sees her teaching as untraditional and more of a un-yoga approach as she believes that not everyone's body will fit into the same pose, and when we start to learn about the body rather than just the pose we only then can truly start to help ourselves and our students.

This training is currently challenging the mainstream approach to yoga and how many have been traditionally taught; from breath work and alignment to approaching the pose and each person. This training is heavily focused on teaching teachers to learn how to think for themselves, and cultivate the tools, know-how and confidence to teach hands-on in a functional, beneficial way. Hope is known for her eye for detail and willingness to step outside the box and teach people rather than teach poses, her mission through this training is to give willing students the knowhow to be able to teach with confidence, to ask themselves what is the purpose of the pose and is it helping or harming and finally for all students who come through her program a tool box and understanding of what and how to really teach people, not just teach yoga.

This program is designed for both aspiring yoga teachers and those looking for a personal transformation program. Hope believes that before you can teach yoga, you must first understand how to live yoga and this program is a reflection of her journey with just that. Only those willing should apply.

A completion of Hope Yoga 200 Hour Training Program will enable one to be eligible to apply for Registration with the Yoga Alliance (www.yogalliance.org)

Program Description & Style of Yoga Training

The Core Functional Fitness by Hope Zvara® / HOPE Yoga Teacher Training Certification meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level.

Yoga Alliance requires 180 contact (class room) hours and 20 non-contact hours. This program is comprised of 180 contact hours and 50 non-contact hours. 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 all required written assignments and reading.

In addition this program requires all participants to complete with a passing grade of **80%** or better a written exam in both anatomy and philosophy/lifestyle.

This program is a full look into the Self; those attending are asked to take some time to reflect and meditate if they have a deep desire and wish to grow. This program has extensive focus on you-the student, growing, and body-mind-spirit. In order for you to become the yoga teacher and assist to life we must be willing to look within. From that wish and work, *effective yoga teacher are born*. Hope focuses a great deal on assisting in self-healing, and as aspiring yoga teachers we don't often think we need this focus, but in doing work like this, looking within, is imperative.

The 'teaching' aspect of this training and asana work is rich in functionality, looking at age old postures and helping students create an eye for actual functional needs in people's bodies. The Hope Yoga School is for those looking to develop a deeper understanding of not just the asana, but of human movement and functionality, those that are truly looking to help students heal: body, mind and spirit.

You will get an in-depth look at the use of the core and how each movement comes from the core, using props to enhance effectiveness of postures, pranayama, meditation, chanting / mantra, relaxation, chakras, lifestyle habits and special populations will be assessed.

It has been my experience that too many people are focused on "doing" the asana and not on the practice as a whole: body, mind and spirit (and in order to do this we need to look at individual needs not just flows and perfecting the asana, but rather the actual person practicing). Your yoga practice is your mirror for your life; a fast paced world usually means people tend to gravitate towards a fast paced practice, not even aware of what they are practicing / living. Yoga means "yoke" or "union" and this Teacher Training Program is meant to *yoke* you or create *union* with yourself.

Please keep in mind that this training is challenging the traditional yoga approach and much of what you hear, learn and experience may be very different than what you have previously been taught. There may be different postures provided than traditional yoga as well as several omitted and discussion along the way as to why.

We need to first understand ourselves, the practice (asana, the body on all levels) in order to even consider teaching it to someone else. I do not consider this just a certification by any means, it is a life changing experience one that is only for serious dedicated students of yoga and students of life. I look forward to taking this journey with you.

This program is considered an **intensive** and you will be given a lot of information in a short amount of time it is up to you to take notes, ask questions and participate in group discussions, outside readings and practices in order to fully take in all you can.

School Facilities and Location

Copper Tree Yoga Studio & Wellness Center

1364 E. Sumner Street
Hartford, WI 53027

The phone number is 262-670-6688. The website is www.hopcorefitness.com / www.coppertreewellnessstudio.com

Our facility offers over 25 classes a week in our 900 sq. ft. cork floored studio, offering natural light, and an eco-friendly, Zen like atmosphere. As a student of Hope Yoga Teacher Training program you will be offered unlimited yoga classes, which are included in the program.

The studio is fully equipped with mats, blocks, blankets, straps and bolsters and any additional props. Teacher Training Students are encouraged to bring their own mats.

As an enrolled student in this training you will receive free yoga classes at Copper Tree from day one of the training program to the last day of attendance, you will also receive 20% off all workshops and 15% off all retail purchases (some exclusion apply: water, discounted items, clearance, other).

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 and class learning abilities.

