



ADAPTIVE FLOW 200 HOUR YOGA TEACHER TRAINING

PROGRAM OVERVIEW

Application/Registration
200-hour Training Checklist

UNBOUND
COLLECTIVE
YOGA ALLIANCE REGISTERED SCHOOL

200-Hour Adaptive Hatha Flow Training Overview

Curriculum Details

An essential program for anyone wanting to dive into the study of yoga or to become a certified yoga teacher. Whether you wish to teach others or enrich your own practice, this program has something for anyone who desires to study in an environment that is inclusive, supportive, and filled with opportunities for personal and professional growth.

Our curriculum draws from ancient and modern wisdom, preparing teachers to support students from any background in a variety of settings. In this training, you will learn functional anatomy and kinesiology, yogic philosophy and history, and teaching skills such as sequencing and class planning. We teach accessibility and adaptability throughout our training, believing the practice of yoga to be valuable and available to anyone. In our trainings, you will be empowered in your own practice, finding the yoga tools and techniques that work best for you and learning how to share these powerful practices with others.

Supported by the philosophy and practices of all of the teachers who have come before us, we embark on a personal and interpersonal journey to better understanding and acceptance while being challenged and inspired. We believe that interaction and discussion with fellow practitioners is essential, along with the study of the whole practice of yoga.

We believe the profession of teaching yoga is a serious one that requires excellent training, a personal commitment to ongoing practice and growth, and a desire to do good for yourself and others. We also believe yoga teachers deserve good pay for good work, a balanced life, and good community within the industry. If these are values you share, then this is a great course for you! This is also an excellent course for those who may not necessarily want to teach yoga (yet!), but share these values.

Program Components

- 140 hours of group learning sessions
- 20 hours - Attending Group Yoga Classes
- 40 hours - Virtual Training Content
- 1 Private Mentor Session with a lead faculty member
- Homework and Reading Assignments
- Final Exam and Practical Evaluation

Course Instructors

Your lead trainer for the course will be Morgan Rand, RYT-500, YACEP. Supporting her and teaching the remainder of the course will be Lauren Mason and Angela Moore, certified yoga therapists (C-IAYT) with the International Association of Yoga Therapists, experienced registered yoga teachers (ERYT-500) and continuing education providers (YACEP) with Yoga Alliance. Some speciality course hours will be taught by other highly qualified guest teachers.

Full Course Schedule

- May 11, 18, & 25 - 5:30-9:30 pm
- May 29 - 5:00-8:00 pm
- June 4 & 5 - 9:30 am-5:30 pm
- June 8 & 22 - 5:30-9:30 pm
- July 10 - 5:00-8:00 pm
- July 16 & 17 - 9:30 am-5:30 pm
- July 20 - 5:30-9:30 pm
- July 31 - 5:00-8:00 pm
- August 10 & 17 - 5:30-9:30 pm
- August 21 - 5:00-8:00 pm
- August 27 & 28 - 9:30 am-5:30 pm
- September 7 & 14 - 5:30-9:30 pm
- September 24 & 25 - 9:30am-5:30pm
- September 28 - 5:30-9:30 pm
- October 2 - 5:00-8:00 pm
- October 5, 12, & 19 - 5:30-9:30 pm
- October 23 - 5:00-9:00 pm

Required Books

- The Heart of Yoga by T.K.V. Desikachar (ISBN: 978-0892815333)
- Yoga Anatomy Coloring Book by Kelly Solloway (ISBN: 978-1640210219)
- Practice You: A Journal by Elena Bower (ISBN: 978-1622039227)



Morgan Rand, Lead Trainer | Lauren Wiedenfeld, Studio Owner

200-Hour Hatha Flow Training Checklist

Class Observations

1-5: _____ 6-10: _____ 11-15: _____ 16-20: _____ 21-25: _____ 26-30: _____

Yoga Education Workshops Attended

Need 21 hours total

<i>Date</i>	<i>Workshop Name</i>	<i>Hours</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Homework Assignments

<u>Assignment</u>	<u>Due date</u>	<u>Completed?</u>
Homework 1		
Homework 2		
Homework 3		
Homework 4		
Homework 5		
Homework 6		

Private Faculty Meeting: _____



**200-hour Hatha Flow at Laurel Grace Yoga
Application & Registration Form**

info@unboundyogaandwellness.com

Name: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

How did you hear about us? _____

**Spring 2022 Training Schedule
May 2022 - October 2022
Lead Trainer: Morgan Rand**

- May 11, 18, & 25 - 5:30-9:30 pm
- May 29 - 5:00-8:00 pm
- June 4 & 5 - 9:30 am-5:30 pm
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- October 23 - 5:00-9:00 pm

Program Requirements:

- Attendance of above training sessions
- 20 Yoga Classes
- 40 Hours of Online Training Content
- Private 1-hour Mentor Session with a lead faculty member
- Homework and Reading Assignments
- Final Exam and Practical Evaluation

Attendance and Program Requirements Policy:

You are expected to attend all scheduled sessions. Any more than 9 total hours missed may result in your inability to graduate from the program. There are opportunities to make up any missed sessions. All students are expected to complete all requirements, regardless of whether you intend to teach yoga or not. We certify all graduates in the same way, and want the training to be collaborative and supportive of all learners. Special accommodations can be made for any learning differences or unique situations.

