

**Green Frog Yoga Teacher Training  
School Catalog  
200 Hour Teacher Training Program  
2018-2019 Catalog**  
(Volume 2, February 2018)

**Green Frog Yoga**



**Green Frog Yoga & Fitness LLC  
DBA  
Green Frog Yoga Teacher Training School  
2475 University Ave  
Suite M  
Green Bay, WI 54302  
920.883.8339 | [www.greenfroggyoga.com](http://www.greenfroggyoga.com)**

## **Mission Statement**

Green Frog Yoga Teacher Training School is dedicated to provide a place for students to learn how to guide a safe effective yoga class, take their own practice deeper, and learn about the history and philosophy of the yoga lifestyle.

The program will teach students to communicate effectively to a yoga class, teaching the classes through verbal instruction, hands on assists, and physical demonstration. Students will learn to plan classes that are appropriate to the ability and skill level of the students in class. Students will learn the basic anatomy for yoga teachers, the history of yoga, yoga philosophy, self-care practices, and basics of subtle energy body teachings.

## **School Information**

Green Frog Yoga Teacher Training School  
2475 University Ave.  
Suite M  
Green Bay, WI 54302



Website: [www.greenfrogyoga.com](http://www.greenfrogyoga.com)

Phone :920-883-8339

Email: [greenfrogyoga@gmail.com](mailto:greenfrogyoga@gmail.com)

## **School Facilities and Location**

The Green Frog Yoga Teaching Training School is located in Green Bay Wisconsin at:  
2475 University Ave.

Suite M

Green Bay, WI 54302

We offer over 20 classes per week, workshops and other training opportunities. The studio is equipped with mats, blocks, blankets, straps and bolsters.

As a student of the Green Frog Yoga Teacher Training Program, you will be offered free group classes at the studio for the duration of the program.

**Owner, School Director and Lead Teacher: Pamela Josifek ERYT-200, YACEP**



Pam Josifek has been teaching group fitness classes including yoga, core, cardio, and strength training for over 12 years. Pam discovered yoga way a key part of her wellness routine as a means to relax and increase her flexibility. As she experimented with different styles of Yoga, she fell in love with the flowing movements of hot power yoga. She was amazed at how quickly her muscles loosened up and how meditative it was to move from pose to pose during practice.

Pam is inspired to help people gain physical strength and endurance while finding the emotional balance in their life. She understands through years of career and personal challenges how important it is to find that balance and loves to help others live a strong, healthy, and fit life.

Pam’s favorite yoga class to teach is a Slow Vinyasa Flow class that is a physically challenging yet achievable for all levels.

**Education, Training, Certifications:**

E-RYT200, YACEP

NETA: Personal Trainer, Kettlebell I, Yoga, Pilates

YMCA Group Exercise Instructor

MOSSA: Group Active, Group Power

AMPD: Power Flow, Resistance, KettleBell, KettleBell Unplugged

SilverSneakers: Cardio, Classic, Yoga and SilverSneakers FLEX Instructor

### **Program Description**

The Green Frog Yoga Teacher Training Program 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. The Green Frog Yoga Teacher Training Program consists of 181 contact hours and 39 non-contact hours of homework and self-study. 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 earned by satisfactory completion of all required written assignments, homework and journaling and passing the final practicums.

The school's curriculum follows the Yoga Alliance guidelines and is a Registered School (RYS) with Yoga Alliance at the 200 hour level. Upon completion of the program students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

### **Catalog Changes**

The Green Frog Yoga Teacher Training Program 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. Class topics for specific dates and times, however, may be changed to accommodate teacher scheduling.

### **Requirements for Program Admission**

- Applicants should be 18+ years of age
- At least 6 recent months of regular yoga practice
- Be physically and mentally able/willing to practice and teach yoga
- Completed application with \$100 application fee (refundable based on a 3 day cancellation policy)
- Interview with Lead Trainer

Most program correspondence will occur electronically and there is an online portion to the program, so applicants should have Internet access and email.

### **How to Apply**

To apply to the program, please submit the completed application documents along with the \$100 application fee in the form of a check to Green Frog Yoga & Fitness, LLC. You may mail or drop off the application and check at the Green Frog Yoga studio. Application details are included at the end of this catalog.

**We will contact you within three weeks of your application submission to set up the admission interview.** Please understand that application to the program does not guarantee acceptance. The interview is an ideal opportunity to ask any questions about the program. You will be notified of your acceptance into the program via email once your interview is completed.

**Within 14 days of acceptance into the program, applicants must sign the Agreement & Liability Release Form, the Code of Ethics, and the Catalog Release Form, and pay the \$500 application deposit or make their full payment to ensure their spot and status as a student of the program.**

### **Application Deposit**

The application deposit of \$100 is due with the completed application. You will be refunded the \$100 within two weeks after your interview should you not be admitted to the program.