Admissions and Entrance Requirements

1. It is requested that applicants be 16 years of age with parent consent or 18 years of age.
2. To be considered for the program applicants should have a minimum of 6 months' regular practice or directors' consent.
3. Applicants must be in good physical condition.
4. Complete application for admission. Application does not guarantee acceptance. Each student will be evaluated individually based on academic and physical ability, personal character, motivation and commitment, time management and ability to meet tuition obligation.
5. Complete admissions interview.
6. Have submitted non-refundable application fee plus \$500 HOPE Yoga manual / pre-program fee (deposit).
7. Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail.
8. All accepted students must sign the Agreement & Liability Release form, the Yoga Teacher Code of Ethics form, and the Catalog Release form.

Notification will be done via email. If you do not receive a response, please email info@hopezvara.com or call 262-670-6688 for a status update.

How to Apply

To apply to the program, please submit a completed application form along with \$100 non-refundable application fee to the school. **The applicant MUST SUBMIT THE APPLICATION ONLINE** (<http://hopecorefitness.com/teacher-trainings/>).

Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail regularly. Once your application is received an interview will be scheduled with Hope Zvara, Studio and Teacher Training-Director. Please understand that application to the program does not guarantee acceptance.

The interview process is an opportunity to have any of your questions regarding the program discussed. Please submit your application early and at least two weeks prior to the start of the program, as spaces are limited and filled in order as qualified applications are approved. 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 *200 Hour Program*.

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.

Transportation to and from destination can be arranged at the cost of the traveler.

Suggested hotels within 5 minute walk: AmerriInn Hotel & Suites or Super8 in Hartford, WI

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 (either through attitude or behavior) 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, negative or unruly behavior 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 students enrollment.

Cancellation of classes due to weather may occur. It is the student's responsibility to call the school to find out if class has been cancelled. Additional Saturday's, weekends or tacked on hours to existing weekends would be added near the end of the program if a cancellation was necessary.

Tardiness

Please be on time and arrive at least 10 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.

One hundred percent attendance is required, if you feel this would be difficult for you to commit to this program may not be for you.

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.

We will do our best to stay within the allotted time structure of the training, but please note that sessions may end late at times in order to get you all the necessary content. If late dismissal students will be notified as soon as possible (example of late dismissal: lunch is at 12pm you don't leave for lunch until 12:30pm-lunch is not moved back; class ends at 5pm you get out at 5:15pm). We respect your professional and personal time as you do to the program facilitators; however we want to ensure you have all the information from the program. 😊

Leaves of Absence

There are no leaves of absence. If an "emergency" may come up (immediate family death...) 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. **Please think thoroughly about your investment in this program and your willingness to follow through.**

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 immediately. A decision by the School Director on all complaints is final. Students may contact director in person, by phone or e-mail/writing.

If the complaint cannot be resolved a third party may be involved to resolve the issue.

Further issues can be taken up with Wisconsin Educational Board 608-266-1996 / <http://eab.state.wi.us>

Canceling of Teacher Training

In the event that this training does not run, Copper Tree's HOPE School of yoga will give notice less two weeks prior to start day of training and all monies will be refunded or held up to one year to complete the training at the students liking.

Tuition, Application & Manual Fees:

Please make all checks payable to Copper Tree Wellness Studio.

Application & HOPE Yoga Manual/Pre-program Fee:

\$100 non-refundable application fee due at time of application

\$500 non-refundable manual/pre-program fee due at time of application

Total cost for this 9 weekend program is \$3,797 when paid 60 days prior to start date.

There is a 3% discount for all those who pay with cash or check, please contact our business office for any early bird rates.

We offer 3 Payment Options:

Option 1:

Register and pay the full amount, of \$3,797, **60 days** before the first day of training.

The \$100 application fee will be applied to the tuition payment. A \$500 HOPE Yoga Manual/pre-program fee (deposit) must be submitted with application. The remaining \$3197 is due no less than 60 days before the first day of training.

Application and deposit are to be made at the time of application completion; applications will not be reviewed until payment is made.

(Example: First day of training is October 1st; you have until August 16th to complete the payment).

Total Payment \$3,797

Option 2:

Register in **less than 45 days** before first day of training, and pay full amount, \$3,997 by or on the first day of training. The \$100 application fee will be applied to the tuition payment. A \$500 HOPE Yoga Manual/pre-program fee (deposit) must be submitted with application fee at time of applying. The remaining \$3,397 is due by the first day of the training.

Application and deposit are to be made at the time of application completion; applications will not be reviewed until payment is made.

