



In-Depth Yoga Study & Teacher Training 200hr Certification

Course Catalog

Winter 2019



REPLENISH Yoga & Wellness In-Depth Yoga Study

In-Depth Yoga Study & Teacher Training 200 Certification Program with Yoga Alliance

Are you struggling to find balance and happiness? Are you looking for calm and confidence? Does living with ease and grace seem elusive? Have you been searching for an opportunity to expand your yoga practice? Do you want to learn more about the science of quieting the body and mind for greater living? Have you always wanted to teach the gift of yoga to others?

Replenish Yoga & Wellness is proud to announce the beginning of the In-Depth Yoga Study group starting in 2019. There is no better way to spend a year than making a REAL investment into your Self and your life! This course work will take you on a thorough study of yoga – what it is (a science for better living) and what it is not (a religion). Many students take this course work for their own learning, growth and practice expansion, and some go on to teach others.

The In-Depth Yoga Study will go far beyond poses – covering the eight limbs of yoga, meditation, breathing, anatomy, and much more. Courses will be held over seven intensive weekends, including some home study hours. Course work is designed to be educational and transformational by exploring yoga beyond what is often offered in the West. It is for anyone that wants to go deeper than just a stretch yoga class at a fitness center. This study is about the Western asana and physical practice of yoga, but it is also about the mind* body* spirit connection, connection to our True Self – living life with greater ease and balance, health and wellness for all the parts of our physical, emotional, energetic, intellectual and spiritual parts. Upon completion of the course, and with all completed homework completed within a specified timeline and approval from Replenish, the students will receive TT200 certification, recognized by Yoga Alliance. This national recognition allows the student to register as a Yoga Alliance registered yoga teacher (RYT 200).

Teaching offers many options from the standard teacher opportunities to studios, gyms, YMCAs, fitness centers, cruise lines and spas all over the world that offer yoga to their customers. Self-employment and business development are included in the course for those that want to be entrepreneurial with the certification. The sky is truly the limit as to how and where you can use your certification to teach and share yoga—some ideas are: working with small children, offering yoga to teenagers for wellness, troubled teens for hope, yoga with our Vets for PTSD and physical healing, private sessions to offer personalized support, work with schools, senior citizens for improved health and mobility, yoga for cancer survivors, yoga after PT for rehab, yoga for mental health patients, athletes (NFL teams all have yoga instructors now!) Whether you are teaching the mat work or meditation classes, philosophy, book groups/studies, relaxation or breathing, sharing any piece of yoga is giving a gift of better ease, living, breathing and peace! Whether you think you will ever want to teach yoga or not, your understanding and own practice and life will be changed forever!

The In-Depth Yoga Studies TT 200 course will specifically include, but not be limited to, the following:

- A pre-class survey and post-class assessment to gauge real results in your practice.
- Foundational yoga concepts of breath, body and mind all working in conjunction to build a healthier body with balance, strength, flexibility and relaxation.
- Identify and learn how to connect to and strengthen the inner core muscles of the abdomen (diaphragm, pelvic floor, inner obliques and multifidus) and legs.
- Full asana/posture training with review of alignment, muscle group benefits, anatomy and body benefits of each pose.
- Overview of yoga history, lineages, writings and styles.
- Book reviews and discussion on all of the following:
 - *Yamas & Niyamas*- by Deb Adele
 - *The Upanishads* – Introduced & Translated by Eknath Easwaran
 - *The Bhagavad Gita* – Introduced & Translated by Eknath Easwaran
 - *The Yoga Sutras of Pantanjali*
 - *Eastern Body/Western Mind* by Anodea Judith
 - Books By Suzie Hatley:
 - The Anatomy of the Knees* e-Book
 - The Anatomy of the Shoulder Girdle*
 - Anatomy of the Sacroiliac Joints*
 - Customized Yoga for Shoulders and Hips*
 - Anatomy and Asana: Preventing Yoga Injuries*
 - *30 Essential Yoga Poses: For Beginning Students and Their Teachers* by Judith Lasater
 - *Hatha Yoga* Illustrated by Kirk, Boon and DiTuro
 - *Yoga Anatomy* by L Kaminoff & A Matthews
- Complete meditation training and review learning how the mind works, how to create quiet, focus and presence.
- Teaching techniques, language, queuing, lesson plan development and preparation.
- Written reports on home study and books.
- 14 hours of Teaching Practicum.
- Overview of energy body including an in depth look at the Chakras.
- **50% discount on all Replenish classes & workshops during the term of the program.**

**** Note: All reading material is extra and at the student's expense. Some books and resources are available for sale through Replenish but others will be found on-line and/or in standard book stores.**



Program/Class Schedule

Seven (7) weekend intensives ranging from February 2019 to June 2019, Friday 4:00 pm to Sunday 3:30 pm (see website for actual dates & times) at www.replenishliving.com.

