



Core Essence Yoga Teacher Training

Winter 2018 Catalog

200 Hour Training in Green Bay

Jenstar Yoga & Dance

365 Main Avenue

De Pere, WI 54115

920-784-1600

www.jenstaryoga.com

jen@jenstaryoga.com

Core Essence Yoga's 200hr Teacher Training Program is a foundational program rooted in Patanjali's Ashtanga yoga (the eight limbs). With an emphasis on the limb of asana, primarily vinyasa flow; this training will provide students with the knowledge, practice and experience to become inspiring, creative, and knowledgeable teachers. This training is open to all students who would like to become certified teachers or to deepen their practice.

Winter Session at Jenstar Yoga & Dance begins the weekend of January 26th 2018.

Applications are due for the Jenstar Winter Session by December 31st 2017.

Mission Statement

Core Essence Yoga Teacher Training was created to provide quality instruction of Vinyasa Yoga: to provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the student to deepen their personal practice and find their unique voice and soul as a skilled yoga teacher. Shayne Broadwell of Core Essence Yoga and Jennifer Berres of Jenstar Yoga & Dance, LLC will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry. This is a union of the student and teacher within, a transformative experience that will allow teachers to inspire their students through teaching as well as living their yoga.

Philosophy

The Core Essence Teacher Training believes that every person has the potential for greatness, and that it is our job to help our students realize their greatness. We do this through providing classes, workshops and events; that are accessible to all levels, welcoming and inspiring. We also make a commitment to take our yoga out of the class room and into the community.

History

The Core Essence Teacher Training Program was created in 2012 by Shayne Broadwell in Milwaukee. The Core Essence Teacher Training program is approved by the Wisconsin Educational Approval Board (WEAB). Shayne now partners Core Essence yoga with Milwaukee's Urban Om Studio.

The School's curriculum follows the Yoga Alliance guidelines and is a Registered School (RYS) with Yoga Alliance. Upon completion of the program students will receive a Certificate of Completion and can apply for registration with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

While the school's program is designed for aspiring yoga teachers, it also strongly recommended for individuals wanting to deepen their personal spiritual practice.

Program Description

The Core Essence Teacher Training program exceeds 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. The Core Essence Yoga Teacher Training Program is comprised of 205 contact hours and 40 non-contact hours of homework and self-study. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of homework and journaling.

School Facilities and Location

The Core Essence Yoga Teacher Training will be held at Jenstar Yoga & Dance, LLC

Jenstar Yoga & Dance

365 Main Avenue Ste. A

De Pere, WI 54115

Serving the Greater Green Bay area, Jenstar Yoga & Dance is located on the Historic West Side of De Pere near St. Norbert College Campus in a quaint little building in Nicolet Square. Jenstar has become a fixture in the community offering 30+ weekly quality movement classes (barre, dance and yoga) and is active in giving back to local organizations. The studio is fully equipped with mats, blocks, blankets, straps and bolsters. Parking is located behind the building and on the street. The studio offers bottled water for \$1 and complimentary tea.

All yoga classes are complimentary at Jenstar Yoga during the duration of the program. A 25% discount on all workshops and (most) retail will also be given for the duration of the program.

Catalog Changes

The Core Essence Yoga Teacher Training Program reserves the right to make changes or revisions to this catalog. Every effort will be made to ensure the accuracy or information contained in the document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Requirements for Program Admission

- * 6 months of Regular Yoga Practice
- * Applicants should be 18+ years of age
- * Interview with the Program Director
- * Completed Application and Application letter
- * Application Deposit
- * Make an application deposit of 100.00 dollars at Jenstar Yoga & Dance, LLC in the **form of cash or check**. No online payment will be accepted for initial deposit.

We will contact you within two weeks to set up your admissions interview. Most program correspondence will occur electronically, so applicants should be computer literate and have access to email.

It is recommended that you make payment in full or first payment soon after being admitted to the program as this cements your status as a student of the teacher training program.

Application Deposit

To encourage the entry of trainees who are willing to get through the entire training, an application deposit of 100.00 dollars is due when applying to Core Essence Yoga Teacher Training. You are refunded within one week should you not be admitted to the program.