### **Advance Standing**

The school does not offer advance standing for any previous trainings or course work.

### **Non-Discrimination Policy**

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

### **Housing**

Green Frog Yoga does not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

### **Employment Assistance Services**

Green Frog Yoga does not offer employment assistance services. We will offer suggestions and discuss possible career and job opportunities within the field of teaching yoga, but we not offer career counseling or job placement. This program makes no guaranty of employment. For many, teaching yoga is a part-time endeavor and a few may pursue it as a full-time job. And for some, participating in a yoga teacher training is about deepening their knowledge of yoga as a discipline without necessarily having interest in teaching.

### **Student Code of Conduct**

Ethics are at the core of the yogic lifestyle. This topic is taken very seriously at Green Frog Yoga and within the Green Frog Yoga Teacher Training Program. The Code of Ethics outlines our expectations for student conduct. Please review it and be familiar with its contents. During our program, we will discuss ethics in depth.

Students are expected to follow all school rules, policies and ethical codes as outlined in this catalog and behave as mature adults. Any student whose conduct is disruptive may be terminated from the program at the discretion of the Green Frog Yoga administration. Disruptive behaviors include, but are not limited to: excessive tardiness, failure to pay fees when due, harassing other students, abusive language, breach of confidentiality, possession of or being under the influence of alcohol or drugs during school sessions, destruction of studio or school property, theft, any behavior creating a safety concern, any conduct that is unsatisfactory to Green Frog Yoga, its teachers, desk staff and students, and any act aiding, abetting, or inciting others to commit any act that would detract from the normal operations of Green Frog Yoga.

### **Attendance**

**Attendance at all sessions is required.** If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class and attendance is recorded in students' permanent records. Please arrive 15 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the Lead Teacher to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the student's benefit that all missed material is made up prior to the next scheduled meeting. Yoga asana time missed may be made up by attending approved classes. Lectures and other classes that are unique to the teacher training may be made up through individual private instruction with the Lead Teacher. Make up instruction resulting from absences will be charged at \$60 per hour.

If a student misses more than one full week of training or a training weekend, and the hours cannot be made up before the end of the program, the student may be dismissed from the program at the discretion of the Lead Teacher. A meeting between the student and the Lead Teacher will be set up to determine if the student is able to make up the missed hours or if the student will be dismissed from the program.

### **Tardiness**

Tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum-required attendance of 181 contact hours as required by Yoga Alliance (out of this 220 hour program). This class time must be made up, see "Attendance" for details on making up missed hours of class time.

### **Leaves of Absence**

Leaves of absence from the Teacher Training Program are not offered. If a student should have to discontinue the training, and should wish to continue the training at a later date, they would have to begin the program again at that time. The refund policy will apply to unused tuition.

### **Make-Up Hours**

Make-up instruction resulting from absences will be charged at \$60 per hour. See "Attendance" for requirements for make-up hours, should it be necessary.

### **Absence Records**

Absences are recorded by faculty and kept with student records in computer and paper files.

### **Teacher Training School Policies for Students**

Students are required to follow all Teacher Training School Policies once they are a student of the program. To be considered a student of the Teacher Training Program, the following criteria must be met:

- Student has successfully completed the application process (see above)
- Student has satisfactorily made their program deposit of \$500, payment in full, or first payment
- Student has signed and turned in the Agreement & Liability Release Form, the Code of Ethics, and the Catalog Release Form

### **Probation, Dismissal and Re-Admittance**

Students who are not progressing through the program at the minimum of a satisfactory level per the assessment guidelines will meet with the Lead Teacher to develop a probation plan to bring the student back to a satisfactory level. If the student does not progress according to the plan, termination from the program will result and the refund policy will be followed for any remaining tuition.

Students who are not fulfilling the Student Conduct codes (see "Student Conduct") will receive a written warning and will be placed on probation for the length of the program. If a second incident of student conduct policy violation occur, termination from the program will result and the refund policy will be followed for any remaining tuition.

The Lead Teacher will make probation and termination decisions. Students may apply for re-admission to a future class, however, admission is not guaranteed.

Requests for re-admission must be sent to Pamela Josifek, Lead Teacher, Green Frog Yoga Teacher Training Program at [greenfrogyoga@gmail.com](mailto:greenfrogyoga@gmail.com) or via mail to Green Frog Yoga, 2475 University Ave., Suite M Green Bay, WI 54302.

**Termination Procedure**

Students to be terminated or dismissed from the program are notified in writing and may appeal to the Lead Teacher of the Green Frog Yoga Teacher Training Program within three days of the Notice of Termination. Appeals may be sent to Pamela Josifek, Lead Teacher, Green Frog Yoga Teacher Training Program at [greenfrogyoga@gmail.com](mailto:greenfrogyoga@gmail.com) or via mail to Green Frog Yoga, 2475 University Ave., Suite M Green Bay, WI 54302.

