



## QUITE A STRETCH YOGA TEACHER TRAINING CURRICULUM

A Yoga Teacher Training (YTT) can be an intense personal and professional journey. This YTT program is open to anyone with a sincere interest in learning the authentic meaning of yoga. The journey of a teacher is an ever un-folding expansion of possibility. The process of teaching unravels the heart and awakens you to the source of creativity within. It's the ability to stay on the path with a sense of awe and wonder at the beauty and magnificence of life expressing itself through you as you. Great teaching is learning how to artfully give voice to your journey as means to inspire and uplift others. Whether you wish to teach or deepen your practice, YTT is an excellent way to accelerate in your personal development.

This YTT teaches you how to teach asana/poses to others by lecture, demonstration, observation, non-touch correction - not by performing yoga with your students. As a teacher, your purpose is to provide a safe, progressive curriculum of learning, to help your students create a practice appropriate to their current state of health and conditions, to where they inevitably don't need you. They become their own teacher!

Learn through interactive lectures with visual aids, guided experiences, and small group interactions, as well as private sessions and guided home study between program sessions. You will be taught to inspire, to lead, and to powerfully use your own style to share the practice with populations you wish to work with.

The purpose of each session together is to explore yoga practice and philosophy in an in-depth fashion. This allows each participant to explore the many dimensions of yoga practice to help deepen one's own practice. This program is an opportunity for practitioners and teachers of all levels to improve their personal practice, provide a well-rounded understanding of the philosophies of yoga, and prepare you on how to teach a group with various abilities and conditions.

A YTT manual is provided to students at the first session who are enrolled in the full 200 hour program.

Quite A Stretch Yoga School YTT Program is registered with Yoga Alliance at the 200 hour level under the 2020 guidelines. A 200hr YTT graduate is qualified to work with the varying levels of yoga student's teachers encounter.

YTT Mission Statement: This Yoga Teacher Training is designed to:

- provide a vehicle for honing personal practice (sadhana)
- cultivate a knowledge base from which to teach breath-centered yoga
- learn techniques to prepare you to take on the role of teacher
- study physical anatomy and the yogic body
- learn how to assist and observe experienced teachers and learn how to look at, assess, and guide students safely in asana/poses
- explore the ethics and business of teaching yoga
- provide an inspiring environment and supportive community (satsang) where you



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can share your experiences and findings and reflect on their meaning

- explore the concepts of yoga and support the unfolding of your inner teacher, so you learn to teach from intuition.



This training has applications well beyond teaching yoga as it provides a supportive and nurturing environment for you to develop the confidence needed to become a teacher and will give you the real-world know-how to make it a profession.

#### Program Format

ONLINE Immersion: Each training session will occur weekly Tuesday 7-10pm, Saturday 9:30-1:30pm with the option of Sunday from 3:00-6:00pm for interaction with each other and your trainer Sheilah Laffan.

In addition to these group training sessions each student will be required to build on their own personal practice.

**Program Faculty** Contact hours are taught by Experienced (RYT 500) teachers who meet the Registered Yoga Alliance years of teaching and continued education requirements as well as RYT 500 teachers who support a portion of those hours.

Your primary teacher is Sheilah Laffan, RYT 500, founder & Owner - Quite A Stretch Yoga School. As needed, she will be assisted by an experienced team of certified Yoga teachers. Teaching since 2017, Sheilah is an e-RYT 200, currently completing her IAYT - Certified Yoga Therapist, 140 hours Trauma Yoga Trained, and an Energy worker. She is a member of the IAYT (International Association of Yoga Therapist) and this 200 hour Yoga Teacher Training is a Registered Yoga School with Yoga Alliance.

**Why this program is unique?** The therapeutic orientation of the yoga practice, which is inspired by a one-to-one, breath-center, one breath one movement, tradition but has also been adapted to conventional group class setting, of learning to teach from the lens of accessibility as well as trauma informed and sensitive.

