



perennial

Yoga · Wisdom · Community

Perennial WISDOM

200 Hour Teacher Training Program (Vinyasa Yoga)
Program Catalog

*Perennial Yoga, Meditation and Wisdom
5500 E. Cheryl Parkway | Fitchburg, WI*

Perennial WISDOM is Yoga Alliance Approved

OUR MISSION

The Perennial WISDOM Teacher Training Program is designed to give students an in depth knowledge of yoga techniques, asana, philosophy, meditation, pranayama, anatomy and teaching methodology so they can go forth and share their love of yoga with others. In addition, we explore yoga's ancient past addressing many questions concerning the art and science of yoga today. Our program is inclusive and offered in a way that is accessible for any level of student wishing to deepen their understanding of yoga.

Perennial WISDOM Teacher Training Program is a 200 hour yoga teacher training course using standards established by Yoga Alliance (www.yogaalliance.org). The course includes a 4-day Immersion and 9 weekends, along with assigned readings, homework and observation requirements. Upon successful completion of Perennial WISDOM's TT Program, students will be awarded a Certificate of Completion and be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200 hour level.

OUR VISION

Our vision for the Perennial WISDOM Teacher Training program is to create an inspiring and insightful space so our students can learn, experience, integrate and teach yoga.

WHAT STUDENTS CAN EXPECT TO LEARN:

LEARN:

- How to weave together a vinyasa class that grounds, flows, transforms, creates freedom and unifies mind, body and heart - a Wholehearted Yoga class.
- The predominant element of nature and ancient symbology expressed in the yoga postures.
- Yoga philosophy including the Yoga Sutras and the major branches of Raja, Jnana, Bhakti and Karma yoga.
- The subtle body and various yogic models; the bandhas, koshas, kleshas, vayus and chakras that give rise to the energetic shifts we experience on our yoga mat and meditation cushion.
- Ayurveda - the “science of life” that brings your practice off your mat and into your lifestyle.

EXPERIENCE:

- A deepening and expansion of your definition of yoga through your intensified practice-life and with your devoted teachers.
- The science, art and spirit of yoga and how abundant your life becomes when you become a devotee.
- Sharing heart-to-heart, teaching the dharma, incorporating technical knowledge, and infusing joy and playfulness into your teaching.
- Inviting the energetic body into your teaching approach by guiding breath work and offering mudras and mantras.
- The nudge you might be needing to step into your power and to make a difference in people’s lives, beginning with your own.
- A lot of practice teaching time in partner and small groups.
- What it feels like to lean on and learn from a tribe of people who will become very precious to you.

INTEGRATE:

- Bring harmony and health within by matching your own cadence with nature and letting go of struggle.
- Honor your desires and manifest your dharma through intention-setting, visioning exercises and Yoga Nidra.
- Live with greater self-knowledge and self-compassion.
- Nourish every level of your being, expand into more freedom, and experience greater unity with yourSelf and others.

PERENNIAL WISDOM TEACHER TRAINING FACULTY

Meg Sirchio, E-RYT 200, Director

Meg Groves feels so fortunate to have found a second career....actually a second life, as a yoga teacher and owner of Perennial Yoga and Meditation. She's honored to extend the beauty and power of yoga to others knowing firsthand how transformational and healing this practice is. Her goal is to help her students move past self-imposed limitations and experience their true power and goodness. Along the way she wants them to experience inspiration, truth, possibility, laughter and inner peace, so when they step off their mat and into their life they take the innate strength and loving kindness they've reconnected with into their world. Perennial Yoga and Meditation and her yoga teaching is an expression of what she's learned during her life journey as a woman, a mom, a social worker for 23 years and as a University Professor teaching group dynamics and leadership. Meg has studied with Baron Baptist and has her 200 hour yoga teacher certification. She has been a student in the higher education classroom, of influential teachers, and during travel throughout the world but she continually strives to make the present moment her most important teacher.