Personal Application Letter

Your personal application letter is an essay of 2-9 standard pages. This document should express who you are as a yogi (yoga practitioner) and who you are as a person. Feel free to include significant events and inspirations (including people, artists, writers, historical moments, etc.) that have shaped who you are today. Please include the same for your life as a yogi: what training, teachings, and classes have you done, and most importantly, what of these experiences have inspired you most. In short, who have you been, who are you now, and who are you becoming? As a person? As a yogi?

Upon acceptance into the program applicants must sign the Agreement & Liability Release Form, The Yoga Teacher Code of Ethics form, and the Catalog Release form.

Advance Standing

The school does not offer advance standing for any previous training's or course work.

Non-Discrimination Policy

The Core Essence Yoga Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin sexual orientation, color, race or religion.

Housing

Core Essence does not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

Employment Assistance Services

Core Essence does not offer employment assistance services.

Professional and Full-Time opportunities in Yoga are very similar to professional and full time opportunities as a musician or other artist:

- A fortunate few will make a comfortable living.
- The Core Essence Yoga Teacher Training Program offers strategies and suggestions for pursuing Yoga as a career, but does not offer career counseling or job placement.
- The Program makes no guarantee of employment.
- Any student referral to prospective employers is not based on direct contact with the employer regarding current job openings.

Student Conduct

Students must adhere to the rules and regulations of the Core Essence Yoga Teacher Training and Jenstar Yoga & Dance. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentation by visitors, or the progress of classmates or Jenstar Studio in general. Shayne Broadwell or Jennifer Berres reserve the right of judgment to terminate a student on any of the following grounds:

- Non-conformity of rules and regulations of Core Essence Yoga, Jenstar Yoga & Dance, or the CEYTT;
- Excessive tardiness which disrupts other students;
- Conduct that is unsatisfactory to Core Essence Yoga, Jenstar Yoga & Dance, its staff, faculty and other students;
- Falsifying school records;
- Failure to pay fees when due;
- Entering school premises while under the influence of alcohol and drugs;
- Carrying a concealed or potentially dangerous weapon;
- Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of Jenstar Yoga/Core Essence Teacher Training; and
- Theft.

Attendance

To gain maximum benefit from the program attendance to all sessions is required. If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class. Please arrive 15 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the Teacher Training 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. Yoga asana time missed may be made up by attending approved classes. Lectures and other classes that are unique to the training may be made up through individual private instruction. Make up instruction resulting from absences will be charged \$65 per hour.

Tardiness

Please be on time and arrive at least 15 minutes early to be ready for the start of class. If a student is more than 10 minutes late the student is considered tardy.

Leaves of Absence

Leaves of Absence is not offered from the Teacher Training Program. If a student should have to discontinue the training, they would have to begin again. The refund policy will apply to unused tuition.

If the student does decide to continue at a later date, and there has been an increase in tuition, the student is responsible for the difference between the tuition when they originally started the program and the tuition when they continue the program.

Probation, Dismissal and Re-Admittance

Students who are not fulfilling Student Conduct codes (see “Student Conduct”) will receive a written warning. Should a second incident of conduct policy violation occur, termination from the program will result. The school Director will make this decision. Students may apply for re-admission to a future class, however admission is not guaranteed.

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the School Director on all complaints is final.

If the complaint cannot be resolved the student can contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996 or via e-mail at eabmail@eab.state.wi.us.

Tuition and Fees

Tuition for the entire course is \$2,800 if registered and paid in full upon acceptance into the program. Tuition for the course is \$3,000 if choosing to do a payment plan. Please make all checks payable to Jenstar Yoga. Payment plan option for monthly payments must be set up on an automatic payment system requiring a debit card or credit card, although check is preferred. We will charge \$500 a month from January 2017-June 2018 (6 payments total). **Full payment must be made by the end of the course- June 2nd, 2018.**

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period. The student will receive the refund within ten business days.

As part of this policy, the school may retain a one-time application fee of no more than \$100. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro-rated amount.