(Example: First day of training is October 1st and you decide to attend, register and with less than 45 days to start of training, you would fall here).

Total payment \$3,997

Option: 3:

This is a THREE payment option. There is a \$100 application fee for this option. The \$100 application fee will be applied to the tuition payment. A \$500 HOPE Yoga Manual/pre-program fee (deposit) must be submitted with application fee at time of applying.

Payment Plan is as follows:

Application Fee + Deposit = \$600 (remaining \$3407)

Due on or before the 1st Day of Training = \$1135.67

Due on or before 3rd Weekend = \$1135.67

Due on or before 5th Weekend = \$1135.66

Application and deposit are to be made at the time of application completion; applications will not be reviewed until payment is made.

Total payment: \$4097

Option 4:**Work Exchange**

We have a limited amount of spots for work exchange. This option is available to those with gifts they would like to share with Copper Tree Yoga Studio & Wellness Center throughout the training.

Gifts sought after, but not limited to:

1. Weekly cleaning duties-this is for you if you are self-motivated, have a keen eye to attention to detail and are a person who continually goes over and beyond the call of the task.
2. Editors & Artists-this is for you if you are a person trained or schooled in grammar, English and writing and enjoys reading and enhancing already written or outlined documents, must be computer savvy. And artists who are creative and enjoy drawing and sketching.
3. Class check in-this is for you if you are a person who enjoys people, are welcoming, friendly and computer savvy.

Please note this option is not available for everyone and requires continuous commitment, a portion of the tuition will be deducted for satisfactory work provided, for more details discuss this option with the director during the interview process. Any and all participants qualifying for this option are required to still apply and pay the required application fees and complete the required paperwork in order to be accepted.

If applicant is not accepted into the program all application fees and deposits will be full refunded.

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

Cancellation and Refund Policy

If notice is given 3 business days prior to the start date of the program students will be given a full refund, within any means of withdrawal Core Functional Fitness by Hope Zvara®/HOPE Yoga Teacher Training School. Anything less than 3 business days, students may put their program on hold up to one year for a \$100 hold fee; otherwise, the above school will refund students monies within 10 business days of cancellation. After start date please see below for tuition reimbursement breakdown.

A written notice of withdrawal is not required.

A student who withdraws or is dismissed after attending at least one day in any tier will be refunded for the full amount of any following tiers, but not for the tier from which they have attended any portion of. No portion of tiers attended will be refunded. Once 60% or more of the program is completed no refunds will be given. All refunds shall be returned within 40 days.

Example:		
After Completing:		
At Least	But Less Than	Refund of Tuition
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	no refund

Incidental Administration Charges

All fees are payable by cash, instate check or credit card.

- ③ Application fee \$100 (non-refundable unless student is not accepted)
- ③ Manual / Pre-program Fee \$500 (non-refundable unless student is not accepted)
- ③ Transcript Request Fee \$25
- ③ Practical Retake \$100
- ③ Make up Sessions \$85

Required Textbooks & Supplies & viewings

Required Texts: (students are required to purchase these at their own expense prior to first day of training).

- ③ Heart of Yoga by Desikachar
 - ③ The Yamas & Niyamas by Deborah Adele
 - ③ Hope Yoga Hatha Yoga Manual (asana) & Pranayama Manual *Included with tuition*
 - ③ Trail Guide to the Body (5th edition) by Andrew Biel
 - ③ The Tree of Yoga by BKS Iyengar
 - ③ David Keils online Basics of Applied Anatomy Course \$30 (to be discussed during training)
 - ③ Hatha Yoga All Levels with Hope Zvara DVD (*available on Amazon, hopecorefitness.com and at Copper Tree Studio*)
 - ③ And two books of choice (one book relating to the broad category of yoga and the other energy and chakras)
- Hope Yoga TT School holds the right to add a (any) additional required books to the list at any time to help further the students understanding and knowledge.*

Highly recommended, but not required:

- ③ The Key Muscles of Hatha Yoga by Ray Long MD FRCS (Scientific Keys Volume I) Anatomy of Hatha Yoga by David Coulter
- ③ Trail Guide to the Body: Student Workbook

Most textbooks can be purchased through any book retailer or at Copper Tree Wellness Studio.

If you purchase any of the books through Copper Tree we will offer you a discount of 15% off each title.

We hold the right to add or take away any titles needed for this training at any time.