Keith Borden, E-RYT 200 RYT, Co-Director

Keith Borden is consistently turned on by the stillness within movement, the silence hidden in sound, and the esoteric in the everyday. I love to practice yoga, and sharing this practice that I love for the last decade has been a terrific gift. I'm very lucky. I have great teachers in my life – Jasmine Tarkeshi, Dana Flynn, David Robson, David Gellineau, Manorama, and Rabbi Joseph Gellberman – and being a student is one of the best parts of the yoga practice. The classes I offer are energetic and balanced, and are infused with playfulness and creativity. I strive to live, breathe, and offer the devotion-rich yoga that comes out of my daily home practice. I'm a singer, kirtan wallah, a bhakti yogi, and an interfaith minister. I always chant with my classes, and occasionally I play and sing during savasana. I love to experiment in my practice, and years of Muay Thai, Tai Chi, and Qi Gong have taught me that all movement is healing and complementary to my sadhana. My goal is to hold a space that fosters inner quiet, true strength, and a healthy, joyous spirit where students can re-unite with and REJOICE in their true Self.

David Lincecum – 200 RYT, Ayurvedic Practitioner - Ayurveda

David Lincecum is a Certified Ayurvedic Practitioner, certified in ayurvedic yoga therapy by the California College of Ayurveda and a registered yoga teacher.

Sean Ward – 200 RYT, Meditation

Sean completed the 200 hour Yoga Teaching Certification at Inner Fire Yoga in 2012. He came to yoga as a way to accentuate his meditation practice. As an instructor, his style is heart-centered, promoting presence and connection with Self. Every class, he feels, is an opportunity to create an environment that promotes a more meditative, spiritual practice.

Scott Lamps – 200 RYT, Anatomy

I have yet to find the limits of yoga practice. Many years ago, I was a soccer player who began yoga in order to keep my body healthy and strong while avoiding the injuries that come with competitive sports. Along with a healthy body came mental control, determination and patience. I love yoga for its athleticism – I participate in the USA Yoga Asana Competitions. I also love it for its physical therapy – Ghosh yoga is founded on the principle of creating health in the body, both inside and out. I also love it for its serenity, spirituality and stillness of mind – breath control and meditation are growing parts of my personal practice. I studied with Tony Sanchez, a yogi who has been practicing for 40 years without injury, focusing on sustainability, spinal health and individual modification. My teaching is always focused on using proper body mechanics combined with mental control and stillness. I strive to balance each class with strength, determination, relaxation and stress relief.

Bryan Sirchio – The Bhagavad Gita

Bryan is passionate about spirituality in general and is an avid student of the Wisdom Tradition and the spiritual practices found at the core of all major religious visions. Bryan holds degrees from Duke University (A.B. in Religion with a concentrated study in Psychology) and Princeton Theological Seminary (Masters in Divinity). He is an ordained UCC minister and former pastor, a retreat leader, songwriter, author, recording studio owner, and his original music has been published widely throughout the U.S. and abroad. Bryan has also worked extensively with grassroots organizations among the poorest of the poor in Haiti since 1990, and he looks forward to sharing this magical country with Perennial members on upcoming Sacred Journeys to Haiti. Bryan loves taking yoga classes at Perennial and when he is not in Madison he is often on the road offering concerts, keynote addresses at conferences, and leading retreats.

Katie Hill – 200 RYT, Setting Intentions, Creating Themes and Speaking to Spirit

Having been introduced to the practice at the ripe age of 13 as a way to cope with a rather fiery adolescence, Katie has been dedicated to yoga and meditation for 27 years. In 2006 she received her 200-hour teachers certificate from Living Yoga Program in Austin, TX.

She has studied with many amazing master teachers, and blends the best of her favorite styles into a grounded slow flow practice that is calming and lifeaffirming. Katie believes that every person can do yoga and can benefit from the life-changing practice, regardless of the state of their physical body or their current beliefs about their abilities. Her style incorporates grace, humor, acceptance, and mindfulness.

