

# Whole Life Yoga Teacher Training

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2019 500-hour Catalogue

Volume 3: June 1, 2018

Potential students of Whole Life Yoga Teacher Training's 2019 500-hour program:

Hello and welcome to Whole Life Yoga Advanced Teacher Training! I'm very excited to build another group of dedicated students, and I'm pleased that you are considering joining that group. This letter contains introductory and logistical information, along with some pre-work. Please read it fully, and feel free to contact me if you have any questions.

## IMPORTANT REGISTRATION INFORMATION

**Please note: To secure your space, a \$500 deposit is due with your enrollment agreement. In order to be counted as a confirmed student of the program, this deposit must be paid no later than December 1, 2018. If less than 20 deposits are obtained by that time, the training may be cancelled at the director's discretion. \$100 of that deposit is a registration fee, which is nonrefundable 5 days after the contract is signed. The remaining \$400 is refundable up until the first day of class. The next payment after the deposit is due no later than February 28, 2019.**

**All students who pay in full by December 31, 2018 are eligible for a \$500 early payment discount.**

**Please see attached payment schedule and refund policy on page 6 of this catalogue for more information.**

## Schedule and location information:

### Thursday evenings:

Our weekly meetings will be Thursdays, April 4, 2019 - June 18, 2020, from 6:30 - 9:30 PM. We will meet in the red brick building of the Phinney Neighborhood Center located at 6532 Phinney Ave N. This is actually the address of the blue building visible from Phinney Ave N. The red brick building is just down the hill to the east of this. It has its own parking lot, and there should be plenty of parking. We are in room 35, which is a beautiful room reserved for "no shoes" movement classes that is located on the 3rd floor.

The Phinney Center does not have yoga equipment, so please plan to bring the following to each class:

- A yoga mat and a blanket or some other form of knee padding
- A bottle of water and snacks if you tend to get hungry or have blood sugar issues
- Writing materials
- Anything else you need to be comfortable. There will be chairs available for those who would like them.

We will meet every Thursday except the following:

- April 11, 2019 (Day before opening retreat)
- July 4, 2019 (Independence Day)
- August 1, 2019 - September 5, 2019 (summer break)
- November 28, 2019 (Thanksgiving)
- December 26, 2019 and January 2, 2020 (Christmas break)
- June 25, 2020 (Day before closing retreat)

Additionally, you may meet occasionally in small groups at the dates and times of your choice.

The objective of this program is to prepare you to teach advanced classes, private sessions, and group sessions to vulnerable populations safely and effectively. To that end, class may include lecture, discussion, observation, movement, breath practice, and/or meditation, depending on the topic of the night. Some classes will also include small group activities. Although not all classes will contain movement practices, you should always dress to move freely.

#### Opening Retreat:

Training will begin with a 3-day retreat at the Grunewald Guild just outside of Leavenworth, WA. Information on this gorgeous retreat center can be found at <http://grunewaldguild.com/>.

Check in for the retreat will start at 3:00 PM on Friday, April 12 and the retreat will officially start with dinner at 5:00 PM that evening. The retreat programming will end at approximately 3:00 PM on Sunday, April 14. All meals will be provided and are vegetarian. Plan to bring your own snacks, as they will not be provided.

Rooms will be randomly assigned and are multiple occupancy. Requests for private rooms, as available, will incur an additional cost and are filled on a first-come-first-served basis. Please let me know if you want to upgrade to private accommodations. More details on this to come, but for now please set the dates and times aside in your calendars.

#### Sunday clinics:

We will also meet for several clinics at Whole Life Yoga at 8551 Greenwood Ave N. These clinics will take place on Sundays from 12:30 - 5:30 PM, and they will provide us an opportunity to explore several topics in greater depth, including yoga philosophy, anatomy, teaching to special populations, and others.

These clinics will generally be on 2nd Sunday of each month, except in cases of holidays. The exact Sunday clinic dates are:

- May 5, 2019 (1st Sunday due to Mothers Day)
- June 9, 2019
- July 14, 2019
- None in August
- September 15, 2019 (3rd Sunday due to Labor Day)
- October 13, 2019
- November 10, 2019
- December 8, 2019
- January 12, 2020
- February 9, 2020
- March 8, 2020
- April 5, 2020 (1st Sunday due to Easter)
- May 10, 2020
- June 14, 2020

### Closing Retreat:

We will end training with a closing retreat June 26 - 28, 2020. This is a special time of project presentations, final bonding, and graduation. The exact details will be provided once a retreat center is secured, but it will be held in a Pacific Northwest venue.