**Prerequisites** It is preferred that applicants have an established yoga practice in any yoga system prior to the beginning of the program. The strength of this foundation will support the Yoga Teacher Training program but it is not required.

The only requirement is fill out the "Registration Form" (attached) and to come with an open mind and hopefully leave with an open and compassionate heart.

**Make-up Policy** Because this training is based on a specific number of hours attended, missed classes must be made up. You are given these dates in advance to make space for this training in your schedule. If you know there will be a conflict, please let the teacher trainer know as far in advance as possible. If you miss more than 20 hours of training, you will be unable to complete the rest of the TTY training. However, with approval, you are invited to attend a future teacher training.

One-on-one private sessions are available to go over the material covered at \$60 per hour. Depending on the number of hours missed, you may be able to make up some of



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the time with a written paper or additional project depending on the lesson. As the majority of our group learning will occur online, sessions will be recorded for you to review and must be done within that week.



Training Calendar Weekly classes plus one-on-one mentoring and field work.

- scheduled weekly sessions that take place on (Tues/Sat/Sun)
- Remaining components (35 group classes + 5 mentoring classes) are customizable to fit to your schedule and to be completed in your own time.
- Reading, writing & online assignments including submitting a class plan.

#### Contact Hours

Immersion are considered "contact hours" and are required to graduate. 200+ contact hours are built into the YTT, leaving some room for absence. Remaining hours are considered "non-contact".

#### Non-Contact Hours

In addition, participants must complete 60 hours outside classroom attendance for personal development not covered by tuition. This includes a home practice, evaluations of other classes, reading/audio/visual assignments, internet aids, written assignments/tests, and group discussions/activities/meet-ups.

2021 Program Dates – Tuesday 7:00pm -10:00pm, Saturdays 9:30am -1:30 pm, Sundays, in studio 3:00-6:00pm

Tuesday 7:00-10:00PM 3:00-6:00PM ONLINE	Saturday 9:30 -1:30PM	Sunday
		Satsang
with each other and Sheilah		
Feb 2	Feb 6	Feb 7
Feb 9	Feb 13	
Feb 16	Feb 20	Feb 21
Feb 23	Feb 27	
March 2	March 6	March 7
March 9	March 13	March 21
March 16	March 20	
March 23	March 27	
March 30		
April 6	April 3	
April 13	April 17	April 18
April 20	April 24	April 25
April 27		
May 4	May 1	May 2



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May 11

May 18

May 25

May 8

May 15

May 22

May 29

May 16



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QUITE A STRETCH YOGA TEACHER TRAINING REGISTRATION

Training Location: Quite A Stretch Yoga Virtual.

MAY 29, 2021

Program Dates: FEB 2–



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#### MEDITATION EXPERIENCE

Do you already practice meditation? If so, what type?  
If yes, how long have you practiced meditation?  
Describe your personal practice of meditation and how regularly you practice

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#### OTHER EXPERIENCE

Please list other trainings you've taken and healing modalities you've studied, including self-awareness or personal growth work

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What motivated you to pursue studies in yoga? What does yoga mean to you?

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How did you find out about this program?  
What do you hope to gain from this training?

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#### HEALTH INFORMATION

**\*\* CONFIDENTIAL \*\***

Does your physician know you are participating in this training program:  
What is the present state of your health:  
List all injuries or illnesses and how they affect your current condition:

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Chronic physical limitations/physical handicaps (i.e. vision, hearing, movement, etc.):

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List prescription medications you are taking for physical or psychological reasons:



