



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/guide 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 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 200-hour YTT graduate is qualified to work with the varying levels of yoga student's teachers encounter.

QAS 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 can share your experiences and findings and reflect on their meaning
- explore the concepts of yoga and support the unfolding of your own Sat Guru, or 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

IN PERSON and ONLINE Immersions: Each training session will occur weekly **Tuesday 7-10pm EST** and **Saturday 10-3:00pm** with the option of coming to the Quite A Stretch Studio on **Sunday from 2:30-5:30pm** for live interaction with each other and faculty.

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 (E-RYT 500) teacher who meet the Registered Yoga Alliance years of teaching and continued education requirements.

Your primary lead teacher is **Sheilah Laffan**, E-RYT 500, founder and 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 500, 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) **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 sensitive.

Prerequisites

It is preferred that the applicant has 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 to fill out the "Registration Form" (attached) and to come with an open mind and 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, you can attend future trainings at your own expense.

One-on-one private sessions are available to go over the material covered at **\$108 per hour**. Depending on the number of hours missed, you may be able to make up some of the time with a written paper or additional project depending on the lesson. As most of our group learning will occur in person or 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.

FALL 2022 Program Dates

Tuesday 7:00pm -10:00pm, Saturday 10am -3:00 pm, Sunday in studio 2:30-5:30pm (11 hr)

Tuesday 7:00-10:00PM

Saturday 10:00 – 3:00PM

**Sunday 2:30-5:30 PM
In studio or Online
Q&A/review with Sheilah**

Sept 27

3hrs

Oct 4

Oct 1

Oct 8

Oct 11

Oct 15

Oct 16/30

43hrs

Oct 18

Oct 22

Oct 25

Oct 29

Nov 1

Nov 5

Nov 6/13/20

44hrs

Nov 8

Nov 12

Nov 15

Nov 19

Nov 22

Nov 26

Nov 29

Dec 3

Dec 6

Dec 10

Dec 8/15

30 hrs

Dec 13

Dec 17

Dec 20



Quite A Stretch Yoga & Zumba® Ltd.
"Your journey 'OM'"

Jan 3
Jan 10
Jan 17
Jan 24
Jan 31

Jan 7
Jan 14
Jan 21
Jan 28

Jan 8/15/22/

44 hrs



QUITE A STRETCH YOGA TEACHER TRAINING REGISTRATION

Training Location: Quite A Stretch Yoga Virtual/Live

Program Dates: **Sept 2022 – Jan 31, 2023**

Please print clearly or type

Today's Date _____

PERSONAL INFORMATION

Name _____

Nickname _____

to be printed on your certificate of completion

Address _____

Birth date _____

Age _____

Home Phone _____

Cell Phone _____

Work Phone _____

Fax _____

Email _____

Website _____

Current Occupation _____

Why did you want to take this yoga teacher training and what do you hope to gain?

What particular skills and qualities do you bring to this program?

YOGA EXPERIENCE

How long have you practiced yoga? _____

List styles and main teachers _____

Describe your personal practice and/or spiritual practice, what style of yoga and how regularly you practice. Feel free to include practices of faith, rituals and traditions.

Are you currently teaching yoga? _____

If yes, how many classes per week? _____ What tradition/style? _____

If yes, are you already certified at the 200 or 500 hour level with Yoga Alliance or other equivalent? _____

If you are not currently teaching yoga, are you taking Yoga Teacher Training to...

Get certified to teach group classes _____ Deepen your personal practice _____



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

OTHER EXPERIENCE

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

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

How did you find out about this program? _____

What do you hope to gain from this training? _____

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: _____

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

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



List any supplements and/or natural remedies (include what condition it's for):

List any allergies to food, medications or the environment:

EMERGENCY INFORMATION

In case of emergency, please contact:

Name _____ Phone _____
Physician _____ Phone _____
Therapist _____ Phone _____

I hereby declare that the above information is true to the best of my knowledge.

Signature _____
Name (please print) _____ Date _____

RELEASE OF LIABILITY

I hereby acknowledge that I have voluntarily applied to participate in activities related to physical training involving Yoga. As is the case with any physical activity, the risk of injury, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body and discontinue the activity. I am voluntarily participating in these activities with knowledge of the danger involved and hereby agree to accept any and all risks of injury or death. I acknowledge that I have been given my physician's approval to participate in this program

I hereby agree that I, my heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Quite A Stretch Yoga School, Quite A Stretch Yoga & Zumba Ltd. or Sheilah Laffan or any of its affiliated organizations and/or the owner or lessor of the premises where the activities are conducted for injury or damage resulting from the negligence or other acts, howsoever caused, by any employee, agent or contractor of Quite A Stretch Yoga, or its affiliates, as result of my participation in yoga training. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Quite A Stretch Yoga, or any of its affiliated organizations

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM SIGNING THIS AGREEMENT VOLUNTARILY, AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND RECOGNIZE MY SIGNATURE SERVES AS COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE EXTENT ALLOWED BY THE LAW IN THE PROVINCE OF ONTARIO CANADA.

Signature _____ Date _____



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 with your **\$500** deposit to hold your spot (**applied to tuition**). Please note on the envelope "YTT " and feel free to contact Sheilah 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 or email transfer to 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 book requirements**.
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) September 3, 2022 (To) Jan 31, 2023

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 1: 200 hr Yoga Teacher Training \$3,500 +HST

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

To be paid in Full PRIOR to the first session September 3, 2022

PAYMENT OPTIONS

Level I: 200 hr Yoga Teacher Training \$3,800 +HST

_____ 8 Installments of **\$536.75**
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 _____

