



West Chester University & Cage Free Yoga 200 Hour Yoga Teacher Training Program for Undergraduates 2025-2026

This 200 hour training program is for anyone seeking a deeper understanding of Yoga theory and practice. There will be an emphasis on the ashtanga vinyasa system of practice. However, there will also be introductory classes in various traditions within all of the required courses. After successful completion of the 200 hour program, trainees will receive a certificate of achievement through the College of Health Sciences & Cage Free Yoga that will allow each to apply for registration through the nationally and internationally recognized organization, Yoga Alliance. A teacher with Registered Yoga Teacher (RYT) 200 credentials may desire to move into teaching yoga to others, and will be ready to do so with confidence. This certificate is also a great addition to your resume.

The West Chester University & Cage Free Yoga 200-hour Yoga Teacher Training Program (WCU & CFY YTT) is a curriculum that offers flexible scheduling options and the ability to complete instruction within a year or two. In addition to the required courses (PEA 142, PEA 143, HEA 315), six weekend sessions will be held: two weekends for seminars, three weekends for Yoga III, and one weekend for Meditation/Mind Body Health training for those who have not yet taken Mind Body Health (HEA 315). Supplemental reading and writing assignments are to be completed throughout the program. All weekends will be combined with WCU & CFY YTT Community Pathway.

Teacher trainees will also be expected to observe five yoga classes taught by the same YTT faculty, assist a few classes (if you wish) and eventually teach five hours of yoga on campus through the Center for Contemplative Studies, the Recreation Center, and/or various sports teams at WCU. Two of those hours must be observed by a YTT faculty (in person/online/recording) before certification can be completed. It is the responsibility of the Trainee to find opportunities to find locations and teach these five hours. One training will be held per year.

Faculty:

Alison Donley, E-RYT-500 aliuncaged2017@gmail.com (Lead teacher)

Lakshmi U Thoniyil, MSc. E-RYT-500, RCYT LThoniyil@wcupa.edu (Lead teacher)

Kate Simmons-Souell, M.Ed, E-RYT 500 ksimmons2@wcupa.edu

Emily Duckett, EdD, MS, LAT, ATC, RYT-200 educkett@wcupa.edu

2025 -2026 Weekend Dates and Times:

You must pay for the program (fully or partially as per the contract) before attending each of the following weekends.

Seminar 1

- November 7th to 9th 2025 Friday (Async online) 4:00-6:00 p.m.
Saturday & Sunday (in person-Goshen 108A) 9-4 Lunch break included.

Meditation Weekend (NOT REQUIRED IF YOU HAVE TAKEN MIND BODY HEALTH)

- December 6th and 7th 2025 No Friday Class
Saturday & Sunday (in person-Goshen 108A) 9-5 Mindful Eating included.

Yoga II weekends (THIS MODULE MAY NOT BE REQUIRED FOR THOSE WHO COMPLETED Yoga II from WCU, EACH APPLICANT IS INDIVIDUALLY ASSESSED AFTER APPLICATION IS SUBMITTED.)

- December 12-14, 2025 Friday (Synchronous online) 6pm to 7:30pm
Saturday & Sunday (in person-Goshen 108A) 9am-4pm Lunch break included.
- January 9-11, 2026 Friday (Synchronous online) 6pm to 7:30pm
Saturday & Sunday (in person-Goshen 108A) 9am-4pm Lunch break included.
- January 23-25, 2026 Friday (Synchronous online) 6pm to 7:30pm
Saturday & Sunday (in person-Goshen 108A) 9am-4pm Lunch break included

Seminar 2

- February 6th to 8th 2026 Friday (Async online) 4:00-6:00 p.m.
Saturday & Sunday (in person-Goshen 108A) 9-4 Lunch break included.

Yoga III weekends (THIS MODULE MAY NOT BE REQUIRED FOR THOSE WHO COMPLETED Yoga III from WCU, EACH APPLICANT IS INDIVIDUALLY ASSESSED AFTER APPLICATION IS SUBMITTED.)

- February 20-22, 2026 Friday (Synchronous online) 6pm to 8pm
Saturday & Sunday (in person-Goshen 108A) 9am-5pm Lunch break included.