**Reinstatement**

All students requesting reinstatement may be denied at the discretion of the Lead Teacher.

**Ownership and Governance**

Pamela Josifek is the owner of Green Frog Yoga. Pamela Josifek is the Lead Teacher of the Green Frog Yoga Teacher Training Program.

**Student Complaints**

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision made by the Lead Teacher on all complaints is final.

If a complaint cannot be resolved, the student can contact the Wisconsin Educational Approval Board for further assistance at (608) 266-1996 or via email at [EABMail@eab.wisconsin.gov](mailto:EABMail@eab.wisconsin.gov). The mailing address for the Wisconsin Educational Approval Board is 431 Charmany Drive, Suite 102, Madison, WI 53719.



**Refund Policy**

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under EAB 6.03.
2. Accepted was unqualified and the school did not secure a disclaimer under EAB 9.04.
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	N/A	No Refund

As part of this policy, the school may retain a one-time application fee of no more than \$100. The school will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40-days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student’s control, the school may refund a pro rata amount.

Students who wish to withdraw from the program may notify Green Frog Yoga Teacher training school in person, phone or email with their intent to withdraw. A written notice of withdrawal is not required and any method of withdrawal will be recognized. Students who fail to attend for three (3) consecutive sessions will be administratively withdrawn and refunded based on their last recorded date of attendance. The school will issue a refund within 40 days based on the refund schedule in the refund policy.

### **Tuition and Fees**

Tuition for the course is **\$2800.00 plus \$100 application fee**. Please make all checks payable to Green Frog Yoga Teacher Training or pay by credit/debit card in studio.

- The **\$100.00 application fee** is due when submitting application.
- Upon acceptance into the school a **\$500.00 deposit** must be submitted within seven days to hold a place in the class for the student.
- The remaining **balance of \$2300** is due prior to the first session unless one of the payment options below is agreed upon (June 18, 2018 for the Summer Session or September 8, 2018 for Weekend Session).
  - Summer Session Specifics
    - Receive a 10% discount if paid in full for the Summer Intensive by May 31, 2018. (Save \$280 - \$500 at time of acceptance, plus \$2020 by 5/31/18)
    - Receive a 15% discount if paid in full for the Summer Intensive by April 30, 2018. (Save \$420 - \$500 at time of acceptance, plus \$1880 by 4/30/18)
  - Weekend Series Payment options
    - Receive a 10% discount for the Weekend Series if paid in full by August 31, 2018. (Save \$280 - \$500 at time of acceptance + \$2020 by 8/31/18)
    - Receive a 15% discount for the Weekend Series if paid in full by July 31, 2018. (Save \$420 - \$500 at time of acceptance + \$1880 by 7/31/18)
    - Payment plan of \$230 per month auto-deduct for 10 months starting September 1, 2018 with final payment on June 1, 2018 (\$500 at time of acceptance + \$230/month for 10 months).
- Please budget approximately \$150 for the required textbooks, yoga mat, journal and supplies such as pen/pencils/highlighters. Textbooks can be purchased through any book retailer; discount or used books can be found online at [www.amazon.com](http://www.amazon.com).

### **Required Books:**

*Teaching Yoga: Essential Foundations and Techniques* by Mark Stephens.

*The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Adele, Deborah

*Hatha Yoga Illustrated* by Martin Kirk

*7 Secrets of a Successful Yoga Teacher: Using the Chakras as a Guide for Teaching* by Dr. Lisa Dana Mitchell

### **Additional Supplies Needed:**

Journal

Pens/Pencils/Highlighters

Yoga Mat

Supplies and books may be purchased anywhere. All of the books can be found for purchase on major online retail websites. It is recommended that students bring a water bottle and a few healthy snacks to the training. All other props, manuals and materials will be provided each week at training.

## 2018-2019 Program Dates

### ***2018 Summer Intensive***

***(Application Deadline: June 15, 2018)***

June 18, 2018 – August 2, 2018

Monday – Thursday

8:00 am – 3:30 pm

(no classes the week of July 2, 2108 – July 5, 2018)

