



West Chester University 200 Hour Yoga Teacher Training Program

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 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 credential is a great addition to your resume.

West Chester University's 200 hour Yoga Teacher Training Program (WCU YTT) is a curriculum that offers flexible scheduling options and the ability to complete instruction within one to four years. In addition to the required courses, two weekend seminars will be held per year, as well as supplementary reading and writing assignments to be completed throughout the program. Teacher trainees will also be expected to observe 5 yoga classes taught by the YTT faculty, assist a few classes (if you wish) and eventually teach 10 hours of yoga on campus (on your own) through the Center for Contemplative Studies, the Recreation Center, Goshen 108 A Yoga Studio (for Residence Life) and/or various sports teams at WCU. Two of those hours must be observed by a YTT faculty before certification can be completed.

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Please record any questions you have regarding the program here on this page.

At the beginning of each seminar (Fall and Spring semesters), there will be a program overview. Please ask your question(s) at that time or email Alison at adonley@wcupa.edu or Thoniyil at LThoniyil@wcupa.edu

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Faculty:

Alison Donley, E-RYT-500 adonley@wcupa.edu or aliuncaged2017@gmail.com (Lead teacher)
Lakshmi U Thoniyil, MSc. E-RYT-500, RCYT LThoniyil@wcupa.edu (Lead teacher)
Kate Simmons-Souell, E-RYT-200, RYT 500 ksimmons2@wcupa.edu
Julie Strittmatter, E-RYT-200 jstrittmatter@wcupa.edu
Emily Duckett, EdD, MS, LAT, ATC, RYT-200 educkett@wcupa.edu

2022-2023 Weekend Seminar Dates: You must pay for the program before attending seminars per contract. Seminar dates and times are announced on our Google Classroom.

- November 2022-11th-13th Friday (online) 6-9 p.m., Saturday & Sunday (in person-Goshen 108A) 9-4 Lunch break included.
- February 3rd-5th 2023 same format as above
- November 10th, 11th, and 12th, 2023 (same as above)

Curriculum

Classes account for 140 hours of the program and content cannot be missed. If you miss **any classes beyond the 4 allowed, you must make up for the missed content.** These classes are taken as 5th or 6th class and included in tuition for full time students.

- **PEA 142 Yoga I** (3 credits)– 6-8 sections offered each semester. MTWThF
- **PEA 143 Yoga II** (3 credits) – 1-2 sections offered each semester on T/Th
- **PEA 242 Yoga III** (3 credits) - offered Spring semester. Independent study offered for schedule conflicts.
- **HEA 315 Mind, Body, and Health** (3 credits) Please contact Dr. Donald McCown dmccown@wcupa.edu if a class is full.

Remaining 60 Hours:

- **Observation and Assisting Yoga I or II classes** with current Yoga I and II faculty (**5 hours**). *This can start only after the completion of Yoga I or Yoga II depending on which you choose.*
- **Teaching classes** for recreation programs, special events, sports teams, Residence Life (Goshen 108A Yoga studio), or at the Center for Contemplative Studies at West Chester University (**10 hours**) . *This can start only after the completion of Yoga I*
- **Seminar hours** taken w/ Yoga faculty and Sports Medicine faculty (**30 hours**)
- **Asana & Breath “labs” (5 hours)** **One of these can count as an observation with adequate assignment completion.**
- **The completion of outside reading assignments-** this includes required reading and reflections. (**approximately 10 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. So register asap if interested.
- **CPR and AED training and certification are also highly recommended.**

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The cost of the program in addition to classes is \$975.00, and can be paid in 2 installments.

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.

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. 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.
- Completion of required reading list and additional assignments.

Required Material

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

Yamas and Niyamas, by Deborah Adele

Ashtanga Yoga: Practice & Philosophy, by Gregor Maehle

A Yoga Mat

Enrollment in the WCU 200 hour Yoga Teacher Training Program will include:

- 10-15 seminar and asana lab hours led by Alison Donley, eRYT-500, creator of the WCU yoga program and the 200-hour YTT at WCU where she taught for 24 years. She is a Wellness Advisor and Provider for Unite for Her, and a former studio owner. She currently owns CageFree Yoga, LLC and teaches private therapeutic yoga through UniteforHER.org as well as private and group classes.
- 10 seminar hours with Dr. Emily Duckett from the Department of Sports Medicine at West Chester University.
- 3 seminar hours led by Lori Klein, eRYT-500, former professor in the Kinesiology and Nutrition Departments at WCU, and lead faculty/former director of YTT for The Hard & The Soft Yoga Institute. Dr. Klein produced award winning research on Yoga while at WCU. She is now the Nutrition Educator and Supervisor for Penn State Coop.
- 5 seminar hours with Lakshmi U Thoniyil, eRYT 500, RCYT and Professor in the Kinesiology Department. She is also a lifelong yoga practitioner and part time teacher. You can learn more about Usha on her website - <https://yogabhyasakalari.com/>
- 3 hours with eRYT-200's, Julie and Kate, who are also current Yoga Professors in the Kinesiology Department.
- Individual mentoring and labs with program teachers.
- A certificate of 200 hour course completion allowing eligibility for application to register

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Program Investment

An **application fee of \$10 is required** to secure placement in the teacher training. The application fee is non-refundable 7 days after signing the program contract. Please see Cancellation Policy on page 5. **Only checks or money orders will be accepted.**

The *tuition for The WCU Yoga Teacher Training Program can be paid in full for a reduced rate of \$950 (includes \$10 application fee) if paid with the application. The tuition fee of \$975.00 can also be paid in 2 installments.