Jamie Healy – 200 RYT, The Practice of Dharma Visioning

Jamie took her first yoga class in Seattle in 2002 and has been practicing ever since. She has a deep respect for the ability of the human body to heal itself and has seen firsthand what a consistent yoga practice can do to calm the mind and deepen the connection to self and others. Jamie is a lover of all things natural. Often described as “organic,” she creates natural skin care products using essential oils. In 2014 Jamie received her 200 hour RYT certification after completing the Perennial Wisdom Yoga Teacher Training at Perennial Yoga & Meditation. Jamie’s classes will encourage you to trust your inner teacher and connect to your truest nature.

Carla Coleman – 200 RYT, Working with Beginning Yoga Students

It has been said that we may have been sent to yoga by challenges and obstacles in life, and that yoga is about moving toward the light. Carla’s own transformational journey began at Perennial Yoga and Meditation in January 2012 and she received her RYT 200 through Perennial Wisdom Teacher Training two years later.

Like an archeological dig, her yoga practice has helped her to peel away the layers that had dusted over the authentic self. Her wish is to share this amazing, heartfelt practice with others through vinyasa flow classes that create a moving meditation, a space for your inner wisdom to percolate to the surface, a place to find the stillness inside, and an opportunity to access the spiritual through the physical. Movement, music, meditation, breath work and joy are the foundations of her classes. You bring yourself, your life, your truth. Her hope is for you to unearth your own gifts and grace on your mat, take those treasures into your life, and to live from that center.

SCHOOL INFORMATION

Perennial WISDOM Teacher Training
5500 E. Cheryl Parkway, Fitchburg, Wisconsin
608-288-8448

www.perennial-yoga.com/perennial-wisdom-teacher-training/

At Perennial our commitment is to stay true to the teachings of yoga and offer students a full expression of the practice, so that they can heal body and heart, overcome any kind of illness or unhappiness and reach a place of splendid health, strength and peace.

Why the name Perennial?

Perennial Wisdom or Perennial Philosophy can be understood in the phrase, “That Thou Art” taken from the ancient Upanishads. The phrase teaches that our life path is to find out WHO and WHAT we really are and that we’re all destined to come to the same realization.... that we are connected to everything and to the Divine within. On our yoga mat and meditation cushion, we find the space to reconnect with who and what we really are.

FACILITIES

Set on peaceful prairie landscape in Fitchburg, Wisconsin, the Perennial studio is located within the Asian-inspired architecture of the Agora campus. The studio has three studios with floor to ceiling windows. All are fully equipped with bolsters, straps and blocks. A fourth space offers a place for classroom meetings and meditation. Perennial also has a vegetarian cafe called Surya Cafe, 3 shower rooms, and a one-on-one room for energy and bodywork services. There is a large parking lot and underground parking as well.

CATALOG CHANGES

The Perennial WISDOM 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. However, class topics for specific dates and times may be changed to accommodate teacher scheduling

CALENDAR AND SCHEDULE

Refer to schedule on our website General Outline of Content Explored Weekend by Weekend*

**Some changes may be made to the weekend content to accommodate guest speakers/teachers and visiting faculty. You will be informed of any content changes or weekend program format changes prior to the scheduled weekend session.*

THE IMMERSION: The “Ground” & Flow” Arc of the class

WEEKEND 1: Raja Yoga

WEEKEND 2: The “Radiate” Arc of the Class

WEEKEND 3: Karma Yoga

WEEKEND 4: The “Breathe” and “Expand” Arc of the Class

WEEKEND 5: Bhakti Yoga

WEEKEND 6: A Visiting Teacher Immersion

WEEKEND 7: The “Unify” and “Meditate/Restore” Arc of the Class

WEEKEND 8: Jana Yoga

WEEKEND 8: Graduation

PROGRAM DESCRIPTION

Perennial WISDOM 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.

1. Techniques, Training and Practice: 100 hours

Topics in this category include: asanas, pranayamas, chanting, mantra, meditation and other traditional yoga techniques. This will include 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Emphasis is placed on use of language, demonstration, assisting, use of props and modifications.