Other Recommended Reading:

Asana Readings & Anatomy:

- ③ Back Care Basics by Mary Schatz, MD
- ③ Light on Yoga by B.S. Iyengar
- ③ Moving into Stillness by Eric Schiffman

- 📖 The New Yoga for Over 50 by Suza Francina
- 📖 Yoga for Wellness By Gary Kraftsow
- 📖 The Psoas Book by Liz Koch
- 📖 Pelvic Power by Eric Franklin
- 📖 Trail Guide to the Body by Andrew Biel
- 📖 Yin Yoga by Paul Grilley
- 📖 Scientific Keys Vol II: Key Poses of Hatha Yoga by Ray Long
- 📖 The Key Muscles of Hatha Yoga by Ray Long MD

Meditation & Philosophy Readings:

- 📖 I Am That by Swami Muktananda
- 📖 Play of Consciousness by Swami Muktananda
- 📖 A Seat By The Fire by Sri Shambhavananda
- 📖 Bringing Yoga to Life by Donna Farhi
- 📖 Secret of the Siddhas by Swami Muktananda
- 📖 The Inner Traditions of Yoga by Michael Stone
- 📖 Manual for Living: A user's guide to the meaning of life by Seth David Chernoff
- 📖 Chakras for Beginners by David Pond
- 📖 Emotional Yoga by Bija Bennett
- 📖 Ayurveda & the Mind by David Frawley
- 📖 The Yoga Tradition by Georg Feuerstein
- 📖 Yoga for Transformation by Gary Kraftsow
- 📖 The Royal Path-Practical Lessons of Yoga by Swami Rama
- 📖 Touched by Fire by Pandit Rajmani Tigunait
- 📖 Autobiography of a Yogi by Parmahansa Yogananda
- 📖 Prana Pranayama by Swami Stayananda Saraswati
- 📖 Hatha Yoga Pradipika by Swami Muktibodhandanda
- 📖 The Language of Yoga by Nicolai Bachman-highly recommended

Ayurveda Readings:

- 📖 Yoga & Ayurveda by David Frawley
- 📖 Ayurveda & Aromatherapy by Dr. Light
- 📖 Ayurveda: The Science of Self Healing by Dr. Vasant Lad
- 📖 Ayurvedic Healing: A Comprehensive Guide by David Frawley
- 📖 Yoga for Your Type by Frawley / Koak

Other Readings of Interest:

- 📖 Essential Oils Desk Reference or Pocket Reference by Essential Science Publishing
- 📖 The Art of Possibility by Bend Zander & Zander
- 📖 Your Body Speaks Your Mind by Deb Shapiro

Upon Completion of the program students will have covered and have basic knowledge and understanding of:

Pranayama:
Diaphragmatic Breathing
3 Part Breathing
Pelvic Floor Breathing
Ujjayi
Nadi Shodhana (Alternate Nostril)
Kapalabhati
Aura Enhancing Breath
Energy Expanding Breath

Bandhas/Energetic Locks:
Mula bandha
Uddiyana
Jalandhara

Meditation:
Silent meditation
Music Meditation
Ham SAH
Walking Meditation
Om (AUM) Meditation
Japa/ Chanting: Om Namah Shivaya, Chakra Chant
Basic meditation guidance
Understanding of Namaste
History of Om (AUM)

Philosophy:
8 Limbs of Yoga defined
Detailed understanding of Yamas & Niyamas
12 Habits of a Healthy Lifestyle
Yoga Sutra
Basic knowledge of Yoga & Ayurveda
Yoga Lifestyle/Modern Life
Beginning understanding of Sanskrit

Biomechanics, Anatomy, Physiology & Kinesiology:
Major Bones
Introduction to the core
Major muscles in the body
Basic anatomy of the feet
Different tissues in our bodies: tendon, connective, muscle, ligament, fascia
Introduction to joints
Introduction to the spine
Missing link to nutrition

Functional Movement VS Exercise
Injury Prevention through proper body mechanics (alignment)
Key anatomy terminology
Our body's blue print: Tadasana
Body posture types & body reading
Prenatal yoga basics & precautions

The energetic body:
Introduction to Chakras
Kriyas
What is Kundalini?
Understanding of Energy with stones & crystals
Agni
Exposure to Basic Purification Practices
Basic Kundalini Breathing Practices
3HO Mantra
Bij Mantra
Audi Mantra

Teaching Methodology:
Upon completion students will be able to safely, effectively, properly construct, instruct a safe class with a foundational understanding of the body and movement in a yoga class.
Teaching of functional yoga postures in HOPE Yoga Manual
Basic assists and adjustments
Approaching a student safely
Verbal tune up and creative cueing
Instruction on student self adjustments
Proper prop use

Personal Growth & the Business of Yoga:
Yoga as a mirror for your own life
Introduction to Yoga Therapy
Inter and intrapersonal communication skills
Understanding of personal and business ethics
Opening an LLC
Teaching insurance
Yoga Liabilities
Constructing a UVP (Unique Value Proposition)
Creating a Sangha (Yoga Community)
Body awareness & body language

Book Reports: *SAVE THIS PAGE FOR HOW TO WRITE YOUR REPORTS!*

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 (This will be discussed in session). 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. Please note that copies of reports will not be given back unless they need to be resubmitted.

