



*Yoga Muse School Of Yoga*  
**200-Hour Yoga Teacher Training Application**  
*Hosted by Bridge Studio at Art of Awareness*



### **Program Overview**

Yoga Muse School of Yoga 200-hour Yoga Teacher Training is a 200-hour immersion program, registered with the Yoga Alliance and led by Mindy Miller Muse, MSW, ERYT500hr. This program will meet over a total of 11 weekends: nine- 2 day weekends and two-3 day intensives and will be hosted at Bridge Studio at Art of Awareness and will primarily meet in South Portland, Maine. Some Sessions and classes may meet in Kennebunkport, Maine at Yoga Muse School of Yoga. This 200 hour Yoga Alliance approved course is an introduction to the immense exploration of yoga. This course is open to yoga students from any background who are interested in becoming a yoga teacher, as well as those who simply want to deepen their yoga practice and understanding. This comprehensive training will include an emphasis on safely addressing the needs of individuals and unique populations and will include trauma sensitivity, welcoming diversity and adapting yoga postures for all bodies including bigger bodies and aging bodies. While participants will be encouraged to develop their own teaching style, this training will have an empowerment approach, where teachers are encouraged to promote student choices and encouragement to adapt yoga postures to suit unique/individual needs.

During this training, you will be expected to develop a home yoga practice, as well as attend at least 3 additional yoga classes at Yoga Muse School of Yoga (YMSY) and/or Bridge Studio at Art of Awareness (outside of the training dates and at no additional cost.) You will also be required to attend 3 additional classes in the community in various styles of Yoga. If you have not taken classes with Mindy before applying to this training, you will be required to take 1 to 2 complimentary classes with her prior to acceptance

### **Training Requirements**

- A serious commitment to learning and practicing Yoga.
- The physical and mental capacity/stamina to participate in a 200 hour immersion.
- A minimum of 2 years of consistent yoga practice (exceptions will be considered).
- The ability to follow the attendance policy .
- Willingness and ability to attend a minimum of 6 classes outside of the training hours outlined above.
- Willingness and ability to create a daily home practice and complete all homework assignments.

### **Curriculum Information**

#### **Techniques**

*Foundational asana:* We will explore the 5 categories of Asana (standing postures, backbends, forward bends, twists and inversions) with focus on key alignment points and common misalignments, as well as the use of variations and props to assist a diversity of bodies. Restorative Yoga and Yin Yoga Intensives will be included. Pranayama and meditation practices including learning 3 specific Pranayama and 3 specific meditation practices. Chanting will be a component of the training as well as learning yoga posture names in both English and Sanskrit.

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## Curriculum Information (cont.)

### *Physical Anatomy:*

- Systems of the human body with particular emphasis on the following areas:
  - skeletal system
  - spinal column
  - muscular system
  - connective tissues
  - nervous system
- Anatomy and asana, including:
  - 7 movements of the spine in asana
  - benefits and contraindications to moving the spine in all directions

### *Energetic Anatomy:*

- A broad overview of energetic anatomy with more in depth study of the following areas:
  - 7 chakras
  - 5 koshas
  - 4 bandhas

### *Yoga Philosophy:*

- Introduction to History and Philosophy
- intro to Sanskrit and the Yoga Sutras of Patanjali
- 8 limbs of Yoga with and an in depth study of Yama and Niyama (the first 2 limbs)
- Overview of various styles of Hatha Yoga, as well as different types of yoga (Hatha, Karma, Bhakti, Jnana)
- Ethics and lifestyle of yoga and teaching yoga

### *Teaching Methodology:*

- The art of assists
- The art of demonstration
- Effective communication and boundary setting
- Sequencing/developing a lesson plan

**NOTE:** The Yoga Alliance gives each registered 200-hour school 15 teaching hours to allocate within the categories of study at their own discretion, after ensuring that the first 185 hours cover particular core categories of study. This training will spend the additional 15 hours on teaching methodology, specifically on safely addressing the needs of individuals and unique populations. This portion of the training will include *trauma sensitivity, welcoming diversity, and adapting yoga postures for all bodies, including larger bodies and aging bodies*. While participants will be encouraged to develop their own teaching style and to look at the pros and cons of various styles, including traditional guru/student relationships, this training will focus on offering an empowerment approach, where teachers are encouraged to promote student choices and permission to adapt yoga postures to suit unique, individual needs.