Enrollment Dates & Entrance Requirements

Applications are available online at www.replenishonrainylake.com.

- Applications for the 2019 semester are due no later than February 1, 2019.
- There is an application fee of \$75.00.
- Entrance requirements include a strong desire to learn and grow, an initial complete application and paid application fee, an interview with the Director of Replenish, a commitment to the schedule and all time requirements, and an open mind and heart.
- Applicants will be notified via email within 50-days of application of acceptance into the program.
- Upon acceptance and formal enrollment, the student will complete a student contract and pay a \$1,000 down payment to secure/confirm enrollment and a place in the class.
- *See fee schedule, refund and cancellation terms below. Minimum class count required to hold class as scheduled. If Replenish cancels a course, a full refund will be made to all pre-registered students within 20 business days of cancellation.*

School Information

Replenish is a Yoga Alliance Certified Yoga School and offering a Teacher Training 200 program in International Falls.

Replenish Yoga & Wellness Studio

900 5th St, International Falls, MN 56649

School Owner/Director/Lead Teacher:

Christa Heibel, eRYT200/RYT500

Christa began her Reiki study in 1998 while living in Denver, Colorado and has since received both Reiki I and Reiki II certifications. Christa began taking yoga classes in 2001 while living in California. Her formal Yoga teacher studies began in 2009 at the well balanced mind-body-spirit yoga center Yoga North in Duluth, MN. Yoga North introduced the 8 Limbs of Astanga Yoga as well as Hatha training which has become the foundation of her yoga practice and teaching. She was RYT 500 certified by Yoga Alliance in 2010. She opened Replenish Yoga & Wellness Studio in Fall of 2010. Christa specializes in helping people find greater ease in mind-body-spirit through yoga and release through classes, retreats, private sessions and coaching.



Terms & Conditions

School calendar year: from January 1 to December 31 on a calendar year. We recognize all federal holidays.

Attendance policies: All students must complete 180.5 hours of classroom with a Yoga Alliance In-Depth Yoga Teacher Training with approximately 60 + hours of external study. Make-up opportunities must be pre-approved by Christa Heibel and all absences must be made up with similar or same topics and matching hours. Make-ups can happen by:

1. Attending following year's Teacher Training section that you missed (no charge.)
2. Attending a similar approved workshop by Replenish with approved Replenish teachers in the studio at ½ off the price.
3. Attend a similar retreat or workshop by approved Replenish teachers off site for full price.
4. Attending an equivalent workshop at another Yoga Alliance certified school, studio, event or workshop.
5. Scheduling a private session to cover missed topics (25% off full price Replenish private training rates.)

ALL MAKE-UP TIME MUST BE PRE-APPRIVED BY CHRISTA HEIBEL

Detailed schedule of all fees:

- There is an application fee of \$75 at the time of application for processing.
- Upon acceptance and formal enrollment, the student will complete a student contract and pay a down payment of \$1,000 to secure and confirm enrollment and a place in the program.
- Class fees are as follows and will be selected by the student at the time of contract:
 - \$2700 total if paid in full 45 days prior to the first day of class. (25% Discount)
 - \$3240 total if paid in full 10 days prior to the first day of class. (10% Discount)
 - \$3600 total if a payment plan is in place beyond the first day of class.
 - All required readings books/e-books and additional supplies are at the cost of the student.

Grading policies: Replenish will grade the TT200 Certification Program on a pass/fail basis reflective of required classroom attendance, reading, reports and tests as assigned and outlined in provided Course Requirements.

Previous credit: Replenish does not accept credit for previous education, training, or work experience.

Disclosure Statement: 'Replenish Yoga & Wellness' is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.



Equipment and supplies: Yoga mat and props will be provided by Replenish in the absence of a student having their own to use during all classroom sessions. Books for required readings are at the students own expense and **will not** be provided by Replenish as part of the course fees.

Conduct: The following are conduct requirements for Replenish:

- On-time attendance to all scheduled events and classes
- Class participation
- No harassment
- Respect to all participants and teachers
- Confidentiality of all personal and course information

Probation and Dismissal: Probation or dismissal of students is at the discretion of the Director. Students to be placed on probation or dismissed will be notified in writing and may appeal to the Director within three (3) days of the notice.

Complaint procedure:

1. Complaint should be discussed directly with the individual involved.
2. If this initial interaction does not produce satisfactory results, a written complaint must be submitted to the Director. The Director will resolve the complaint in writing within ten (10) business days.
3. If the written resolution does not produce satisfactory results, the student must respond to Director within ten (10) business days. Final written response from Director will ensue within ten (10) business days.
4. If the complaint is not resolved, the student may file a complaint with the Minnesota Department of Education.