### *Sample Day*

8:00am – 8:30am Answer questions from homework, reading

8:30am – 9:30am Daily Yoga Practice/Master Class

9:30am – 12:00pm Yoga History/Philosophy/Anatomy/Yoga Pose Breakdown

Lunch/Snack Break

12:00pm – 3:00pm Class Design/Assisting/Sequencing/Practice Teaching

3:00pm – 3:30pm Meditation, Discussion on Yoga Teaching Practice

### ***2017-2018 Weekend Program***

***(Application Deadline: August 31, 2018)***

September 8-9, 2018

October 5-6, 2018

November 3-4, 2018

December 1-2, 2018

January 12-13, 2019

February 9-10, 2019

March 9-10, 2019

April 6-7, 2019

May 4-5, 2019

June 1-2, 2019

Saturday 8am – 5pm

Sunday 8am – 5pm

### *Sample Day*

8:00am – 8:30am Discussion on Yoga Teaching Practice

8:30am – 9:30am Master Class/Practice

9:30am – 12:00pm Yoga History/Philosophy/Anatomy/Yoga Pose Breakdown

12:00pm – 12:30pm Lunch Break

12:30pm – 2:30pm Class Design/Assisting/Sequencing/Practice Teaching

2:30pm – 5:00pm Class Design/Assisting/Sequencing/Practice Teaching

## Program Curriculum

### Techniques, Training and Practice: 115 Hours (112 Contact, 3 Non-Contact)

Topics in this category could include, but are not limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

### Required Texts:

**Teaching Yoga: Essential Foundations and Techniques** by Mark Stephens.

### Syllabus Description

Understanding the Asanas	Asana Pose Breakdowns	Techniques, Training and Practice (TTP)	Contact Hours: 27.00	Non-Contact Hours: 3.00	Total Hours: 30.00
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#### Description

Contact Hours: Students will learn the following series with proper alignment for each pose, learning the Sanskrit language, understanding safe and effective cues for each asana and series: Calming Series, Sun Salutation A, Sun Salutation B, Dancing Warrior Series, Crescent Lunge, Triangle Pose, Balancing Poses, Hip Poses, Inversions, Spine and Core, and final resting series.

Non-Contact Hours: Students will read about sequences and poses to prepare for lectures using the following book: Teaching Yoga: Essential Foundations and Techniques by Mark Stephens.

#### Learning Objectives

Students will be able to recognize poses and sequences by name, including Sanskrit, based on reference material. They will learn the benefits of the poses and understand the alignment principles of them. Students will be able to teach the sequences during an asana practice.

Practice Teaching	Practice Teaching	Techniques, Training and Practice (TTP)	Contact Hours: 55.00	Non-Contact Hours: 0.00	Total Hours: 55.00
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#### Description

Practice the sequences and poses following the lecture and adding the sequences together to create an effective yoga class.

#### Learning Objectives

Students will learn to teach an effective yoga class using the knowledge of the poses, proper alignment and benefits for each series.

Practicing the Asanas	Asana Practice	Techniques, Training and Practice (TTP)	Contact Hours: 55.00	Non-Contact Hours: 0.00	Total Hours: 55.00
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Practice (TTP)	28.00	Hours:	28.00
		0.00	

Description

Students will be guided through asana sequences we will be discussing in class. They will experience Slow Flow Vinyasa, Restorative, Yin, Power, Kids, Pre-natal, and gentle flow classes. Focus will be on the slow flow vinyasa.

Learning Objectives

Students will practice, gain experience and knowledge of the different styles of yoga and how it feels to participate in a safe effective class. The students will gain confidence and experience understanding breath work, alignment and sequencing of poses for different populations.

Class Ideas	Mantra and Mudras	Techniques, Training and Practice (TTP)	Contact Hours: 2.00	Non- Contact Hours: 0.00	Total Hours: 2.00
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Description

An introduction to Mantras and mudras. Focus on how to incorporate them into a yoga class to enhance practice.

Learning Objectives

Students gain experience and become familiar with some common mudras and give the experience of chanting Mantras to enhance the yoga practice.

**Teaching Methodology: 27 Hours (22 Contact, 5 Non-Contact)**

Topics in this category could include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga\* (including marketing and legal)

\*Special Requirement: A maximum of five hours related to the business aspects of teaching yoga may be counted towards the Yoga Alliance Contact Hours requirements for this category.

**Syllabus Description**

Assisting for the Asanas	Assisting for the Asanas	Teaching Methodology (TM)	Contact Hours: 8.00	Non-Contact Hours: 0.00	Total Hours: 8.00
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Description

Students will learn how to observe, assist and correct alignment for the poses.

Learning Objectives

Students will learn and practice assisting techniques for the asanas to provide a safe and effective class.

Class Design	Class Design	Teaching Methodology (TM)	Contact Hours: 8.00	Non-Contact Hours: 3.00	Total Hours: 11.00
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Description

Students will understand and develop their class to include a theme, appropriate music, and sequencing. Students will understand and develop a workshop on the yoga topic of their choice. Non-Contact Hours: Research and develop the materials for their topic that they will lead a workshop session on during the practicum week.

Learning Objectives

Students will understand all aspects of class design including themes, music, sequencing, room space, voice, cueing, and presentation skills. Understand how to design a standard class and a workshop.