### *Practicum:*

Practice teaching will be integrated throughout the training within the training group. Each participant will have a minimum of 5 practicum hours as the lead instructor both within our training group as well as while leading 1-2 community classes. Participants will also observe other's teaching and give and receive feedback.

### **About Mindy**

Mindy has been practicing Yoga since 1997 and teaching for over 15 years. She has a background in clinical social work (MSW) and a special appreciation for Hatha Yoga's potential to strengthen the mind/body/heart connection. Mindy blends an appreciation for and an in depth knowledge of anatomy and an alignment based approach to asana with the importance of inspiring each individual's unique and innate wisdom through facilitating curiosity, creativity, and choice. Mindy's style is grounded in a trauma informed, empowerment approach to Hatha/Raja Yoga.



## Program Logistics

### *Training Schedule:*

The schedule is comprised of 175 scheduled classroom hours, 5 TBD practicum hours, 20 non-contact hours, and 3 weekly classes (TBD by student). The 175 contact hours in the training classroom are comprised of nine 15-hour weekends (135 hours), held on Saturdays and Sundays from 8am to 4:30pm. NOTE: There are two 3-day intensives (see dates below). The hours for these weekends are Friday from 11:30am to 6:00pm, and Saturday and Sunday from 8:30am to 4:30pm.

### *2020/2021 Training Dates:*

- Sept 12/13
- Oct 3/4
- Nov 7/8
- Nov 20/21
- Dec 11/12/13\* (3-day intensive)
- January 9/10
- Feb 6/7
- Mar 12/13/14\* (3-day intensive)
- Apr 10/11
- May 1/2
- June 5/6

\*\*Please reserve May 14/15/16 for make up dates in the event of weather or emergency cancellations

### *5 Contact Hours of Practicum:*

These 5 required hours will be scheduled for practicum teaching open classes and observation during the training with the students' availability in mind.

### *20 non-contact hours:*

(A minimum of) twenty hours are non-contact, and include written homework, reading assignments, and attending three classes with other teachers outside of the training hours in various styles of Yoga as assigned as well as an additional 3 classes \*with Mindy and other teachers at Bridge Studio during the duration of the training at no additional cost.

## Tuition Information

### *Tuition Includes:*

- 180 contact hours with Mindy Miller Muse and additional staff
- anatomy charts and other study materials
- 10 additional classes are included in the training tuition (a 5-class pass at Yoga Muse School of Yoga and a 5-class pass at Bridge Studio to be used within the training dates.)

\*Please note participants are required to take a minimum of 3 classes combined between the 2 studios during the training.) Additional classes may be taken at the discounted rate of \$12/class.

### *Cost and Payment Options:*

1. \$100 non-refundable application fee submitted with application. \$500 non-refundable deposit due upon acceptance to the program. 9 installment payments of \$261.11 *total payment is \$2950*
2. \$100 non-refundable application fee submitted with application. \$500 non-refundable deposit due upon acceptance to the program. Remaining balance (\$2150) due on the first day or prior to start of program: *total payment is \$2750*

### *Additional Costs:*

Please plan on approximately \$100 for required reading material, and \$45 for attending three local classes. Transportation and meals are not included.



## Training Contract

To participate in the training, you will be required to sign a contract regarding payment policies and participation policies. If you cannot agree to the contract, you will not be accepted into the program. Upon Completion of the program including all assignments, participants will receive a certificate and be eligible to register with the Yoga Alliance as a 200 hour RYT.

### *Partial Scholarship/work study option:*

One work study scholarship may be awarded, based on financial need and interest in teaching Yoga. The reduced price will be \$2750 (with payment plan available) and will include an agreement to assist Mindy with set-up and clean-up on training dates.

### *Policies:*

- The application fee is NON-REFUNDABLE.
- Any payments made including the deposit are NON-REFUNDABLE.
- Your attendance and participation are required, missing more than 4 days of class (or more than 30 hours) will negate your eligibility to graduate. This includes time missed for arriving late or leaving early.
- All assigned homework must be completed to be eligible to graduate.
- All quizzes and exams must be completed with demonstration of relevant learning/knowledge
- All tuition payments must be made prior to obtaining graduation certificate.
- In the event of cancellation of training date(s) by the teacher due to inclement weather or other circum-