- March 20-22, 2026 Friday (Synchronous online) 6pm to 8pm
Saturday & Sunday (in person-Goshen 108A) 9am-5pm Lunch break included.
- April 10 -12, 2026 Friday (Synchronous online) 6pm to 8pm
Saturday & Sunday (in person-Goshen 108A) 9am-5pm Lunch break included.

Graduation Weekend (IF YOU HAVE COMPLETED ALL CURRICULUM REQUIREMENTS. YOU CAN GRADUATE WITH THE COMMUNITY PATHWAY)

- April 25, 2026 Saturday (in person-Goshen 108A) 9am-2pm
Practical Exam and Certification Ceremony.

Curriculum

Classes account for 100 hours of the program and content cannot be missed. If you miss **any classes you must make up for the missed content.** These classes are typically taken as 5th or 6th class and included in tuition for full time students.

- **PEA 142 Yoga I** (3 credits)—multiple sections offered each semester. MTWThF
- **PEA 143 Yoga II** (3 credits) – 1 section offered each semester on T/Th
- **HEA 315 Mind, Body, and Health** (3 credits) Please contact the instructor of record if a class is full to request being added.

Remaining 100 Hours:

- **Observations** of classes taught by program faculty, and or Yoga I or II classes with current Yoga I and II faculty (**5 hours**). Assisting is available once you have completed Yoga II.
- **Teaching classes** for recreation programs, special events, sports teams, or at the Center for Contemplative Studies at West Chester University (**5 hours**). It is the responsibility of the Trainee to find opportunities to find locations and teach these five hours. *Teaching can start only after the completion of Yoga 2. Two of these hours must be observed by Yoga Faculty (in person/online/recording) before certification can be completed.*
- **Yoga III hours** taken w/ Yoga faculty (**40+ hours**)
- **Seminar hours** taken w/ Yoga faculty and Sports Medicine faculty (**30+ hours**)
- **Asana & Breath “labs”** (**5 hours**)
- **The completion of outside reading assignments-** this includes required reading and reflections. (**approximately 10 hours**)
- **Practical exam and certificate ceremony** (**5 + hours**)
- **Mental Health First Aid Training-** (8 hours) will now be optional, **but highly recommended.** The certificate you get from this will enhance your resume substantially. Multiple dates offered per semester. Please register asap if interested.
- **CPR and AED training and certification are also highly recommended.**

Program Requirements

- Attend all training sessions. Missed seminar sessions due to illness or emergency must be made up when the same seminar is held the following year.
- B+ or above in all required courses. NO exceptions. Transcripts must be shared prior to entering into Yoga III. If important content was missed in a Yoga I, II, or III class, your Professor will require you to make this up, even if the absence was excused or within the 4 allowed in the credit bearing Yoga courses (Yoga I and II)
- Completion of required reading list and additional assignments.

Required Material

Yoga: A Path to Wellness A Workbook for Students (required for Yoga 1 and 2)

Yamas and Niyamas, by Deborah Adele

Ashtanga Yoga: Practice & Philosophy, by Gregor Maehle

A Yoga Mat

In addition to the 6-9 available academic credits earned, enrollment in the WCU 200 hour Yoga Teacher Training Program will include:

- ***Seminar and asana lab hours led by Alison Donley***, ERYT-500, YACEP, BSEd, and creator of the WCU yoga program and the 200-hour YTT at WCU, where she taught for 24 years. She is the former Wellness Advisor, and now a current Provider for Unite for Her: www.uniteforHER.org and <https://www.nudjhealth.com/> as a Cardiac Yoga instructor. Alison is a former Yoga studio owner, and currently owns Cage Free Yoga, LLC, www.cagefree.yoga teaching private therapeutic Yoga, group classes, and continuing education for Yoga teachers. She has been practicing Yoga since 1977 and teaching since 1982. She was a nationally competitive athlete during her undergraduate studies at WCU, and was recently honored as one of the “150 Most Influential Women of West Chester University.”
- ***Yoga III, class and seminar hours with Lakshmi U Thoniyil aka Usha Lakshmi***, M.Sc., ERYT 500, RCYT, YACEP and Yoga Professor in the Kinesiology Department, WCU. She is a lifelong yoga practitioner and full time teacher of Yoga, Meditation and Yogic Philosophy in the Philadelphia area since 2010. She is owner of Yogabhyasa Kalari LLC. She often runs yoga and wellness retreats to India. Currently she is a program director for several 300-hour level programs for a non-profit called Pranakriya, which includes one of the modules for their 95-hour Children’s YTT program. You can learn more about her at <https://yogabhyasakalari.com/>.