- \$10 application fee within the first semester of beginning the program .
- \$482.50 fee before the first seminar
- \$482.50 fee before the second seminar

The program must be paid in full to begin your teaching hours.

*Additional expenses may be incurred for Required Reading material (list on page 8).

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 YTT Program with application fees by following the instructions on the Yoga Alliance website (www.yogaalliance.org)

To enroll, please send application (page 6), contract (page 7) and **check (no cash) to:**

**West Chester University
College of Health Sciences
c/o YTT200 Karen Sisofo
855 S. New Street, HSC 206
West Chester, PA 19383**

Please write the check to “West Chester University” and record “WCUYTT (and the payment number) in the memo. NO CASH WILL BE ACCEPTED

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Cancellation Policy

The WCU 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 200-hour YTT Certificate Program will return the \$10 application fee if the applicant cancels within the first week of signing The WCU 200-hour YTT Certificate Program Contract. After 7 days, The WCU 200-hour YTT Certificate Program (WCU YTT 200) will retain the \$10 application fee, plus a percentage of the total tuition as described in the following table below:

If the student completes this amount of training:	The WCU 200-hour YTT Certificate Program may keep this percentage of the tuition cost:
One training seminar	50% of full tuition
Two training seminars	100% of full tuition

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 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 Code of Ethics on pp. 9, 10) which explains causes for termination; or, (c) When a student, without notice, fails to attend classes (with no written excuse) for 3 weeks.

The program must be completed within **3 years** of submitting your application.

If you graduate without completing the requirements while at WCU, as long as you are within the 3 year time-frame and requirements can be completed, that is fine. Most students complete the program within 1.5 years.

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Application for Yoga Teacher Training Program

Please answer the questions below and submit with \$10 registration

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Years of experience practicing yoga _____

Style(s) practiced _____

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

Please return completed application and \$10 check/money order (payable to “West Chester University” and record “WCUYTT in the memo)

Mail:
College of Health Sciences
855 S. New St
c.o YTT 200 Karen Sisofo HSC 206
West Chester, PA 19383

**West Chester University of PA
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Contract for Yoga Teacher Training Program

NO CASH PAYMENTS CAN BE ACCEPTED. Check or money order only.

Circle the tuition option for The WCU 200 Hour Yoga Teacher Training Program that you agree to pay:

Option #1: \$950.00 (paid in full and includes application fee) with application.

Option #2: \$975

- o \$10 application fee within the first semester of beginning the program.
- o \$482.50 fee before the first seminar you are able to attend.
- o \$482.50 fee by the second seminar you are able to attend

I, _____, on _____ have chosen to fulfill tuition requirements by choosing option # ____ above and agree to the terms as described above. I have read **all** information regarding the 200 Yoga Teacher Training Program at West Chester University. I have read, and agree to abide by all requirements on page 9 regarding the Yoga Alliance Code of Conduct, and the additional standards set forth by West Chester University's YTT. I have read, and agree to follow all information on page 10 regarding West Chester University's YTT Code of Ethics.

Signature of Program Director/lead teacher _____ Date _____

Signature of Yoga Teacher Trainee _____ Date _____

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Required Reading:

Many books (including some below) will be available to check out in HSC 309. Each borrowed book will be expected to be returned within one month. Students will be charged for any books that are not returned or are returned in poor condition.

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?

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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

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WCU YTT Code of Ethics

Please initial beside each statement and sign at the bottom of the page. You can print and scan/take a picture after signing, email to adonley@wcupa.edu

The following requirements apply to current students of the WCU 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 9) 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. While in this program, I will not post yoga-related videos or pictures on social media or the internet without approval from one of the WCU YTT program directors. Any depictions of yoga must 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 will be essential for approval. _____
5. Please consider listing your social media handles below, if you wish.

Facebook	
Instagram	
TikTok	
Other	
Other	

6. Please sign and date here to confirm that you agree to follow all of the above guidelines.

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Sequence for WCU 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. **Submit application with \$10 fee** (page 6 of booklet) along with the signed contract (page 7). Once your application is sent, please contact Alison (adonley@wcupa.edu) to be added to our **Google Classroom**. Check it weekly, please. **Begin the required readings** and reflections. Take the first available **seminar**.
2. **Schedule Yoga II and Mind/Body Health**
During Yoga II- Attend your **first *seminar** and start ****observation and assisting hours**. Forms for these are in “classwork” on the google classroom. **If you already completed the first seminar in Yoga I, plan to complete the second seminar. If you have not done so, make sure to attend seminar 1 this semester. Continue to work on required readings. Start your observations.**
3. **Schedule Yoga III and Mind/Body Health if you have not yet taken it.**
During Yoga III – all observation and assisting hours (if you want to assist some classes) will be completed during this semester. You will begin practice teaching in Yoga III and should be ready to schedule your teaching hours. Attend the last seminar needed if you have not done so -all should be completed by the end of Yoga III.
4. **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, for Residence Life in Goshen 108, and or at the Center for Contemplative Studies. **DO NOT RECORD** your students unless you have asked permission. They need to be informed that the recording is simply shared with your YTT mentor, not published online.
5. Attend **Mental Health First Training** as soon as you are able. Dates are posted on WCU website. These fill quickly. Please put a copy of your certificate in your hard copy or digital binder for your exit interview.
6. **Schedule an exit interview** with Alison Donley 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**.