Minnesota Office of Higher Education

1450 Energy Park Drive, Suite 350

St. Paul, MN 55108-5227

Phone: (651) 642-0567

Cancellation: Student must submit a completed Cancellation Notice to cancel, effective date of cancellation and name/address to which the notice should be sent is attached. Replenish will provide you written notice of receipt of Cancellation Notice within ten (10) days (written notice will include clarification of cancellation date and execution date) and your refund will be forwarded within 30 business days of receipt of such notice.

Refund policy: Each student will be notified in writing of acceptance/rejection within ten (10) business days of application submittal. If a student is rejected, all tuition, fees, and other charges shall be refunded (less \$75 application fee).

- If a student gives written notice of cancellation within five (5) business days of the execution of the contract then a complete refund is given regardless whether the program has started (less the \$75 application fee).
- If a student gives written notice of cancellation after five (5) business days of the execution of the contract, but before start of program, student is assessed 15% of tuition, fees, and other charges (15% not to exceed \$50) (less the \$75 application fee).
- If a student gives written notice of cancellation after the start of the program but before completion of 75 percent of the period of instruction, student is assessed pro rata portion of tuition, fees, and all other charges based on the number of days in the term plus 25% of the total program (25% not to exceed \$100) (less the \$75 application fee).

Promissory Instruments: Will not to be negotiated prior to completion of 50 percent of the course.

Course Outline

Y201 Techniques, Training, and Practice

Clock Hours: 94.75

Course Objective: Through analytical training, demonstration, application, and teaching techniques, we will cover all pose options, including the basics, benefits, queuing and application of the poses, anatomy alignment, and participate in active discussion of the asana type. Students will have hands-on experience and knowledge to be able to describe and apply the basics, benefits, queuing, and application of these poses. Students will be able to use asana to assess and build personalized improved body function through customized approaches. **Lecture Hours: 94.75**

Y202 Teaching Methodology

Clock Hours: 23

Course Objective: Through thorough discussion and demonstration, students will learn how to honor the truth of the body, using props, hands-on experience assisting students, alignment and adjustments, teaching private classes, class planning, ethics, business management, and student learning process. Student will be able to adapt teaching style to fit individual's learning style while supporting the student's personal journey. **Lecture Hours: 23**

Y203 Anatomy & Physiology

Clock Hours: 21.25

Course Objective: Study of the structure and relationship between body parts and how muscles work and move. Discussion of five types of asana and 10 traditional poses through an anatomy perspective, including benefits of practice and healthy movement. Complete review of the Chakas and Nadis with exploration of the book Eastern Body/Western Mind, which compares Western childhood development. Student will be able to discuss skeletal alignment and the related physiology. Students will be able to identify and describe Chakras, Nadis, auras and Reiki energy practices. **Lecture Hours: 21.25**

Y204 Yoga Philosophy, Lifestyle, and Ethics

Clock Hours: 33

Course Objective: Review and discussion of the history and timeline of yoga, Vedas, Bhagavada Gita, the 8 limbs of yoga, Yamas, yoga Sutras, Sanskrit, Niyama, and yogic philosophies. Student will be able to describe the history of yoga, be able to demonstrate the connection to their current lives and identify the principles of the yogic philosophies. **Lecture Hours: 33**

Y205 Practicum

Clock Hours: 8.5

Course Objective: Gain experience in teaching and practice for hands-on assistance for students as well as participate in peer evaluations. Students will be able to demonstrate the essential teaching elements and build on their teaching skills. **Lab Hours: 8.5**



NOTICE OF CANCELLATION

In-Depth Yoga Training and TT200 Yoga Alliance Certification At Replenish Yoga & Wellness

Date of Transaction/Sale: _____ Date of Cancellation: _____

If you do not want the goods or services described above, you may cancel your purchase by mailing or delivering a signed and dated copy of this cancellation notice or any other written notice. Please out line below the reason for cancellation:

Please mail or deliver this completed form to:

Replenish Yoga & Wellness
Backus Community Center
900 5th Street, Room 303
International Falls, MN 56649

Notice must be sent no later than midnight of the fifth business day following the post-marked date of the school’s letter of acceptance. If you cancel, any payments made by you under the contract or sale will be returned within 30 business days following the postmarked date of the Notice of Cancellation (does not include the initial non-refundable \$75 application fee.) Any property traded in and any instrument executed by you will be returned within ten business days following receipt by the seller of your cancellation notice and any security interest arising out of the transaction will be cancelled. If you cancel, you must make available to the seller at your residence, in substantially as good condition as when received, any goods delivered to you under this contract or sale; or you may if you wish, comply with the written instructions of the seller regarding the return shipment of the goods at the seller's expense and risk. If the seller does not pick up the goods within 20 days of the date of our Notice of Cancellation, you may retain or dispose of them without any further obligation.