2. Teaching Methodology: 25 hours

Includes an overview of teaching methodology, teaching styles, qualities of a teacher, addressing specific needs of individuals and populations, communication skills, group dynamics, time management and business aspects.

3. Anatomy and Physiology: 20 hours

Includes study of human physical anatomy and physiology (bodily systems, organs, etc.) and subtle 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).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Includes the study of yoga philosophies and traditional texts, such as the Yoga Sutras and The Bhagavad Gita. Study also addresses yoga lifestyle, ethics for yoga teachers, value of teaching yoga and being of service to others.

5. Practicum: 10 hours

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback.

Direct Contact Hours: 185

Direct contact hours are mainly with primary instructors, Meg Sirchio, E-RYT 200, and Kieth Borden, E-RYT 200, RYT 500.

Non-Contact Hours: Ranges from 20-4

Includes home work assignments and take home final test, taking and observing vinyasa classes, providing hands-on assists in classes and the Karma yoga project.

Total Hours: 228 hours

HOW THE PROGRAM WORKS

Each scheduled weekend will include a combination of lecture, asana practice, experiential exercise (meditation, breath work, chanting, etc). Throughout the program, there will be time for discussion of Yoga Philosophy, history, The Bhagavad Gita, and Pantanjali's Yoga Sutras's and the Eight-Fold Path.

Attendance at each session is mandatory since the curriculum, asana practice, and progression of training are carefully sequenced for maximum learning and comprehension.

If you have an extenuating circumstance and you have to miss a session, you will be required to make up direct contact hours with one of the Co-Directors or a designated instructor at an additional expense of \$85/hour. If you anticipate missing any part of our scheduled meetings, please contact one of the co-Directors immediately. If you miss a weekend and do not call and notify one of the Co-Directors, you will be dismissed from the program. Unused tuition will be refunded per the Refund Policy.

HOMEWORK ASSIGNMENTS

Homework assignments will help the student:

- *integrate what they read, learn and practice during the weekend sessions*
- *helps instructor assess their progress within the program*

All homework assignments will be graded as Complete/Incomplete and will be reviewed with students for discussion at next meeting session. Feedback will be in either written or verbal form.

Homework assignments will include but not be limited to:

- *Diagramming Poses*
- *Creating a Vision Board*
- *Required reading*

Required Reading;

- *How Yoga Works*, Michael Roach & Christie McNally
- *Bhagavad Gita*: Eknath Easwaram
- *The Yoga Sutras of Patanjali*, Sri Swami Satchidananda
- *Anatomy of Hatha Yoga*: H. David Coulter

Suggested Readings

There are suggested readings throughout the course that reinforce and add additional information to what the student is learning each weekend. Students will not be graded on these suggested readings.

Additional Suggested Reading:

- *Living Your Yoga: Finding the Spiritual in Everyday Life*, Judith Hanson*
- *The Tree of Yoga*, BKS Iyengar*
- *The Untethered Soul*, Michael Singer*
- *Polishing the Mirror*, Ram Dass*
- *Turning the Mind into an Ally*, Sakyong Mipham*
- *Light on Yoga*, BKS Iyengar

- *A New Earth: Awakening to Your Life's Purpose*, Eckhart Tolle*
- *The Yama & Niyamas: Exploring Yoga's Ethical Practice*, Deborah Adele
- *Spirit and Practice of Moving into Stillness*, Erich Schiffmann
- *Yoga Adjustments*, Mark Stephens
- *Yoga Sequencing: Designing Transformative Yoga Classes*, Mark Stephens
- *The Key Muscles of Yoga*, Scientific Keys, Vol. One, Ray Long
- *The Language of Yoga*, Nicolai Bachman

Final Take-Home Exam

Students will have one take-home exam, WISDOM Teacher Training Exam, which will include elements from Techniques, Teaching Methodology, Anatomy/Physiology, Yoga Philosophy/ Lifestyle and Ethics (Pass = 75% correct/More refinement Needed < 75% correct). Students will be given 2 additional opportunities in a 2 month period to convert "More Refinement Needed" into "Pass". This take-home exam will be handed out two weeks prior to the last weekend and will be returned on Friday nite of the last weekend in the session.