Required Books

1. The Heart of Yoga by T.K.V. Desikachar (ISBN: 978-0892815333)
2. Yoga Anatomy Coloring Book by Kelly Solloway (ISBN: 978-1640210219)
3. Practice You: A Journal by Elena Bower (ISBN: 978-1622039227)

Textbook Bundle: \$60

Includes all three required textbooks as well as an Unbound Collective shirt or bag

Payment Options

Tuition paid covers all of the above scheduled time, as well as a training manual/workbook, and your certification upon completion of the program. You may take any Yoga Education Workshops, beginning as soon as your registration is complete.

Full Tuition: \$3,500

Register with Deposit by March 15: \$3,300

Pay in Full Before May 4: \$3,300

Pay-in-full at Registration: Receive free textbook bundle

Active Military and Spouses: Please ask for more information

Full tuition with all discounts and (optional) book bundle: _____

Payment method: _____ Pay in Full _____ Payment Plan _____

Payment Plan

A minimum initial payment of \$500 is required to secure your registration. A credit card must be placed on file with Unbound Collective to set up a payment plan.

Option 1: Pay before May 4, 2022		Option 2: Pay before July 1, 2022	
Full Tuition: _____		Full Tuition: _____	
Payment Date	Amount	Payment Date	Amount

By signing here, I authorize Laurel Grace Yoga and Unbound Collective School of Yoga and Wellness to charge my credit card on file for the above payments. I understand that I have the right to stop the charges by submitting payment by an alternate method or contacting the school 7 days before the scheduled payment date. My authorization will remain in effect until revoked by me, my banking institution or by the school. I understand that if I remove authorization I am also revoking my right to attend training.

Signature: _____ Date: _____

Refund and Cancellation Policy:

We commit to offer quality instruction and training in this program, and expect an equally serious commitment from our students. If you find that you need to drop out of the program, you can receive a partial refund according to the following schedule:

- Cancellation within 24 hours of registration - no charge
- Cancellation 1 month or more before training starts - 95% refund
- Cancellation within 14 days of training start date - 85% refund
- Cancellation after this point - 85% refund plus tiered tuition retention based on date of cancellation:
 - \$100 retained before training start (XXXXXXX)
 - \$300 per training weekend attended after training begins
- If a training is canceled by the school, all tuition paid will be transferred to another training or refunded
- If a student chooses to transfer to another training for any reason, a portion of tuition paid up to the date the transfer is requested will be retained by the school and a new deposit must be paid. Transfer students must complete 100% of the training they transfer to.

Signature: _____ Date: _____

Student Questionnaire and Agreement

Please help us serve you and the whole training group by telling us more about yourself and agreeing to the following guidelines for student conduct and expectations.

What do you hope to gain from this training?

Become a yoga teacher

Deepen my yoga practice

Enhance my current career with new skills

Other: _____

Please describe your experience with yoga:

Please describe any health or other conditions that are relevant to your participation in this training, including the practice of yoga:

Waiver of Liability

The undersigned, by signing this agreement, acknowledges that they understand the inherent risks associated with practicing yoga and hereby assumes all risk incident to said activity and waives any claim or right of action against Laurel Grace Yoga or Unbound Collective School of Yoga and Wellness and its officers, employees, contractors, and agents for loss, expenses, liabilities, damages or legal fees incurred on account of any loss or injury to the undersigned or the undersigned's property incurred in their connection with and/or as a result of the undersigned's attendance at classes conducted by Unbound Collective School of Yoga and Wellness and/or at Laurel Grace Yoga facilities.

Signature: _____ Date: _____

Student and Faculty Agreements

By completing this program, you will be eligible to register with Yoga Alliance as a certified yoga teacher and will be equipped to deliver excellent group and private classes. The curriculum will cover a wide variety of topics, in line with the guidelines of Yoga Alliance. These topics will include the practices of yoga (postures, breathing practices, meditation, etc.), anatomy of the gross and subtle body, philosophy, history, and ethics for practicing and teaching yoga. Our curriculum is meant to be accessible to all students, and will include adaptations and modifications that are appropriate to the students in the training group. It is your responsibility as a student to share with faculty if you need any special accommodations to participate in training. We commit to support you in your learning process and make any reasonable adjustments as needed. Our goal with this training is to provide quality instruction and support you on your journey, whatever has drawn you to us. In an effort to serve this goal for all students participating in this training, we ask that all students agree to the following statements. We, as teachers, also commit to uphold these values in our training program.

Please initial to indicate your consent of each

___ I agree to learn in a group environment, respectful of my teachers and students, and honoring different learning styles, backgrounds, and levels of experience

___ I agree to arrive on training days in a timely manner and stay for the full duration of each training day. If I must miss any time, I commit to inform my instructor of said need in a timely manner

___ I understand that the practice of yoga is at some times challenging, and at many times rewarding. I commit to this training with the full expectation that growth may come with challenges. I commit to share my challenges and accept help and support from my fellow students and teachers, and offer support to others when they need it.

More information about us and our full commitments and policies can be found on our website:
<https://www.unboundyogaandwellness.com/commitments-and-policies>