I HEREBY CANCEL THIS TRANSACTION.

Buyer's Signature

Date

Record of Attendance

Student Name: _____

It is each student's responsibility to accurately track their time, report it timely and do make-up hours as required:

Make-Up Hours Log

In-Depth Yoga Teacher Training Make-up Opportunities: Teacher Training absences must be made up with similar or same topics and matching hours. Make-ups can happen by:

1. Attending following year's Teacher Training section that you missed (no charge).
2. Attending a similar approved workshop by Replenish with approved Replenish teachers at the studio for ½ off full price.
3. Attend a similar retreat or workshop by Replenish teachers off site for full price.
4. Attending an equivalent workshop at another Yoga Alliance certified school, studio, event or workshop.
5. Scheduling a private session to cover missed topics (25% off full price Replenish private training rates.)

ALL MAKE-UP TIME MUST BE PRE-APPRIVED BY CHRISTA HEIBEL

Please hand this worksheet in with your certification paperwork.

Replenish Winter 2019 TT 200 Course Requirements

Homework for In-depth Yoga & Teacher Training and Yoga Alliance Certification

Completion of all classroom time and independent modules are necessary to meet the requirements of the program. You will have one year from completion of the classroom portion to complete all independent work. All homework and required papers need to be turned in at one time to Christa Heibel, Director of Replenish studio, for final review. Replenish operates on a pass/fail grading system based on completion of all items outlined below. Upon receiving a passing grade, you will receive a document of certification for completion of the 200-hour level Hatha instruction from Replenish that is required for your Yoga Alliance application:

1. Attend all 7 weekends of training for the 180.5 +-hour requirements. Complete and hand in attendance tracking and make-up hours as needed in accordance with the make-up policy. Also, complete an additional 60-70 hours of home study including all the reading and writing assignments.
2. Read all of the following books on the required reading list**:
 - *Yamas & Niyamas*- by Deb Adele
 - *The Upanishads* – Introduced & Translated by Eknath Easwaran
 - *The Bhagavad Gita* – Introduced & Translated by Eknath Easwaran
 - *The Yoga Sutras of Pantanjali*
 - *Eastern Body/Western Mind* by Anodea Judith
 - Books By Suzie Hately:
 - [*The Anatomy of the Knees* e-Book](#)
 - [*The Anatomy of the Shoulder Girdle*](#)
 - [*Anatomy of the Sacroiliac Joints*](#)
 - [*Customized Yoga for Shoulders and Hips*](#)
 - [*Anatomy and Asana: Preventing Yoga Injuries*](#)
 - *30 Essential Yoga Poses: For Beginning Students and Their Teachers* by Judith Lasater
 - *Hatha Yoga* Illustrated by Kirk, Boon and DiTuro
 - *Yoga Anatomy* by L Kaminoff & A Matthews
3. Documented class plans for all assigned in-class practicums with peers. Must have a minimum of 4 teaching sessions in group or one-on-one. Hand in Student Feedback Forms and Teacher Self Evaluation Forms (minimum 1 per practicum class).
4. Complete a 10-hour Teaching Practicum with required documentation of class outlines, times, dates and attendance. Include a report on what you have learned and changed from your first to your tenth hour as a teacher. Practicum must be pre-approved by

Replenish. Hand in Student Feedback Forms and Teacher Self Evaluation Forms (minimum 2 per practicum class).

5. Completion of all the in class and take home tests, as assigned. Handed in with final paperwork or as requested.
6. Do a constant 40-day practice with daily journaling and a self-reflective report.
7. Completion of all essays, group presentations and participation as assigned.
 - Review & presentation on assigned Upanishad
 - Book report on Yamas & Niyamas : their importance/role in the 8 limbs; how they interact with the others and what that means to the your yoga practice
 - Chakra Summary report with self-evaluation on your relationship and energy with each
 - Report on Surrender and what it means to you
 - Create an outline for a Beginner Meditation class
 - One hour of public class assistance and “seeing”
8. Complete and hand-in all course work within one-year of the final completed session date in attendance. *Hand in ALL completed paperwork at onetime for review, approval and certification*

** Note: All reading material is extra and at the student’s expense. Some books and resources are available for sale through Replenish but others will be found on-line and/or in standard book stores.

Equipment

Equipment and supplies:

- 1) Yoga mat and props will be provided by Replenish in the absence of a student having their own to use during all classroom sessions.
- 2) Books for required readings are at the student’s own expense and **will not** be provided by Replenish as part of the course fees.