Corrected exams will be returned within two weeks of completing the exam.

Student Progress

Student progress will be addressed through one-on-one meetings with each student mid-way through the program. Readings, homework assignments, and preparation for Final Practicum and Exam will be discussed as well as any concerns on the student's part.

Teaching Demonstrations

Since teaching in front of a class requires skill and poise and practice, students will teach to one another to one another throughout the program.

This practice gives the student substantial teaching experience:

- helps the student identify their voice
- learn to speak from a place of authenticity
- understand the importance of cueing with clarity
- practice incorporating a theme, quote, intention into the class
- develops self-confidence in front of a class
- develops self-confidence in their ability to teach and assist at the same time
- offers an avenue of feedback based in a supportive and nurturing environment
- helps the students focus on specific areas they need to refine

These opportunities to teach to the group will not be graded.

They are opportunities for each student to practice their craft.

Final Practicum

The final practicum is an opportunity for the student to deepen, refine, and demonstrate his/her understanding of how to plan and teach a Vinyasa Yoga class. Final practicums will be conducted during the final weekend session. Students will be evaluated based on 2 guidelines; Their use of the arc of a Vinyasa Class as taught in the program to create a thoughtful class sequence and second; Their ability to cue students accurately into poses and hold space for the class. This practicum will be assessed by Pass/Needs More Refinement. Students will be given 2 additional opportunities in a 2 month period to convert “Needs More Refinement” into “Pass”. Students will receive specific information about what to review to improve their understanding to develop and teach a Vinyasa class.

Other Requirements

During the course of the Perennial WISDOM TT Program, students are required to practice two times per week, attend 3 meditation classes, observe 2 vinyasa-style classes, provide 10 hours of hands-on assisting and participate in a Karma Yoga Day Project. These non-contact hours are to be recorded on the documentation forms provided in the Student Manual.

TUITION AND FEES

Program Cost: \$3,500 *plus a \$100 application fee*

Early Registration: \$3,000 - *Save \$500*

Payment Schedule:

- Application Fee: \$100. Due at time of program application. This fee is non-refundable but will be returned to those applicants not accepted into the program.
- Deposit: \$500. Due upon acceptance into program and applied to tuition.
- First Installment Payment: \$1,500 or \$1250 (if you met early registration date). Due on or before the 1st day of program.
- Second installment Payment: \$1,500 or \$1250 (if you met early registration date). Due 45 days after start of program

If students are not able to make payments by these dates, they will be withdrawn from the program and refunded according to the Refund and Withdrawal Policy (p.19).

What is included in the cost:

- 228 hours of training that happens during the immersion and 7 weekends with additional weekdays included.
- Unlimited yoga and meditation practice at Perennial during the course of the teacher training program. If you are already an Inner Peace member, your auto-pay will be suspended for 2 months.
- Training Manual

What is Not included in the cost:

- All required books to be read are not covered by the program fee and will cost extra. Please see below "Required Reading Materials" for outline of book fees.
- Cost of the Visting Teacher Immersion
- Any mats, towels, pens, paper etc.

Missed Sessions

Any missed sessions must be made up with the primary instructor or a designee at \$85/hour. If you know that you will miss an entire weekend due to a prior commitment, please contact the Co-Directors in advance of signing up for the program to discuss options.

Additional Mentoring

Core concepts that are not understood or demonstrated by the student through homework, experiential learning or practice teaching may require additional mentoring by the lead instructors or faculty and will be charged at \$85/hr.

Late Homework assignments

Any homework assignments received after the last session or final practicum review done after the last session will be billed at \$85/hr rate.