The Business	Business Topics	Teaching	Contact	Non-	Total
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of Yoga	Methodology (TM)	Hours: 2.00	Contact Hours: 0.00	Hours: 2.00
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### Description

Discussions on the business aspects of teaching.

### Learning Objectives

Students will learn the business aspects of teaching yoga. They will be introduced to the legal basics, finances, marketing, advertising and locations.

Special Populations	Understanding Needs of Special Populations	Teaching Methodology (TM)	Contact Hours: 4.00	Non-Contact Hours: 2.00	Total Hours: 6.00
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### Description

Students will research and report on the needs of special populations to the class. Contact Hours: class discussion/lecture on how to work with these special populations. Special populations include kids, seniors, athletes, pre-natal, and other concerns. Non-Contact hours: Research their special population of choice and be prepared to present material to the class.

### Learning Objectives

Students will learn how to adjust class themes, sequencing and asanas to meet the needs of special populations.

**Anatomy and Physiology: 34 Hours (14 Contact, 20 Non-Contact)**

Topics in this category could include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

\*Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga

**Syllabus Description**

Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology (AP)	Contact Hours:	Non-Contact Hours:	Total Hours:
			14.00	20.00	34.00

**Description**

Contact Hours: Lectures and discussions about human anatomy, body systems, bandhas, and chakras. The following systems will be covered: the muscular system, connective tissue, neuromuscular principles, the nervous system, the skeletal system, the foot & ankle, the knee, the hip joint, the posts, the pelvis, the SI joint, breath, bandha, the spine, the shoulder complex, the hand, wrist, elbow and the chakras. Non-Contact hours include reading the text *Functional Anatomy of Yoga: A Guide for Practitioners and Teachers* by David Keil, watching videos online describing the key concepts and taking online quizzes in each section.

**Learning Objectives**

Students will be able to understand the fundamentals of human anatomy. They will understand the basic terminology and the major anatomical systems, sections of the body and their components are affected through the Yoga sequences.



**Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 34 hours (28 Contact, 6 Non-Contact)**

Topics in this category could include, but are not limited to:

- The study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita)
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others (seva)

\*Special Requirements: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers.

**Required Texts for Yoga Philosophy, Lifestyle and Ethics**

- ✓ **The Yamas & Niyamas: Exploring Yoga's Ethical Practice** by Adele, Deborah

**Syllabus Description**

Ethics for Yoga Teachers	Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non- Contact Hours: 2.00	Total Hours: 6.00
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**Description**

Contact Hours: Discussion about ethics and responsibilities of teaching yoga. As a class we will review the Yoga Alliance Registry Code of Conduct and discuss how to live and teach by these principals. Non-Contact Hours: read the book. The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele.

**Learning Objectives**

Students will understand the importance of being an ethical yoga teacher.

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The Yoga Sutras	The Yoga Sutras	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 6.00	Non- Contact Hours: 2.00	Total Hours: 8.00
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### Description

Contact Hours: Discussion on the Yoga Sutras and how to integrate the philosophy in your life and your teaching. Non-Contact Hours Students will read the book "true yoga" by Jennie Lee and refer to the book "The Yoga Sutras of Patanjali" by Satchidananda, Sri Swami as needed for an additional resource.

### Learning Objectives

Understand and learn how to integrate the yoga sutras into your life.

Yoga History	Yoga History and the Eight Limbs	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 8.00	Non- Contact Hours: 0.00	Total Hours: 8.00
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### Description

Lecture and Discussion on the History of yoga including the Vedas, the Upanishads, the Eight Limbs of Yoga.

### Learning Objectives

Students will understand the history of yoga and yoga philosophy.

Ayurveda and Doshas	Ayurveda and Doshas	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 2.00	Non- Contact Hours: 0.00	Total Hours: 2.00
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### Description

Through lecture and discussion, trainees learn the history of ayurveda, and doshas. Discussing and practicing mindfulness.

### Learning Objectives

Students will gain knowledge of Ayurveda, and dosha balance.

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Bhagavad Gita	Bhagavad Gita	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non-Contact Hours: 0.00	Total Hours: 4.00
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### Description

Contact Hours: Lecture and Discussion about the Bhagavad Gita on how the ideas can be used in daily life.

### Learning Objectives

Students to explore how to use the concepts from the Bhagavad Gita in daily life.

Yoga LifeStyle	Yoga LifeStyle	Yoga Philosophy/LifeStyle Ethics (YPLE)	Contact Hours: 4.00	Non-Contact Hours: 2.00	Total Hours: 6.00
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### Description

Contact Hours: Students will choose a topic of their choice concerning yoga philosophy/lifestyle/ethics presenting the information to the class. The class will discuss the findings and how it can impact their teaching and lifestyle. Non-Contact hours: read a book of their choice on the topic and prepare a discussion for the class.