A written notice of withdrawal is not required.

Should cancellation come in the middle of training, all refunds once training has started are pro-rate. A student who withdraws or is dismissed after attending one day, but before completing 60 percent of the instruction is entitled to a prorated refund as follows

After Completion of at least

Prior to completion of

Refund will be

N/A

First Day

100%

One weekend

10% of Training

90%

10%

20% of training

80%

20%

30% of Training

70%

30%

40% of Training

60%

40%

50% of Training

50%

50%

60% of Training

40%

60%

N/A

No Refund

Student Progress Reports

Weekly homework, papers, journals, a written midterm and final exam, and a teaching demonstration (practicum) will be used to assess the student's understanding of the material presented. The written exams, homework and papers will show the student has obtained an understanding of the information presented during the training. The practicum allows the student to demonstrate they have learned to teach a Vinyasa Flow style class in a safe and sound manner.

The written exam will cover: Teaching Methodology, Anatomy and Physiology, and Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers. Scores of 70% correct or higher will constitute passing the exam. The written exam will be given on the last weekend of the Training.

A practical exam will cover Teaching Techniques and be graded pass/fail. It will occur during the final weeks of the training. Within two weeks of completing both the written exam and practical exam students will be notified in writing regarding their certification status.

Students may retake exams one time and re-write papers one time if they do not pass on the initial attempt, for a total of two attempts per exam or paper.

Students are expected to maintain a daily journal of their personal asana practice, meditation, yoga meals.

Students are asked to attend a minimum of two classes per week (TT days do not count). Student enrolled in the program are welcome to attend any public class taught.

Should Student progress not be satisfactory at any point during the training, students will be notified immediately to schedule a meeting with the School Director to discuss ways to improve performance and complete past requirements.

Students may continue to attend classes, regardless of their exam performance. However, they will not receive certification unless meeting the requirements stipulated below.

Certification will not occur if the student fails to demonstrate safe instruction, the student fails to demonstrate understanding of the material presented, or the student violates the Code of Ethics.

Certification

To receive a certificate of completion from Core Essence Yoga Teacher Training school students must pass all exams, complete all papers satisfactorily, and meet attendance requirements. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition. See “Graduation Requirements” for definition of successful program completion.

Students’ Records

Student records are maintained by Core Essence/Jenstar in computer and paper files. The records maintained include the application, and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of seven years from the date of graduation. Records are private and students must contact Jenstar Yoga & Dance, LLC in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

Graduation Requirements

Graduates will meet the program requirements as outlined in this catalog. In order to receive a Certificate of Completion the student is required to have 180 contact hours and a minimum of 20 non-contact hours.

Core Essence Yoga Teacher Training school staff is available to fulfill deficit contact hours at \$65 per hour.

Program Curriculum

The Core Essence Yoga Teacher Training program includes five program disciplines. The full program consists of 200 hours, 180 hours are considered “contact” hours and 20 hours are considered “non-contact” hours. As defined by Yoga Alliance, a contact hour is a classroom hour in the physical presence of a faculty member. Non-contact hours are reading and homework assignments as well as any personal practices.

- Techniques Training (TT) and practice consists of learning how to teach and practice traditional yoga techniques including asana, pranayama, kriya, mantra, meditation, bandha, and mudra. This discipline includes 75 hours and 25 non-contact hours.
- Teaching Methodology (TM) consists of the principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. This discipline includes 15 contact hours and 10 non-contact hours.
- Anatomy and Physiology (A&P) consists of human physical anatomy and physiology (bodily systems, organs, etc.) and Yogic energy anatomy and physiology (chakras, nadis, etc.) This discipline includes 10 contact hours and 10 non-contact hours. It includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.).
- Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers (PLE) consists of the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. This discipline includes 20 contact hours and 10 non-contact hours. The philosophy portion of the training will include the reading and discussion of ancient yoga texts. Text commentaries are discussed in a group setting to explore the core philosophies of Yoga and how they can be applied to everyday life ("yoga off the mat"). Students are encouraged to explore their own personal connection to the teaching and examine the integration of yogic philosophy into their classes.
- Practicum (PR) consists of practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. This discipline consists of 10 contact hours.