### **Missed Class Make-ups:**

Most students miss at least one class during the training. All missed classes that contain new material must be made up in private or small group sessions. The Thursday sessions are the easiest to make up, simply because they are shorter. So if you can, try to schedule travel around the Sunday clinics. If you do miss a Sunday session, you can make it up as well, but it will probably take more than one private or small-group session to make up a missed Sunday.

Three make-up sessions with your assigned assistant have been included in your tuition fee. You can schedule extra sessions as well, whether to make up missed material, go into greater detail on a topic of interest, or to learn about a topic not covered in the general training. The cost for these "extra" sessions will be \$85 per one-hour session. If you know you will be missing several classes in a row (more than 2), please speak with your assigned assistant ahead of time and arrange to make up the material as quickly as possible on your return.

Private sessions can also be scheduled with Tracy Weber. For information on her rates and private practice, visit <http://svanayogaseattle.com/private-instruction/>.

### **Facilities, Class Sizes and Policies.**

Whole Life Yoga Advanced Teacher Training meets in two locations, both of which are in close proximity to public transit. Parking is limited at the studio location where we meet on Sundays, but it is abundant at the Phinney Neighborhood Center. Both locations are ADA accessible with handicapped ramps, elevators, and lavatories. Reasonable additional accommodation will be provided at the request of the student. It is best if you let me know the necessary accommodations before beginning the program. Folding chairs will be available, but you will need to provide your own yoga equipment.

The typical Whole Life Yoga Teacher Training class contains 25 - 30 students. We require a minimum of 20 students to begin the advanced training and we allow a maximum of 30. I will be your primary instructor. Each class has 4 - 5 teaching assistants. The student/teaching assistant ratio is a maximum of 7 to 1.

We request that you arrange your transportation to arrive 15 minutes early to each class. While we will allow late arriving students, late arrivals cause a disruption to the class and we require that you be as timely as possible. If you arrive more than 30 minutes late, you may have to make up missed material. Please do not wear perfume as we have chemically sensitive students participating in the class.

Also, please remember that yoga is, above all, a way of life. Building a learning community is important and takes all of our efforts. Please respect your fellow students and treat each other with kindness and support during this training. Yoga teacher training is a lot of work, but this program is in no way a competitive one. Each of you will learn and grow at your own pace. My hope is that you will be a community who helps each other learn and grow together.

### **About Your Instructors:**

There will be two primary instructors during your training. The first is Tracy Weber (me!). I founded Whole Life Yoga and am the owner of Whole Life Yoga Teacher Training. I will provide the vast majority of the yoga teachings and will present most of the information during your training. Joan Schneggenburger is the lead assistant. She and the junior assistants will lead any classes I may need to miss.

**Tracy Weber** is a registered yoga teacher (E-RYT-500) through Yoga Alliance and a certified yoga therapist (C-IAYT) through the International Association of Yoga Therapists. Her primary teacher has been Gary Kraftsow, author of the books *Yoga for Wellness* and *Yoga for Transformation*. She has taken intensive workshops with other master teachers, including Margaret Pierce, TKV Desikachar, and Joan Borysenko. She also holds a Bachelors of Science Degree in Chemical Engineering and a Master of Business Administration.

Tracy founded Whole Life Yoga in 2000 and created and led her first yoga teacher training program in 2003. Tracy teaches yoga using the Viniyoga methodology. The word "viniyoga" literally translated means "adaptation and proper application." Tracy believes yoga postures should be adapted for each individual practitioner. She infuses her trainings with attitudes of caring and student acceptance, and uses yoga tools to help facilitate growth in all areas of life.

**Joan Schneggenburger** is a graduate of Whole Life Yoga Teacher Training and is certified at the 500-hour level. Her journey in the Viniyoga lineage began in 2004. She has dedicated herself as lead assistant in both the 200-hour and 300-hour advanced training at the Whole Life Yoga Teacher Training since that time. Learning from Tracy and the students regenerates these teachings continually.

Joan has been a Licensed Massage Therapist since 2000 and is passionate about anatomy. She has continued to study anatomy via additional cadaver classes, in-depth training on the muscular anatomy as well as Cranial-Sacral, Lymphatic Drainage, and other movement/bodywork modalities.

As the lead teaching assistant in the program, Joan is able to link knowledge of human anatomy and the Viniyoga tradition together. Her anatomy classes will be designed to bring cognitive information through lecture, views of the muscular system, and movement to feel these muscles in action to more fully understand this connection internally.

### **Admissions Standards:**

The Viniyoga approach to yoga is accessible to all body types and capabilities. At Whole Life Yoga Teacher Training, we firmly believe that optimal learning happens in diverse groups with a variety of yoga backgrounds, physical abilities, and life experiences. A teacher's greatness is not measured by what poses they can do, but how they can adapt yoga and its tools to the needs of their students. Therefore no ability to perform specific asanas is required to either begin or graduate from this program.