ADMISSIONS POLICIES:

Admission Requirements:

- Applicants must be 18 years of age or older.
- To be considered for the program applicants should have a regular yoga practice and have practiced yoga for at least one year. Applicants should be able to physically perform the techniques they will teach. This does not mean an applicant must perform all techniques (asanas) covered in the training.
- Applicants are encouraged to have access to computer, printer/scanner and must be comfortable with sending and receiving emails, scanning, and downloading materials as needed.
- Submit a \$100 application fee (non-refundable/non-transferable). Those not accepted into the program will be given a full refund.
- Submit a \$500 dollar deposit that will be applied to tuition upon acceptance.
- Complete the application and submit with the application fee and deposit as needed.
- A statement of reference from your yoga teacher about your yoga practice and their opinion of your suitability to attend a rigorous yoga training program is required. A maximum number of students will be accepted into the program, and applications will be considered on a first come, first served basis.
- A phone interview will be scheduled once the application has been received. This interview will be used to get any additional information about the student's interest in the program and to discuss any unique learning needs.
- The applicant must complete and submit the online application form. Upon acceptance into the program applicants must sign the Catalog Release and Liability Waiver form agreeing to the terms and conditions set forth for participation in the program.

How to Apply

- Submit the online application form on our website
- Submission of a complete and full application is an important part of the screening process. Once your application is received, a phone interview will be scheduled. Application to the program does not guarantee acceptance. Please submit your application early and at least two weeks prior to the start of the program as spaces are limited and filled in order as qualified applications are approved.
- Pay the \$100 application fee through the link provided.

Early application is encouraged because spaces in the course are filled as qualified applications are received and accepted. No more than 20 students will be accepted into the program.

Notification

You will be contacted within 5 working days upon receipt of your application. An email notification will confirm receipt of your application and application fee. Once a telephone interview has been completed, applicants will then be notified via email/phone within two weeks whether or not they've been admitted to the program.

COMPLETION REQUIREMENT AND POLICIES:

- Attendance at all scheduled weekend sessions (and assigned weekdays) and make-up of any missed sessions through one-on-one or as discussed with Co-Directors.
- Completion of all reading assignments and any homework assignments, including but not limited to preparing sequences for mock teaching experience (Complete/Incomplete).
- Complete an Anatomy take-home test identifying major muscle groups and bone structures (Pass = 75% correct/More refinement Needed <75% correct).
- Completion of one page type-written book report summarizing one of the several books offered (Complete/Incomplete).
- Plan and teach a one-hour Vinyasa class to fellow classmates and faculty as final practicum (Pass = 75% correct/More refinement Needed < 75% correct) Students will be given 2 additional opportunities within a 2 month period to pass this requirement.
- Completion of one take-home exam, WISDOM Teacher Training Exam which will include elements from Techniques, Teaching Methodology, Anatomy/Physiology, Yoga Philosophy/Lifestyle and Ethics (Pass =75% correct/More refinement Needed < 75% correct). Students will be given 2 additional opportunities in a 2 month period to convert “More Refinement Needed” into “Pass”.
- Complete and document 12 hrs Vinyasa-style classes, 3 hrs meditation classes, 10 hrs observing vinyasa-style classes, 5 hrs anatomy readings, 5 hrs philosophy readings, 10 hrs hands-on assisting in class setting, 6 hrs Seva* work, and 3 hrs practicum preparation (Documentation forms will be provided for within the Student Manual)
- Payment of application fee, tuition fee and any additional make-up or mentoring fees.

**Seva (meaning self-less service) involves assisting in various duties at the studio and/or volunteering with a charity of your choice. Students will be asked to sign-up for a seva work at the beginning of the program.*

Homework

Students who don't complete homework and final project within 2 months of the completion of the training as a result of extenuating circumstances will be charged \$85/hour for time required as part of homework review or final project review.