Program Goals

Asana: Upon completion of the program the student will be able to perform the asanas or guide a student into the asanas covered in the program. For each posture, the student will be able to describe how to enter and exit the posture, the benefits, cautions, and contraindications, the proper alignment of and perform the hands-on adjustments. The basic Pranayamas of Diaphragmatic, 1:1, Dirgha (Three Part), Ujjayi, Nadi Shodhana, Kapalabhati, Sama Vritti will be covered as well as the Bandhas: Mula bandha, Uddiyana bandha, Jalandhara bandha.

Meditation: Upon completion of the program the student will be able to engage in a seated meditation practice and describe the benefits and cautions of these practices.

Philosophy: Upon completion of the program the student will be familiar with the eight limbs of Yoga as defined by Patanjali in the classic text, The Yoga Sutras. They will also understand the differences between Tantra Yoga and Classical (Patanjali Yoga) systems; and understand the relationship between Yoga and Ayurveda.

Anatomy and Physiology: Upon completion of the program the student will be able to correctly identify the major bones and muscles of the body, understand movement and how to prevent injuries from occurring during asana practice, understand the primary systems of the body, understand the energetic body (including the Chakras), and understand basic nutrition.

Teaching Methodology: Upon completion of the program the student will be able to properly sequence, construct, and instruct a safe class.

Personal Growth: In addition to the skills directly related to teaching yoga, the student is likely to enhance their own personal yoga practice, improve their communication skills, and understand personal and business ethics.

Schedule

The Core Training:

Weekly Wednesday Evenings 6:00 pm – 9:30 pm (Vinyasa Flow class assisting/observing followed by lecture or practice teaching)

One Intensive Weekend a Month (Month of April has two weekends):

Fridays 5:00 pm - 9:00 pm

Saturdays 8:00 am - 6:00 pm

Sundays 8:00 am - 4:00 pm

Monthly Breakdown (Schedule subject to change)

Weekend One: January 26th - 28th

- Orientation, Overview
- Silent Meditation
- Chakras
- History of Yoga/ 8 Limbs
- Intro to Anatomy/ Posture Breakdown
- Wednesday Jan. 31st – Breakdown of Sun A, Intro to Yamas

Wednesday Feb. 7th – Review of Sun A, Yamas (Ahimsa)

Weekend Two: February 9th - 11th

- Pranayama
- Bahkti Yoga / Ashtanga Vinyasa
- Anatomy / Posture Breakdown
- Slow Flow
- Wednesday Feb. 14th – Breakdown of Sun B, Satya
- Wednesday Feb. 21st – Review of Sun B, Asteya
- Wednesday Feb. 28th – Aprigraha
- Wednesday March 7th – Posture Review/ Practice Teach, Brahmacharia

Weekend Three: March 9th- 11th

- Anatomy / Posture Breakdown
- Sequencing
- Yoga Sutras / Philosophy
- Review
- Wednesday March 14th – Breakdown of Sun C, Review Yama's
- Wednesday March 21st – Review Sun C, Intro to Niyamas
- Wednesday March 28th – Tapas
- Wednesday April 4th – Posture review/practice teach Santosha

Weekend Four: April 6th- 8th

- Posture Breakdown / Anatomy
- Mudras
- Yin Yoga
- MIDTERM
- Wednesday April 11th – Saucha/practice teach
- Wednesday April 18th – Svadhyaya/practice teach
- Wednesday April 25th – Ishvara prnihdana/practice teach

Weekend Five: April 27th- 29th

- Posture Breakdown / Anatomy
- Sanskrit
- Kundalini Yoga
- Special Populations
- Business of Yoga
- Wednesday May 2nd - Niyama Review/ practice teach

Weekend Six: May 4th - May 6th

- Review
- Arm Balance and Inversion OR Backbends Workshop
- Wednesday May 9th – TBD
- Wednesday May 16th – TBD
- Wednesday May 23rd – project presentations
- Wednesday May 30th – project presentations/ review/ make-up

Weekend Seven: June 1st - June 3rd

- Written Exam
- Practicum

Required Time

Students will be required to attend all hours. All other hours will need to be made up with faculty at a rate of \$65 an hour.