### Learning Objectives

Students to gain knowledge in an area of yoga philosophy/lifestyle that fits in their interests and daily life. Students will also practice presentation skills sharing the information with the class.

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**Practicum: 10 Hours (5 Contact, 5 Non-Contact)**

Topics in this category include:

- Practice teaching as the lead instructor (does not include assisting, observing or giving feedback)\*
- Receiving and giving feedback
- Observing others teaching\*\*
- Assisting students while someone else is teaching

\*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

\*\*Evaluation or observation of yoga classes outside of the RYS Teacher Training Program constitutes Non-Contact Hours.

Practicum - Asana Practice	Practicum - Asana Practice	Practicum	Contact Hours: 1.50	Non-Contact Hours: 0.00	Total Hours: 1.50
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Description

Trainee will be the lead instructor for a full-length yoga class during the final week of the program. Students will be graded as a pass/needs improvement.

Learning Objectives

Designing classes, music playlists, and refining teaching skills. As a way to monitor their progress, trainees will receive a pass/needs improvement grade.

Practicum - Workshop	Practicum - Workshop	Practicum	Contact Hours: 1.50	Non-Contact Hours: 0.00	Total Hours: 1.50
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Description

Trainee will be the lead instructor for an entire workshop on the yoga sequence/asana group of their choice to the group of trainees. Students will be graded as a pass/needs improvement.

Learning Objectives

Students will present an entire workshop, give and receive feedback. Students will be graded as a pass/needs improvement.

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Practicum - Asana Sequences	Practicum - Asana Sequences	Practicum	Contact Hours: 2.00	Non-Contact Hours: 0.00	Total Hours: 2.00
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Description

Students will lead a group of 2-3 students through each Asana sequence (15 minute sequences 8 times throughout course) and be observed by the Lead Trainer for feedback on teaching practice.

Learning Objectives

Students will be able to lead a class safely and effectively through the asana sequences.

Practicum - Observing	Practicum - Observing	Practicum	Contact Hours: 0.00	Non-Contact Hours: 5.00	5.00
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Description

Students will observe and give feedback to other students through the practicum classes.

Learning Objectives

Students will learn to give and receive feedback on class design, sequences, and presentation skills by observing and providing the feedback to their peers.

**Total Hours: 220 hours**

**Total Contact Hours: 181 hours**

**Total Non-Contact Hours: 39 hours**

## **Assessment Guidelines**

### ***Personal Practice/Journaling***

#### ***Yoga***

*Students are expected to maintain a regular yoga practice – a minimum of 10–20 minutes per day, 5 days per week and journal after each session. The journal entry should include:*

- ✓ *Date, time, and length of practice*
- ✓ *General description of the physical focus*
- ✓ *A description of at least one sequence or part of a sequence of postures*
- ✓ *Any other notes or thoughts*

#### ***Meditation***

*Students are expected to maintain a regular meditation practice – a minimum of 5–10 minutes per day, 5 days per week and journal after each session. The journal entry should include:*

- ✓ *Date, time, and length of practice*
- ✓ *General description of the kind of meditation practice (seated meditation, walking meditation, breath work, etc.)*
- ✓ *Any other notes or thoughts*

### ***Journal Assessment Guidelines:***

	<i>Completion %</i>
<i>Excellent</i>	<i>85% or higher</i>
<i>Satisfactory</i>	<i>75% - 85%</i>
<i>Unsatisfactory</i>	<i>&lt;75%</i>

### ***Weekly Practicum***

*Students are expected to individually teach the focus sequence learned during the lessons to the class or a small group designated by the Lead Teacher for a minimum of 15 minutes per week or weekend. Students will demonstrate the ability to teach the poses or sequences through verbal cues, and demonstration when needed. Students should be able to cue and demonstrate the basic beginner poses in the Vinyasa Flow sequence. Graded as satisfactory or needs-improvement.*

### ***Workshop***

*The workshop practicum will cover Teaching Techniques, such as creation of a workshop, safe instruction using proper demonstration, cuing and language, using proper time management, good reference material and class structure. The workshop practical exam will be graded pass (satisfactory) or fail. It will occur during the final weekend of training.*

### ***Completion of Online Anatomy Course***

*Students will be set up with access to the online anatomy course on the first day of class. Students are expected to complete all modules of the online Anatomy Course and provide Lead Teacher with a copy of the Certificate of Completion.*

### ***Final Practicum***

*The final practicum will cover Teaching Techniques, such as creation of a class using proper sequencing, safe instruction using proper cuing and language and using proper time management and class structure. The practical exam will be graded pass (satisfactory) or fail. It will occur during the final weekend of training.*

### **Certification**

To receive a certificate of completion from Green Frog Yoga Teacher Training School, students must complete the following:

- ✓ Online anatomy course providing the Lead Teacher a certificate of completion
- ✓ Journal - Satisfactory or Above assessment
- ✓ Satisfactory grade for weekly practicums
- ✓ Pass workshop practicum
- ✓ Pass final practicum
- ✓ Meet attendance requirements.