For each 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. The rest of the report is the students view, likes/dislikes, how he/she will apply this, what has the student taken from this reading.
2. 2 Book reports are chosen books by the student. These books must be a book he/she has not read before. One book will be mandatory by the instructor, Tree of Yoga by BKS Iyengar and written in the same fashion.
3. These reports in full will be no less than 1 page and no more than 2 pages typed (*please note that the library has access to computers for typing purposes*).

Other things to remember:

4. Students are expected to maintain a daily journal of their personal practice and teaching experiences. Students are encouraged to attend one-two classes per week preferably at Copper Tree Wellness Studio, but no less than ten classes total within the months of teacher training program. Assistance to find an appropriate studio/class in ones area will be offered. Students are also encouraged to keep up a daily practice throughout the program and journal on their experiences. If classes are not taken at CT then student will be required to get authorized signature from leading teacher as proof of attendance each time (students can have the teacher sign off in the students’ journal). Students in general are encouraged to keep a log of classes attended.
5. Negligence of any kind is not tolerated in anyway. ***If something is unclear it is the responsibility of the student to speak up and ask.*** It is in respect of the instructor and other students that all YTT’s remain alert, engaged and in precipitation. We understand that days are long but continual lack of participation of any kind is not tolerated unless medical reasons allow.
6. 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.

Completing Program / Final Certification**Certification**

To receive a certificate of completion from Hope Yoga Teacher Training School students must pass all exams with 80% or more passing percentage, complete all book reports satisfactorily, fulfill all teaching practicum hours, and meet attendance requirements.

All expectations will fully be reviewed and explained on day one of the training, and further instruction will be given over the course of the training to ensure comprehension & understanding.

Paying for the program / attending teacher training do not guarantee a final certificate.

Once all program requirements and hours are complete, you will be awarded a certification (CYT-200) from Core Functional Fitness by Hope Zvara®/ Copper Tree’s HOPE School of Yoga.

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 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.

Core Functional Fitness by Hope Zvara Yoga Teacher Training and Copper Tree Wellness Studio staff is available to fulfill deficit contact hours at a minimum \$85 per hour.

Attendance, daily journaling, book reports, written anatomy and written energetic/philosophy exam, in-class practicum will all be used to assess the students understanding of the materials presented. In addition, each attending student will be required to teach two 1-hour community classes as a part of the training requirements and receive feedback.

Students have 1 time to retake the exams for free of charge, there after an addition retake is \$85, there after the student may be required to retake a portion of the training at their expense to then retake the exam.

Other requirements:

- ③ Students are required to maintain a journal of their personal experiences/sadhana
- ③ Some meeting time will be devoted to journaling.
- ③ Students are encouraged to attend a minimum of ONE class per week, if not attending at Copper Tree a yoga teachers signature will be required.
- ③ Several videos will be suggested for watching throughout the training directly from Hope's YouTube page for further understanding of the teachings; logging of those viewings will be required in your journals.
- ③ Students will have access to Hope's private asana video vault for additional guidance and help.

- ③ **Students are required to observe/assist.**
- ③ **Students are required to volunteer teach 2 hours, before receiving your certificate.**
- ③ **Students are required to attend 10 classes with a HOPE Yoga Teacher Training facility member during the time of the training.**
- ③ **Students are required to attend 6 hours of approved workshops at Copper Tree or with an approved instructor at another location.**
- ③ **Completion of David Keils online Basics of Applied Anatomy Course at participants' expense \$30**

Ownership and Governance:

Hope Zvara, owner of Copper Tree Yoga Studio is the school director and primary instructor

Kathy Zvara, RYT500, 3HO, Senior Teacher at Copper Tree

Layne Burkette, RYT200, BA, Yoga Therapist, Senior Teacher at Copper Tree

Guest Instructors and Educators:

Dianna Oles, Guest Instructor

Diane Bloom, Guest Instructor

Additional guest teacher may be used to teach morning asana practices, anatomy, and yoga philosophy and lifestyle classes.

Please Keep a copy of this Catalog for your records and bring it the first day of class!!