However, this training does assume a baseline understanding of Viniyoga and its teachings. Therefore we do require a 200-hour Whole Life Yoga Teacher Training certificate OR the equivalent certification from another recognized yoga school and a demonstrated understanding of the Viniyoga approach to yoga, including breath-centered movement, movement and stay, adaptation, and sequencing. We also require a willingness to learn, an enthusiasm for the Viniyoga approach to yoga and it's abilities to help others, and moderate written and oral proficiency in the English language. A high school diploma, GED, or equivalent is required.

### **Code of Conduct**

Yoga is first and foremost a way of living that promotes kindness, compassion, honesty, and integrity. A yoga teacher must adhere to those principles both in class as a student and in the world a teacher. Our goal in Whole Life Yoga Teacher Training is to help all of our students (including you!) be successful.

The following conduct on behalf of teachers or students is unacceptable and will not be tolerated:

1. All forms of bias including race, ethnicity, gender, disability, national origin, and creed as demonstrated through verbal and/or written communication and/or physical acts.
2. Sexual harassment including creating a hostile environment and coercing an individual to perform sexual favors in return for something.

3. All types of proven dishonesty, including cheating, plagiarism, knowingly furnishing false information to the institution, forgery, and alteration or use of institution documents with intent to defraud.
4. Intentional disruption or obstruction of teaching, administration, disciplinary proceedings, public meetings and programs, or other school activities.
5. Theft or damage to the school premises or damage to the property of a member of the school community on the school premises.
6. Student acts of criminal behavior that place any person in imminent danger.
7. Violation of the law on school premises.

### **Conditions for Dismissal**

Any student that does not adhere to the code of conduct above may be dismissed from the training. The school director will notify the student in writing should it become necessary to dismiss the student. The dismissal letter will contain the date and the reason for dismissal. It is the responsibility of the dismissed student to notify the appropriate lending institution if the student has a student loan or is receiving financial aid. Prepaid tuition will be refunded according to the school's refund policy.

### **Student Grievance-Complaint/Appeal Process**

Nothing in this policy prevents the student from contacting the Workforce Board (the state licensing agency) at 360-709-4600 at any time with a concern or a complaint. Students who have a complaint or who would like to appeal a dismissal must request in writing an appointment for an interview with the school director (me!). The written request should include the following information:

- Student's full name and current address
- A statement of the concern including dates, times, instructors, and if applicable, other students involved
- Date of complaint letter and signature of the student
- Three dates in which the student would be available for a meeting with the school director. These dates should be within 10 business days of the complaint.

The school director will notify the student in writing of the appointment date in which the concerns or appeal will be addressed. Every effort will be made to bring an amicable closure to the concern. Should it be necessary, a panel of instructors will hear the concerns and will be asked to assist in bringing a resolution to concerns and/or appeals. The student will be notified in writing within five business days of the outcome of the meetings. Should the contract be canceled by either the student or the school the last date of attendance will be used as the date to calculate any refund in accordance with the school's refund policy.

### **Financial Aid and Placement Assistance:**

Whole Life Yoga Teacher Training does not offer placement assistance as part of the training. We do, however, maintain an alumni mailing list at which we post teaching opportunities as we are made aware of them. We also cover yoga class marketing as part of our curriculum. Extremely limited opportunities for financial assistance may be available on a case-by-case basis, depending on the space available in class. Please note that this is an unusual circumstance and is done very rarely. If you are interested, contact the teacher training director and she will discuss possibilities.

Federal Financial Aid is not available.

### **Certification Requirements, Evaluation and Transcripts:**

This is a non-competitive, professional program, and your work will not be “graded” per se. Certification is awarded based on personal evaluation by the Teacher Training Director. Certification readiness is assessed in the following ways:

- Attendance or make up of material of all weekday classes, Sunday sessions, and retreats.
- Review and feedback on written essays on yoga sutra topics.
- Review and feedback on yoga practices designed and turned in throughout the course.
- Evaluation of teaching ability via 6 written case studies.
- Evaluation of oral presentation of final project

One-on one written and oral feedback will be given directly by your instructors. Upon successful completion of the above, each student will be issued a 300-hour teacher training certificate through Whole Life Yoga. Whole Life Yoga is a registered Teacher Training School through Yoga Alliance. Therefore, your certificate, when combined with a 200-hour yoga teacher training certification, is accepted by Yoga Alliance for certification through their organization as an RYT 500 (Registered Yoga Teacher at the 500 hour level). **Please be advised that Yoga Alliance also requires 100 hours of documented teaching experience for certification at the 500-hour level.** Yoga Alliance requires a minimal fee to be registered through their organization. For more information, please visit their web site at <http://www.yogaalliance.org>.