At that point, students are eligible to apply for Yoga Alliance 200 Hour registration.

### **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 181 contact hours and a minimum of 39 non-contact hours.

Green Frog Yoga Teacher Training Program staff is available to fulfill deficit contact hours at \$60 per hour.

### **Students' Records**

Student records are maintained at Green Frog Yoga in computer and paper files. The records maintained include the application, exam completion/grades, attendance, Green Frog Yoga Teacher Training Program - 200 Hour Level - School Catalog records and a copy of the Certificate of Completion.

All records, except for the Certificate of Completion, will be stored for a period of seven years from the date of graduation. The Certificate of Completion will be kept permanently. Records are private and students must contact Green Frog Yoga & Fitness LLC 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.

## 200-Hour Yoga Teacher Training Application

\_\_\_\_\_ 8 Week Summer Intensive June 18, 2018 – August 2, 2018 (Application Deadline June 15, 2018)

\_\_\_\_\_ 10 Month Weekend Program September 8, 2018 – June 2, 2019 (Application Deadline August 31, 2018)

### Personal Information

Name

Date of Birth

Address

City,

State, Zip

Cell Phone

Email

Current Occupation

Emergency Contact

Emergency Contact Phone

How did you learn about the Green Frog Yoga Teacher Training program?



### Background Information/Application Questions

Applicant Name \_\_\_\_\_

- How long have you been practicing yoga? How many times per week do you practice?
- What style(s) of yoga do you usually practice?
- Do you have a home practice?
- Who have been your primary teachers?
- Do you practice meditation or pranayama?
- Are you currently teaching yoga? If yes, for how long have you been teaching? Where do you teach? What styles(s) do you teach?
- Why are you interested in Green Frog Yoga Teacher Training?
- What are your expectations for this training? What do you hope to achieve at the completion of the program?

**Background Information/Application Questions (Continued)**

- Upon completion of this program, do you plan to teach? If so, what are you most excited about sharing with your community?
  
- Describe your physical health (major illnesses, injuries, surgeries, physical/mental conditions).
  
- Have you ever been injured from your yoga practice? If so, please describe in detail.
  
- Describe some of your other interests and hobbies.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

### Application checklist

\_\_\_ Personal Information

\_\_\_ Background Information/Application Questions

\_\_\_ Application deposit check made for \$100 to Green Frog Yoga & Fitness, LLC\*  
(Pd check #\_\_\_\_\_)

\_\_\_ Drop-off or mail completed application & check to: Green Frog Yoga 2475  
University Ave, Suite M Green Bay WI 54302

\*The \$100 deposit will be refunded in full in the event that you are not admitted to the program. Once your acceptance letter has been emailed, the deposit is non-refundable.

### Next Steps

\_\_\_ Scheduling Interview - Upon receipt of your completed application and deposit, you will be contacted via email to set up an admissions interview.

\_\_\_ Acceptance and Notification - You will be notified of your acceptance into the program via email once your interview is completed.

\_\_\_ Release Forms & Finalize Acceptance - Upon acceptance and to finalize your participation in the program, mail or drop off the \$500 program deposit payment along with the three release forms (Code of Ethics, Agreement & Liability Release, and Catalog Release) to Green Frog Yoga & Fitness, LLC or drop off at Green Frog Yoga. To pay the \$500 program deposit with credit card please pay online at [www.greenfroggyoga.com](http://www.greenfroggyoga.com) or stop in the studio.

\_\_\_ Welcome Email - You will receive a welcome email confirming your program deposit or full or first payment was received, along with any instructions or details needed about the first day/weekend of training.

**Payment Information**

**(return with your \$500 deposit after acceptance)**

Tuition for the course is \$2800.00 plus \$100 application fee. Please make all checks payable to Green Frog Yoga Teacher Training or pay by credit/debit card in studio.

\_\_\_\_\_ Application fee \$100 due with application.

**2018 Summer Intensive Payments**

\_\_\_\_\_ \$500 Deposit (due within 7 days of acceptance).

Choose one of the following to pay in full:

\_\_\_\_\_ \$2300 Pay balance in full by June 18, 2018 (Total w/deposit \$2800)

\_\_\_\_\_ \$2020 Pay balance in full by May 31, 2018 (Total w/deposit \$2520)

\_\_\_\_\_ \$1880 Pay balance in full by April 30, 2018 (Total w/deposit \$2380)

**2018-2019 Weekend Program\***

\_\_\_\_\_ \$500 Deposit (due within 7 days of acceptance).