Applying to Yoga Alliance

Yoga Alliance is a national credentialing organization for yoga teachers. Yoga Alliance maintains a national Yoga Teacher's Registry to recognize and promote teachers with training that meets minimum educational standards. Upon completion of all requirements for certification, Perennial WISDOM will issue a certificate that can be used to apply for registration with Yoga Alliance. Perennial WISDOM will also notify Yoga Alliance of students who have completed all completion requirements.

Perennial WISDOM Teacher Training Program is a Registered Yoga School with Yoga Alliance with an approved 200 hour teacher training program. Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.

Upon Completion of the Program, Perennial WISDOM TT Program will:

- Provide a certificate of completion of training program requirements
- Notify Yoga Alliance of students who have completed all program requirements

Employment Services

The Perennial WISDOM Teacher Training program does not offer job placement services. The program does offer suggestions for pursuing a career in Yoga and class time is devoted to the business aspects. Perennial WISDOM TT does not guarantee employment placement.

PROGRAM POLICIES:

Non-Discrimination Policy

The Perennial WISDOM Teacher Training program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Student Conduct

The Code of Conduct outlines acceptable, ethical, and professional behavior that we agree to uphold either as student or teacher within the Perennial WISDOM Teacher Training Program. The ethics statement encourages all of us to act from a place of integrity with kindness and compassion. Please review this Code of Conduct and sign it as soon as you can.

Attendance

To gain maximum benefit from the program, attendance is required for all sessions. If you anticipate missing any class sessions, please discuss this either Co-Director as soon as possible. If a student does miss a class, whether asana or lecture, they must meet with the either Co-Director 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. Make up instruction resulting from absences will be charged \$85 per hour.

Student attendance at each session will be recorded via sign-in sheets. These sign-in sheets will be kept on file with the student's records.

Tardiness

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. If unforeseen circumstances (i.e., weather, car issues) arise, please call either Co-Director to discuss. If a Student is more than 15 minutes late for a session, it will be at the discretion of the Co-Directors whether to deduct one hour from their total contact hours and require a "make up" as described in Attendance and will be charged \$85 per hour.

Leave of Absence

Leave of absence from the Teacher Training Program is not offered. If a Student should have to discontinue the training and wish to continue their training at a future date, they will need to begin the program again at that time. The refund policy will apply to unused tuition. If the participant does decide to continue at a later date, and there has been an increase in tuition, the participant is responsible for the difference between the original tuition they paid and the new tuition fee required.

Student Records

Student records are maintained at Perennial Yoga & Meditation on computer and paper files for a period of 6 years. It is the student's responsibility to keep a copy of their home work assignments. An electronic copy of the student's completion certificate will be kept on file at Perennial Yoga & Meditation. Records are kept private and students must contact Perennial Yoga & Meditation in writing to obtain a replacement graduation certificate. A \$25 fee will be charged for replacement certificates.

Probation, Dismissal and Re-Admittance

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal from the program.

Students who are not fulfilling **Student Conduct** codes will receive a written warning and a corrective plan will be discussed with the student. Should a second incident of conduct policy violation occur, termination from the program will result. The school Co-Directors will make this decision and implement the dismissal. Refunds will be applied per the refund policy. Students who have been dismissed, may apply for re-admission to a future training, however acceptance is not guaranteed.

A student will be considered to be in a probationary period if they have homework that needs additional refinement or they aren't up-to-date with homework assignments. The student will have up to 2 additional opportunities within a 2 month period to convert a "Needs Additional Refinement" to "Pass". Students will have up to 2 months to turn in homework, past the time that it is due. If they have a homework assignment that "Needs Additional Refinement", they will have up to 2 additional opportunities within a 2 month period to convert a "Needs Additional Refinement" to "Pass." A student will be considered off probation when the homework is turned in and a "Pass" is achieved.

If a student is not grasping the content in the course or satisfactorily completing the homework, but wishes to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to complete home work assignments, or teach a final practicum or take final exam, will be dismissed from the program after the probationary period is over. Unused tuition will be refunded per the refund policy.

Auditing is not an option offered through the Perennial WISDOM TT Program.