Students should be in yoga appropriate dress, ready with books and materials at the times stated. Students will also want to bring food and/or lunch money for breaks. Food is not provided.

Non-contact hours will vary due to students own rate of learning and interest in subject. However, the completion of these hours will be monitored through journaling and homework. These hours are vital to the program.

Additional Requirements

Journal

Maintain a regular asana practice, minimum of 20 minutes a day. Each entry shall contain:

Date, time and Length of Practice and any additional notes or thoughts.

Maintain a regular meditation practice, minimum of 20 minutes a day. Each entry shall contain:

Date, time and Length of Practice and any additional notes or thoughts.

Maintain daily yoga meal journal. Each entry shall contain:

Date, which meal was focused on and how the guidelines for the meal were or were not followed and any additional thoughts or notes.

Maintain daily gratitude journal, simply stating one thing that the student is grateful for each day.

Teaching Log

All participants must teach 3 full yoga classes. These yoga classes may be taught anywhere. Jenstar Yoga will provide classes to teach for those who sign-up for apprentice taught karma class.

Books, Supplies and other materials

Supplies may be purchased anywhere. For required reading, the website we recommend for purchasing is Amazon. You can purchase required reading in new, used, or kindle depending on your preference. Suggested Reading is just that—a way to dive a little deeper if you would like. Please do not feel obligated to buy the suggested reading books. Teacher training students will need four notebooks or notebook divisions (one asana practice, one meditation, one gratitude journal, and one for yoga meal notes (additional for notes and homework), pens/pencils (multi-color recommended for visual learners), and it is recommended that student have their own yoga mat. All other props, manuals and materials will be provided.

Required Reading

Training Manual provided with training.

The Heart of Yoga T.K.V. Desikachar

Light on Yoga and Light on the Sutras by B.K.S. Iyengar

The Key Muscles of Hatha Yoga by Ray Long

Teaching Yoga by Mark Stephens

Suggested Reading

The Key Poses of Hatha Yoga by Ray Long

Ashtanga Yoga by David Swenson

Wheels of Life by Anodea Judith

The Yamas and the Niyamas by Deborah Adele

How Yoga Works by Geshe Michael Roach

The Yoga Sutras of Patanjali Commentary by Sri Swami Satchidananda

Perfectly Imperfect by Baron Baptiste

Complete Cost of the Training

Tuition (Pay as you go)	\$3,000
Tuition (Pay in advance)	\$2,800
Required Books	\$60.00 (Prices on Amazon Prime as of August 2017)
Notebooks/Pen Pencil	\$25
Yoga Mat	\$20
Total	\$3,105 (Pay as you go) \$2,905 (Pay in advance)

Variations In Time

Every training weekend is different with sub-topics explored, the absorption rate of the students and possible weather emergencies. Also, there will be a degree of internal work in the training which can vary greatly in the amount of time necessary for best result. The required times listed above are the maximum. You are expected to be in attendance at all the times listed above, so it is suggested to keep this part of your schedule clear and not expect early dismissal.

Optional Extra Time

On the occasion that internal work or other learning could benefit significantly from a little extra time spent on it, the trainer(s) will provide extra time during the for students not listed above. This time is an invitation for students and not required for any certification requirements. No material from this extra time will ever show up in a written test or quiz or show up in any way to negatively affect certification. It is purely for students' personal benefit and does not count for or against makeup time. If any extra time is provided during the training, it will be announced through email.

Mandatory Time

Mandatory Time is defined as all of the time inside of the hours listed above in "Required Times" where students are not dismissed early. All Mandatory Time that is missed must be made up with the instructor or teacher training director unless other permission is granted. (See Make-Up Hours).

Time or Venue Changes

Outright changes will be avoided if at all possible, but should there be a need for a time or venue change, students will be notified via email within one week of the date at the latest.