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#### INFORMATION & POLICIES

1. Applying: Complete and mail/email your "Getting to Know You" Attn.: Sheilah Laffan, Quite A Stretch Yoga & Zumba LTD. 672 Fennell Ave East Hamilton L8V 1V2 or EMAIL [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com) with your \$500 deposit to hold your spot (applied to tuition). Please note on the envelope "YTT " and feel free to contact me if you have any questions regarding applying. 905 906 8598
2. Interview: Sheilah Laffan, Director of Quite A Stretch Yoga, will contact you for a phone or personal interview to discuss your participation. This is a great opportunity to ask any question about Yoga Teacher Training.
3. Deposit: Your deposit is non-refundable. Make your payment online through the Quite A Stretch Yoga website [www.quiteastretchyoga.com](http://www.quiteastretchyoga.com) or email transfer to [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com)
4. Tuition: Your tuition must be paid in full by the 1st module. Tuition is non-refundable but transferrable to classes at Quite A Stretch Yoga & Zumba. Any returned payments will be subject to merchant service fees.
5. Books: Books are not included in your tuition. A recommended reading list will be provided at the first class.
6. Acceptance: Once you've been accepted into the program and your deposit is received, you will receive a Welcome Package with more detailed training information.
7. Photos: Please be advised that filming and photography may take place during modules. By participating in this YTT, you will be giving consent to being photographed, filmed and/or recorded.

#### Certificate of Completion

Each trainee is required to attend and successfully complete all outlined assignments, classroom instruction and module hours to earn their Registered Yoga Teacher Certificate.

Participation for non-certification are welcomed. This is a wonderful experience to increase your personal practice as well as expand your knowledge in all aspects of yoga. Non-certification allows you to opt-out of any assignments outside the classroom hours. You will not be awarded a certificate at the completion of YTT.

To ensure the highest level of quality instruction and personalized attention, each program is limited to 10 participants for optimum, individual learning and comfort. First come first served. Complete and include the Payment Contract with your Registration forms.

Initials Date



## YOGA TEACHER TRAINING PAYMENT CONTRACT

Name (print)

Date

Program Dates (From)

(To)

### Tuition Fees:

Fees include classroom time, Zoom classes, YTT training manual. Cost does not include recommended books. A reading list will be provided upon registration.

Check which tuition fee you are paying below

Level I: 200 hr Yoga Teacher Training                      \$3,400 +HST

Deposit \$500 (non-refundable) applied to tuition fee.

To be paid in Full PRIOR to the first session September 23, 2020

### PAYMENT OPTIONS

Level I: 200 hr Yoga Teacher Training                      \$3,600 +HST

8 Installments of \$508.50

Balance due by the 1st of each month

### Cancellation/Refund Policy:

No portion of your deposit/tuition will be refunded for partial program attendance. While tuition is non-refundable, it is transferrable to classes and workshops at Quite A Stretch Yoga & Zumba Ltd. and must be used within a twelve (12) month period. In case of an emergency cancellation, you may apply the fee to another YTT within two (2) years of the course for which you originally registered.

### Tuition Payment Methods

- Payable in cash, cheque or money order payable to: Sheilah Laffan, Quite A Stretch Yoga & Zumba
- Credit card payments may be made online through the Quite A Stretch Yoga website.

I have read, understand and agree to the terms and conditions explained in the Yoga Teacher Training Registration Form, Payment Form, Curriculum (subject to change), Required Books & Materials, Homework Assignments, Attendance/Certification policies, terms and condition in this packet.

Signature

Date



Required BOOKS:

The Yamas & NiYamas by Deborah Adele

The Living Gitaby Sri.S. Satchidanada

The Yoga Sutra of Patanjali by Sri S. Satchidananda

This is That by Anand Mehrotra

Yoga Anatomy Colouring Book by Kelly Solloway

The Key Muscles Yoga – Ray Long

The Language of Yoga – Complete A-to-Y Guide to Asana Names, Sanskrit Terms, and Chants by Nicolai Bachman

Recommended Books of Interests:

The Little Book of Hindu Dieties by Sanjay Patel

Chakra Balancing: A Guide to Healing & Awakening Your Energy Energy Anodea Judith

Science of Breath – Swarma Rama

Chair Yoga – Kristin McGee

Yoga for Everybody by Dianna Bondy