Advanced Standing

Perennial WISDOM Teacher Training does not offer any advanced standing for any previous training or coursework from other yoga schools.

Housing

Perennial WISDOM Teacher Training does not provide housing. Recommendations can be provided for any student commuting for the weekend.

Student Complaints

If a student has a complaint about an instructor, about the program, or about another student, the complaint should be brought to the Co-Directors for discussion and resolution. If resolution cannot be reached with the help of the Co-Directors, the student may contact the Wisconsin Educational Approval Board, 201 West Washington Ave. Madison, WI 53703 , (608)266-1996, www.eab.wisconsin.gov or eabmail@eab.wisconsin.gov.

Refund and Withdrawal Policy

Per State of Wisconsin Education Approval Board policies, Perennial WISDOM Teacher Training Program will use the following refund policies.

If a student wishes to use the withdrawal policy, the student will receive a full refund of all money paid if the student cancels within 3 business day cancellation period of acceptance. The student will receive the refund within 10 business days.

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 of tuition as follows:

AT LEAST	BUT LESS THAN	REFUND
Prior to start of program		100%
1st class	10% of program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	No refund	-

Students who use the withdrawal policy will receive their refund within 10 business days. A student who is dismissed from the program will receive a refund within 40 days after dismissal or notification of withdrawal.

Refresh for Alumni

Alumni from past trainings may attend on some weekends to refresh their understanding, deepen their practice and teaching, and connect with sangha. Their presence enriches the learning environment and provides an opportunity for you to network with teachers who have developed their yoga teaching careers. Alumni attending any weekend will be expected to prepare for the weekend.

School Information

Perennial Yoga & Meditation

Perennial WISDOM Yoga Teacher Training

Perennial Yoga and Meditation

5500 E. Cheryl Parkway

Fitchburg, Wisconsin

608-288-8448

<http://www.perennial-yoga.com/>

Copyright Acknowledgement

I acknowledge that all materials contained in the Student Manual are provided for My Personal Use Only. I acknowledge that I cannot alter or distribute in any way without written permission from Perennial WISDOM Yoga Teacher Training Program.

Photo, Video, Audio Guidelines and Release

Staff may take photographs, video and record audio for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed please advise the lead instructor. Students are permitted to take photographs as long as it is not distracting to the class. A student should ask classmates if they have their permission to be in a personal photograph, especially if those photographs will be used on social media sites.

Recordings are not permitted without permission from the lead instructor. I consent to being photographed and recorded, and grant Perennial WISDOM TT Program assignees, employees, and agents, the unrestricted and absolute right to use the photographs or recordings by any means now known or to become known. I hereby release & discharge Perennial WISDOM TT Program its assignees, employees, and agents any and all claims of action, including without limitation, libel, defamation, invasion of privacy or right of publicity, infringement of copyright, trademark or violation of any other right.

Signed _____ Date _____

Printed Name _____

Catalog Release

I have read and agree to the terms and conditions of application, admission, participation in and completion of the 200 hour Perennial WISDOM Teacher Training Program at Perennial Yoga & Meditation Studio, Fitchburg, WI.

Liability Waiver

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is 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 instructor. 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 irrevocably release and waive any claims that I have now or hereafter may have against Perennial WISDOM TT Program, Perennial Yoga & Meditation, it's teachers, staff, or agents.

Signed _____ Date _____

Printed Name _____

CODE OF CONDUCT

Preamble

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behavior by which all students of the WISDOM Teacher Training Program agree to conduct the teaching and business of Yoga. The Code is not intended to supersede the Code of Conduct/Ethics of any school or tradition, but is intended to be a basis of yoga ethics.*

Code of Conduct:

As a student of the WISDOM Teacher Training Program, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean and comfortable environment for the practice of Yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Refrain from words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.
9. Treat all with whom I come in contact as either yoga practitioner or teacher with kindness and compassion.

**Adapted from the Yoga Alliance Code of Conduct*

Signed _____ Date _____

Printed Name _____