- ***Seminar hours with Dr. Emily Duckett*** PhD, LAT, ATC, CYT200, an assistant professor and athletic trainer for the Sports Medicine Department at West Chester University, where she has served in a dual role as a course instructor and athletic trainer for 7 years. She is grateful for the opportunity to combine her passion for yoga and human anatomy by teaching in the YTT program.
- ***Class and/or seminar hours with Kate Simmons-Souell*** M.Ed., E-RYT 500, YACEP, and Yoga Professor, Kinesiology Department, WCU.
- Individual mentoring and labs with program teachers.
- A certificate of 200 hour course completion allowing eligibility to Yoga Alliance certification

Program Investment

Depending on the courses already completed at WCU the tuition for the WCU & CFY YTT program varies and can be **ONE** of the following six options (I through VIII):

- I. \$1850.00 if paid in full -includes nine full weekends with Yoga II, Yoga III, Meditation, Seminars
- II. \$1600.00 if paid in full (includes six full weekends with Yoga III, Meditation, Seminars)
- III. \$1400.00 if paid in full (includes five full weekends with Yoga III, Seminars)
- IV. \$950.00 if paid in full (includes two full weekends with Seminars)

These amounts can be partially paid as one of the following based on the courses already complete

- V. \$1890.00 paid partially as nine installments of \$210 each (for Yoga II, Yoga III, Meditation, Seminars)
- VI. \$1620.00 paid partially as six installments of \$270 each (for Yoga III, Meditation, Seminars)
- VII. \$1450.00 paid partially as five installments of \$290 each (for Yoga III, Seminars)
- VIII. \$1000.00 paid partially as two installments of \$500 each (for two Seminars)

When paying in installments, each partial payment must be made prior to attending the upcoming weekend. For example if you choose option V, you will need to pay 290 before Weekend 1, 580 before Weekend 2, and so on and so forth till 1450 is paid before Weekend 5. **The program must be paid in full to begin your teaching hours no matter which option you choose from above. Please make use of the Mind Body Health three credit course offering from the Department of Contemplative Studies to avoid choosing the most expensive options I and V.** If you have any question about the fee structure, please contact Professor Lakshmi Thoniyil (LThoniyil@wcupa.edu).

All requirements must be completed within one year of graduation from WCU. If not finished by this time, trainees will need to retake components as determined by the directors on a case by case basis.

*Additional expenses may be incurred for Required Reading material (list on page). Application fees for 200 hour RYT status will be required to complete your registry with Yoga Alliance. You will submit your Certificate of Course Completion from The WCU & CFY YTT Program with application fees by following the instructions on the Yoga Alliance website (www.yogaalliance.org).

Cancellation Policy

The WCU & CFY 200-hour YTT Certificate Program will refund all money paid if the applicant is not accepted or if the program is canceled for any reason.

The WCU & CFY 200-hour YTT Certificate Program will return the payment if the applicant cancels within the first week of signing and mailing the WCU & CFY Contract on page 6.

The WCU & CFY 200-hour YTT Certificate Program will retain a percentage of the total tuition based on the number of weekends the student has attended within a period of one year after graduating from WCU.

If the student completes this amount of training:	The WCU & CFY 200-hour YTT Certificate Program may keep this percentage of the tuition cost:
*#One weekend	50% of YTT program fees
*#Two to Six weekends	100% of YTT program fees

*** No payments will be returned if the student has not completed the certificate one year after graduation from WCU.**

Any portion of the module.

When determining a potential refund, the date of a student’s termination is the last day of recorded attendance as determined by the following:

- (a) When one of The WCU & CFY YTT Program instructors receives written notice of the student’s intention to discontinue the training program; or,
- (b) When the student is terminated for a violation of a written policy (*YA Code of Conduct or WCU & CFY Code of Ethics on pp. 8 and 9) which explains causes for termination; or,
- (c) When a student, without notice, fails to attend classes (with no written excuse) for 3 weeks. This program must be completed within 1 year post-graduation. Most students complete the program within 1.5 years during their undergraduate studies.