Graduates from our program are qualified to teach yoga under their own business, in yoga studios, health clubs and fitness centers. Yoga Alliance certification is rapidly becoming a key requirement to teach in reputable yoga programs.

Pursuant to WA state law, your transcript will remain on file at Whole Life Yoga for 50 years. If you would like an extra copy of your transcript at any time, e-mail Tracy at [Tracy@TracyWeber.net](mailto:Tracy@TracyWeber.net).

### **Anti-Discrimination Policies:**

Whole Life Yoga Teacher Training encourages diversity and accepts applications from all minorities. We do not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Whole Life Yoga Teacher Training acknowledges that information pertaining an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Whole Life Yoga Teacher Training will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program, some programs require medical documentation because of the rigors of curriculum.

### **Program Costs:**

Tuition (includes a \$100 Nonrefundable Registration Fee:)

- Early Payment Plan \$5300
- Single Payment in Full \$5800
- Six Payment Plan \$6350
- Twelve Payment Plan \$6800

Books:

- Approximately \$150

Make-up sessions for missed classes over 3 included in training:

- \$85 per session

All payments can be made via cash, check, Visa, MasterCard, or Paypal.

**Refund Policy:**

1. Within 5 days of receipt of the enrollment agreement, a student may withdraw and be refunded all money paid.
2. After 5 days of the receipt of the enrollment agreement, but before the program starts, a student may withdraw and receive all tuition paid, except the \$100 registration fee.
3. If a student withdraws after starting the program, the refund will be calculated according to the following table:

<i>If the student completes this amount of training:</i>	<i>School may keep this percentage of tuition:</i>
<i>One week or up to 10%, whichever is less</i>	<i>10%</i>
<i>More than one week (or 10%), whichever is less, but less than 25%</i>	<i>25%</i>
<i>25% through 50%</i>	<i>50%</i>
<i>More than 50%</i>	<i>100%</i>

4. Deposits and fees cannot be transferred to any other person or any other programs at Whole Life Yoga or Whole Life Yoga Teacher Training.
5. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
  - a. When the school receives notice of the student's intention to discontinue the training program; or,
  - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
  - c. When a student, without notice, fails to attend classes for thirty calendar days.
6. All refunds must be paid within thirty calendar days of the student's official termination date.

**Required Texts:**

In addition to learning from our time together, you will be studying several yoga texts from the world's leading teachers of Viniyoga. We will not be reading these texts cover to cover, but all have a unique perspective, and there will be significant reading assignments from all of them. These texts are available at major booksellers.

- *Yoga for Wellness* by Gary Kraftsow
- *Yoga for Transformation* by Gary Kraftsow
- *Emotional Yoga* by Bija Bennett
- *Yoga Rx* by Larry Payne
- *Yoga Therapy* by A.G. Mohan
- *Yoga Anatomy* 2nd Edition by Leslie Kamanoff
- *The Anatomy Coloring Book, 4th edition* by Wynn Kapit.

**Recommended Reading:**

- *Anatomy of Movement* by Blandine Calais-Germain
- *Anatomy of Hatha Yoga* by H. David Coulter Timothy McCall
- *Anatomy and Asana: Preventing Yoga Injuries* by Susi Hatley Aldous
- *Yoga for Your Life* by Margaret and Martin Pierce--out of print, though you may still be able to find it used.
- *Yoga for the Three Stages of Life* by Srivatsa Ramaswami

- *Rituals of Healing: Using Imagery for Health and Wellness* By Jeanne Achterberg, PhD
- *Preparing for Birth with Yoga*--By Janet Balaskas--not Viniyoga, but one of the few prenatal books I like to reference.

**Pre-work:**

The most important thing you can do to prepare for this training is practice and teach! Continue growing the skills you've already learned by applying them with a variety of students in a variety of venues. This will form the baseline of experience which will be your platform for growth our time together.

That's all for now! Thank you for carefully reading this information. Please contact me if you have any questions. I hope to have the opportunity to work with you soon.

Tracy Weber E-RYT 500, C-IAYT  
Founder/Owner and Director of Teacher Training  
Whole Life Yoga Teacher Training  
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Workforce Board, 128 – 10th Ave. SW, Box 43105, Olympia, Washington 98504-3105

Web: [wtb.wa.gov](http://wtb.wa.gov)

Phone: 360-709-4600

E-Mail Address: [pvs@wtb.wa.gov](mailto:pvs@wtb.wa.gov)