Choose one of the following to pay in full:

\_\_\_\_\_ \$2300 Pay balance in full by Sept. 8, 2019 (Total w/deposit \$2800)

\_\_\_\_\_ \$230/Month set up with Auto-Deduct\* (Total w/deposit \$2800)

\_\_\_\_\_ \$2020 Pay balance in full by August 31, 2019 (Total w/deposit \$2520)

\_\_\_\_\_ \$1880 Pay balance in full by July 31, 2019 (Total w/deposit \$2380)

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**I am paying by:**

\_\_\_\_\_ **Cash** – Do not mail cash – call 920.883.8339 to arrange payment.

\_\_\_\_\_ **Check** – Check # \_\_\_\_\_

\_\_\_\_\_ **Credit Card** (online or in studio)

\*If you are interested in Auto-Deduct option I will forward an auto-deduct contract for you to fill out.

## Green Frog Yoga Teacher Training Program Agreement & Liability Release

I \_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and a release of muscular tension. As in the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga.

I hereby agree to irrevocable release and waive any claims that I have now or hereafter may have against Pamela Josifek, any assistant teachers, or Green Frog Yoga & Fitness, LLC.

I have carefully read this agreement and the entire contents of the Green Frog Yoga Teacher Training Program School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Pamela Josifek, the Green Frog Yoga Teacher Training Program and Green Frog Yoga & Fitness, LLC and all such hosts, instructors, organizers, and participants.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

## **Green Frog Yoga Teacher Training Program Code of Ethics**

As a certified Yoga teacher, you represent not only the Green Frog Yoga Teacher Training Program to your students, but the integrity of the yoga lifestyle. Certified Yoga teachers are expected to uphold the following ethical standards.

### **Purpose**

As a Yoga teacher, I recognize the sensitive nature of the student-teacher relationship. I recognize that it is my responsibility and privilege to support the physical, mental, emotional and spiritual well-being and growth of my students, and to uphold the dignity and integrity of the yogic teachings. Therefore, I agree to abide by the following ethical standards:

### **Professional Conduct**

In all professional matters and in my teaching practice, I agree to:

- ✓ Offer only those services I am qualified and competent to provide.
- ✓ Represent all professional qualifications accurately and correct any misrepresentation of professional qualifications.
- ✓ Not attempt to diagnose any physical or psychological condition of a student or prescribe any treatment.
- ✓ Not suggest or approve of anything that goes against a physician's treatment or advice.
- ✓ Stay aware of current topics in yoga teaching in modern society and take continuing education in yoga teaching on a regular basis.
- ✓ Be honest, straightforward, conscientious, fair and professional in all business, contractual and financial matters and dealings.
- ✓ Conduct business practices and manage business finances according to recognized business and accounting procedures.
- ✓ Avoid speaking negatively about other teachers, colleagues, and professionals, as well as other yoga styles or traditions.

### **Relationships with Students**

In recognition of the student-teacher relationship, the trust placed on me by my yoga students, and in order to provide an environment which facilitates the well-being of my yoga students, I agree to:

- ✓ Offer complete respect and show only the highest regard and sensitivity for my students' personal beliefs and values.
- ✓ Avoid any action that will conflict with the highest interest of my students.
- ✓ Treat all communications from students with professionalism.
- ✓ Avoid discriminating against any student and offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.

- ✓ Avoid taking unfair advantage of students financially, sexually, romantically or otherwise.
- ✓ Avoid exploiting the trust and dependency within the unique student-teacher relationship.
- ✓ Avoid any dual relationships with students (business, close personal, or sexual) that could compromise the integrity of our teaching or the well-being of the student.
- ✓ Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student. All forms of sexual behavior or harassment with students are unethical, even if the student consents to such involvement.
- ✓ Use caution if I choose to enter into a personal relationship with a former student. (The student-teacher relationship involves a power imbalance, which can remain even if the student is no longer studying with the teacher.)
- ✓ First discuss openly and honestly with my teacher or the Green Frog Yoga Teacher Training staff if any situation or circumstance arises in regard to a personal relationship with a student that is out of the ordinary and the appropriate course of action is unclear.
- ✓ Fully acknowledge that this ethical protocol is intended to support the best interests of my students and the Yoga profession.

### **Advertising**

In all advertising, promotional materials and descriptions of my services, including verbal statements, I agree to:

- ✓ Make no false statements or exaggerated claims as to the benefits of yoga or my classes/workshops.
- ✓ Represent my training, professional qualifications, certifications, affiliations and abilities with truth and accuracy.
- ✓ Not falsely imply sponsorship, endorsement, or representation by any organization.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**Green Frog Yoga Teacher Training Program  
Catalog Release**

I have read, understand, and agree to the terms Green Frog Yoga Teacher Training Program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_