Application for Yoga Teacher Training Program
Please find this on the Conference Services website at:

<https://www.wcupa.edu/oca/conferenceServices/forms/yoga-teacher-training/>

The online form will ask the following questions:

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Years of experience practicing yoga _____

Style(s) practiced

Please state (on the back) your intentions for taking part in a teacher training program.

There will be additional questions regarding classes you've completed and anticipated date of graduation.

After registering online, please print and mail your Contract (Page 9) and check payable to "Cage Free Yoga" to the address below.

Alison Donley -CFY
310 Valley Road
West Grove, PA 19390

Contract for Yoga Teacher Training Program
Please print and mail with check (directions at the bottom of page 5)

Circle the tuition option for The WCU & CFY 200 Hour Yoga Teacher Training

Program that you agree to pay:

- Option 1: \$1850 if paid in full (includes nine full weekends with Yoga II, Yoga III, Meditation, Seminars)
- Option 2: \$1600.00 if paid in full (includes six full weekends with Yoga III, Meditation, Seminars)
- Option 3: \$1400.00 if paid in full (includes five full weekends with Yoga III, Seminars)
- Option 4: \$950.00 if paid in full (includes two full weekends with Seminars)
- Option 5*: \$1890 paid partially as nine installments of \$210 each (for Yoga II, Yoga III, Meditation, Seminars)
- Option 6*\$1620.00 paid partially as six installments of \$270 each (for Yoga III, Meditation, Seminars)
- Option 7*: \$1450.00 paid partially as five installments of \$290 each (for Yoga III, Meditation, Seminars)
- Option 8*: \$1000.00 paid partially as two installments of \$500 each (for two Seminars)

*For options 5, 6, 7 or 8, each weekend installment must be paid before attending the corresponding weekend. For example if you choose option 7, payment of \$290 before Weekend 1, \$580 before Weekend 2, and so on and so forth till \$1450 is paid before Weekend 5. **The program must be paid in full to begin your teaching hours no matter which option you choose from above.**

I, _____, on _____ have chosen to fulfill tuition requirements by choosing option # ____ above and agree to the terms as described above. I have read **all the information** regarding the WCU & CFY 200-hour Yoga Teacher Training Program at West Chester University. I have read, and agree to abide by all requirements on page 11 regarding the Yoga Alliance Code of Conduct, and the additional standards set forth by WCU & CFY YTT on page 12.

Signature of Program Director/lead teacher _____ Date _____

Signature of Yoga Teacher Trainee _____ Date _____

Required Reading:

Yamas and Niyamas, by Deborah Adele

Ashtanga Yoga: Practice & Philosophy, by Gregor Maehle

Peace is Every Step Thich Nhat Hanh

Wherever You Go, There You Are by Jon Kabat-Zinn

As you read the selections provided, please take any notes from the texts that will allow you to further your exploration and understanding of the practice of yoga or the creation of Yoga. For each titled borrowed please provide typewritten answers (minimum 1 paragraph per question) to the following questions by the *next* meeting date from which it was borrowed:

1. What impact did the material have on you?
2. How do you feel the knowledge gained from reading this material has affected you personally?
3. How do you feel this material will influence you professionally?
4. How do you envision using the material in your practice and teaching of yoga?

YOGA ALLIANCE CODE OF CONDUCT

The Yoga Alliance® Code of Conduct is a declaration of acceptable ethical and professional behavior by which all members agree to conduct themselves in relation to other members or to any third party, to the extent such conduct relies on or is connected to the member's membership in Yoga Alliance. The Code thus applies to members' teaching of yoga, operation of a yoga teacher training program, any related business, participation in advocacy activities on behalf of Yoga Alliance, offering continuing education courses as a YACEP®, service on Yoga Alliance Committees, dealings with Yoga Alliance affinity partners, or other Yoga Alliance-related activity. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for ethical participation in this organization. As a member of Yoga Alliance, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to students, course participants or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner or as a member of Yoga Alliance who adheres to certain precepts.
- Acknowledge the limitations of my skills, scope of practice, and expertise and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- As applicable, create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by treating all individuals with respect, regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation, and respecting their rights, dignity, and privacy.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- As applicable, adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my activities as a Yoga Alliance member