Teacher Training School Policies

We consider an applicant to be a student of the yoga teacher training when they have met the following criteria:

Have successfully gone through the application process (see above)

Have made satisfactory arrangements for payments.

Have signed and handed in a copy of the Training Application Form.

(A copy of this document is attached)

Satisfactory Progress

Satisfactory progress is defined as actively participating in all contact hours and levels of the training program and completion of the homework and journaling. In the event a student does not achieve the established criteria for determining satisfactory progress, the student will be notified and given opportunity to establish these criteria via the means outlined in the "make up hours" section. Personal time with the instructor may be assigned for as long it takes for the student to demonstrate competence. The student cannot pass the training until he/she meets the requirements. Students will receive updates on their progress orally as well as through homework and journaling.

Unsatisfactory Progress

Students struggling to keep up will be given an opportunity to make satisfactory progress through personal attention of makeup hours and by repeating contact hours. In the event that the student is unable to make the satisfactory progress after three attempts to make satisfactory progress, the student will be released from the program.

Absence Records

Absences are recorded by attending faculty and assistants and kept with student records in a secure database.

Make-Up Hours

Make-up hours can be scheduled with faculty for a rate of \$65/hr. Our recommendation is to be on time and attend all contact hours by being prompt, even early and attend the full day. Be prepared by being on your mat or seated in circle a couple minutes before the class starts. Leave plenty of time for traffic, bathroom and other preparation.

Termination Procedure

Students to be terminated from the program are notified in writing and may appeal to the director of the Core Essence Yoga Teacher Training Program within three days of Notice of Termination.

Reinstatement

All students requesting reinstatement may be denied at the discretion of the program director. Students applying for reinstatement must attend a meeting with the program director, where the terms of reinstatement will be established based on the original reason for termination from the program, see student conduct above. These terms will be put into a written reinstatement agreement which must then be signed by the student in order to be reinstated. The student understands that any breach of the reinstatement agreement results in termination. All decisions are final.

Yoga Teacher Training Faculty

Shayne Broadwell ERYT 200, RYT 500

When I found my practice in 2003 it was like coming home. The peace and equanimity that it gave me was greater than I thought possible. In 2006, I completed my teacher training with Jonny Kest. I have been truly blessed to share the gifts of yoga with students in Michigan, and now in my home town of Milwaukee. I have had the opportunity to do workshops with some truly inspirational teachers such as: Beryl Bender Birch, Rolf Gates, Wade Morissette, Paul Grilley, Sean Corn, and many others. I have also learned from all of the wonderful teachers that I have ever taken classes with; and all of my students that continue to teach me every day. I personally love a challenging, fun, invigorating class. Therefore this is how I like to teach. I feel that most of us are capable of much more than we believe, and I aim to help my students realize their fullest potential and provide them with sense of community, harmony and peace.

Jennifer Berres, ERYT200

Having been a dancer my whole life, I started consistently practicing yoga back in 2008 after retiring from a professional dance career. Yoga was a way to remain strong and flexible on the physical level, but what captured my heart most was how stress relieving the practice is! I began to see changes with my outlook of life, self-image, and found myself living with more thoughtfulness and intention. I received my 200hr certification in Miami, FL with Terri Cooper before moving back to my hometown of Green Bay, WI. I have been teaching for 7 years, and travel frequently to continue to study with teachers who inspire me on this path. We must always keep wanting to learn as a student if we want to be good teachers, and I aim to keep striving to be the best I can be personally and professionally. I believe that a consistent practice will lead transformation on many levels by releasing personal limitations and open students to their highest potential. I teach this every day. My classes vary in difficulty depending on my audience, but are always rich in intention, breathe, alignment and love.

Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only Core Essence Yoga Teacher Training, Shayne Broadwell and Jennifer Berres to you students, but the yogic lineage. Certified teachers are expected to uphold the following ethical standards. Please read the standards to be sure that it is consistent with you values as all certified teachers will be trained to follow this standard:

Purpose

As yoga instructors, each of us recognizes the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to create a safe and protected environment in which a nurtured student can grow physically, mentally, emotionally, and spiritually.

Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teacher to provide an environment which nurtures growth, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin;
- To stay abreast of new developments in the field of yoga through educational activities and study;
- To seek out and engage in collegial relationships and peer relationships, recognizing that isolation can lead to a loss of perspective and judgment;
- To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts;
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence;
- To establish and maintain appropriate professional relationship boundaries; and
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves, but completely within ourselves.

Practice

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

- We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward and professional manner.
- We may at times render service to individuals or groups in need without regard to financial remuneration.
- We neither receive nor pay a commission for referral of a student.
- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.
- Knowingly soliciting another teacher's students is unethical.

Practice of Student Relationships

In recognition of the trust placed in us as teachers by our yoga students, it is our responsibility to maintain relationships with students on a professional basis that honors the unique and sensitive nature of this relationship.

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class.
- We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid

exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.

- Should we feel extraordinary circumstances to engage in such a dual relationship, it is our responsibility to consult our own teacher for advice before proceeding. We vow to represent the situation honestly, honor our teacher's advice, and follow up with the situation.

- We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.

- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement.

- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.

- We treat all communications from students with professional confidence.

- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice of consultant.

- We do not disclose student confidences to anyone, except as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.

- We obtain written consent of students before audio and/or video tape recording.

- When current or former students are mentioned as an example in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

Practice of Advertising

Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

- We do not misrepresent our professional qualifications, affiliations, and functions, or falsely imply sponsorship or certification by any organization.
- Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
- We do not make public statements which contain any of the following:
 - A False, fraudulent, misleading deceptive or unfair statement.
 - A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
- Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experience of the provider involved are to be appropriately specified.
- Should any participant of our services have reason (to a third party) to conclude that they did not receive benefits promised or stated in our advertising, we will immediately give the participant's money back. (We recommend anyone who claims a misrepresentation from advertising be given full money back immediately with few exceptions.)

CORE ESSENCE YOGA TEACHER TRAINING
AGREEMENT & LIABILITY RELEASE

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and a release 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 teacher. I will continue to breathe smoothly. Yoga is not a substituted for 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 Shayne Broadwell, Jennifer Berres, any guest instructors, and Jenstar Yoga & Dance, LLC.

I have carefully read this agreement and the entire contents of the Core Essence Yoga Teacher Training Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Shayne Broadwell, the Core Essence Teacher Training, Jennifer Berres, Jenstar Yoga & Dance, including all such hosts, instructors, organizers and participants.

SIGNATURE: _____

DATE: _____

PRINTED NAME _____

CORE ESSENCE TEACHER TRAINING
CATALOG RELEASE

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the Core Essence Yoga Teacher Training Program.

Name (printed) _____ Date:

Application

To enroll in the Core Essence Teacher Training Program please submit your application, letter to the director and \$100 deposit.

Name: _____ DOB _____

Address: _____ Phone _____

Email _____

Current Occupation _____

Emergency Contact _____ Phone _____

Essay Questions:

- 1) Do you currently teach yoga? If so where have you been trained and what style(s) do you teach?
- 2) How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
- 3) Describe your physical health (major illnesses, injuries, surgeries, physical/mental conditions).
- 4) Have you ever been injured from your yoga practice? If so please describe in detail.
- 5) Describe some of your other interests and hobbies.

Letter to Director:

Please write a letter answering the following questions. Why do you want to teach yoga? Why do you want to take this program; what are your expectations? What do you hope to gain? What teachers and experiences have influenced you most? (This is not limited to yoga)

Acceptance and Notification – You will be contacted via email upon receipt of your application and an admissions interview will be scheduled. In-person interviews are required.

Deposit – The \$100 deposit will be refunded in full in the event that you are not admitted to the program. Once your acceptance letter has been emailed, the deposit is non-refundable.

Completed applications can be emailed to **Jen@jenstaryoga.com** or/and deposits and applications can be mailed to:

Jenstar Yoga & Dance, LLC (attn: Jen Berres)
365 Main Ave. Suite A
De Pere, WI 54115