I understand that Yoga Alliance may revoke my right to use Yoga Alliance Logos or Marks and may cancel my membership, without refund, for cause, including for failure to uphold the standards set forth in the Code of Conduct. Prior to revoking my right to use Yoga Alliance Logos or Marks and/or canceling my membership, Yoga Alliance will provide me notice of the basis for the potential revocation and an opportunity to respond in writing. After review of the evidence, Yoga Alliance will issue a decision as to whether to revoke my right to use Yoga Alliance Logos or Marks and/or cancel my membership, based on its reasonable judgment of the evidence before it. I agree to hold Yoga Alliance harmless for any losses or damages I may incur as a consequence of the revocation of my right to use Yoga Alliance Logos or Marks and/or cancellation of my membership.

WCU & CFY YTT Code of Ethics

You will be asked to fill this form out at the Fall or Spring Seminar to give to the instructor.
It will be stored by Cage Free Yoga, LLC along with your contract.

The following requirements apply to current students of the WCU & CFY Yoga Teacher Training Program. Any violation of these standards warrants remediation of the issue or dismissal from our program.

1. I will maintain the highest standards of integrity as presented in the Yoga Alliance Code of Conduct (p 11) during the teacher training and upon completion of the course. _____
2. I will honor and respect the privilege of learning and teaching this amazing system of self-care, and science of life that we call Yoga. _____
3. I will refrain from teaching classes outside of WCU approved venues until I complete the program and receive my 200-hour Certificate. _____
4. I will only post yoga-related videos or pictures on social media or the internet that convey that yoga is a mindful breath and movement practice for *all* bodies, skin colors, and ages. Proper clothing, camera angles, lighting, sound, and intention of content. _____
5. Please sign and date here to confirm that you agree to follow all of the above guidelines.

Signature and date below, please.

Sequence for WCU & CFY YTT-200

1. **Schedule Yoga I** (if you have not yet taken it) ASAP. If a section is closed when you go to schedule, please contact the professor. **Follow instructions on page 8 for application and for mailing the contract, and payment.** Once your application is turned in, please contact Alison (aliuncaged2017@gmail.com) to be added to our **Google Classroom**. **Please check the classroom weekly.**
2. **Begin the required readings** and reflections and plan to take the first available **seminar**.
3. **Schedule Yoga II and Mind/Body Health.**
During Yoga II- Attend your **first seminar** and start **observation hours**. Forms for these are in “classwork” on the google classroom. **Continue to work on required readings.**
4. **Complete the Yoga III weekends and schedule Mind/Body Health if you have not yet taken it.**
During Yoga III – all observation hours must be completed. You will begin practice teaching in Yoga III and should be ready to schedule your teaching hours. **Attend the second and last seminar needed if you have not done so.** All seminars should be completed before the end of Yoga III.
5. **Teaching hours** will be observed by a mentor when possible. In the event that one of us cannot be there to observe, you will be asked to record your session so that one of us may review and provide feedback. Many of the teaching hours will be done with one of the sports teams at WCU, the Recreation Center, and or at the Center for Contemplative Studies. **DO NOT RECORD** your students unless you have asked permission and shared a copy of their written permission with your YTT mentor. They need to be informed that the recording is simply shared with your YTT mentor, not published online. Two of your sessions **MUST** be observed by the same YTT Faculty for feedback.
6. Attend **Mental Health First Training** as soon as you are able. Dates are posted on the WCU website. These fill quickly. Please put a copy of your certificate in your hard copy or digital binder for your exit interview. **This is now optional, but highly recommended. Graduates of our program have shared that this certificate (MHFA) along with their YTT certificate has been pivotal in their success in acquiring a job.**
7. **Schedule an exit interview** with Professor Thoniyil once all program requirements are met and all payments have been made. This is where you will receive your **Certificate** and instructions on how to register with **Yoga Alliance**.