



PORT HURON • SAINT CLAIR

Happy Dog Yoga Studios 200 Hour Yoga Teacher Training

Offering both real-time & self-paced learning along with in
studio sessions

Sundays 8am-5:00pm*
At Port Huron Location

201 N Riverside Ave, St Clair, MI 48079 &
2887 Krafft Rd. Port Huron, MI 48060

info@happydogyogastudio.com

1-866-853-9274



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APPLICATION PROCESS

1. Carefully read over the Yoga Teacher Training 200 hour handbook/application, review the calendar, requirements and enrollment agreement
2. Are you ready?!! Complete the application and submit it with your \$200 deposit
3. After your application is submitted, it will be reviewed and you will receive a confirmation by your best contact information provided
4. Upon acceptance, sign the enrollment agreement
5. Please see the necessary books and reading work prior to start time
6. Get ready to Enjoy your Yoga Teacher Training Experience



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Namaste, Dear Future Teacher!

We are honored and grateful for your interest in our 200 hour teacher training program. You will develop a foundation which goes beyond teaching sequences, gaining friends and community and most importantly, growing to love yourself and your unique and amazing qualities.

Instructing yoga has been the most fulfilling, purposeful part of our lives.

Emilee Hartwig

E-RYT 500, LMT Thai Yoga Therapist, Reiki I & II and YACEP Provider, Certified Personal Trainer, Human Movement Specialist, Studio Owner

Hi! I'm Emilee! I purchased the Happy Dog Yoga studios in November 2019. I've been practicing yoga since 2011 and earned my 200-hour training in 2016. I followed my yoga training with Thai Massage training in 2017. In November 2018, I taught my 1,000th yoga class and became an E- RYT200 (experienced registered yoga teacher). I completed my 500 hour training in October of 2020 and after that taught enough classes to be an E-RYT 500. I also completed massage therapy school in December of 2021 and am a licensed massage therapist in the State of Michigan. I have heard people say "It isn't work if you love what you do" but I never believed that until I started teaching yoga and doing body work. I LOVE what I do! In every yoga class I teach, my goal is to challenge the student both mentally and physically by encouraging them to reach for their limits, grow and learn from these limits, and gain a whole new appreciation for their bodies. You will find my classes are built around creative flows and a few jokes to keep it fun!

YVONNE CLARK

E-RYT500, C-IAYT, YACEP, Thai Yoga Therapist

Hi, my name is Yvonne. I earned a bachelor's degree and my early work years were in the field of education (reading specialist for KUMON North America). Years later, I learned that my passion and my calling is instructing yoga because I can direct clients to their own inner strength, wellness and healing potential.

I am dedicated to teaching a class or private session which utilizes the science of yoga for relaxation; moving meditation; cardiovascular, respiratory, digestive, immune, skeletal, muscular, nervous system health; stretching, strengthening and lengthening the muscles; mobility and flexibility; core strength, as well as, overall strength building; intense and mild connection of body, mind and spirit to promote inner calm and an overall sense of well being.

I have been instructing yoga, meditation and sound healing for over 18 years (certified in 2006) in various locations and holding private yoga therapy for personal or small groups for specific results.

I have also co-developed and co-led over 18 successful graduate sessions for Yoga Teacher Training.

Together, Emilee and Yvonne are delighted to be your lead instructors for a YTT experience unmatched and well suited for each individual to learn and grow into being their version of the best yoga teacher. They have many years of experience in different areas and also come from the same school of thought as Duane Utech, retired owner of UpDog Yoga in Rochester, MI worked with both Emilee and Yvonne; The foundations shared are that of ancient practice with modern application.

If you are looking for an in-depth, transformational, challenging experience, we would love for you to apply. On behalf of Happy Dog Yoga, we want to thank you for your commitment to this process of education and bringing the wisdom of yoga into our communities, making for greater health and wellness. We appreciate you considering our program.

Please feel free to contact us emilee@happydogyogastudio.com or yvonneclark4yogaschool@gmail.com

Respectfully,

Emilee Hartwig and Yvonne Clark



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Curriculum

Yoga Alliance requires a comprehensive blend of knowledge, skills and understanding that will provide you with a solid foundation. At Happy Dog Yoga, we are committed to a reflective, student-centered approach which will allow you to grow deeply into your practice, learning to teach in a way that is well rounded for the modern person and their needs, as well as, an overall view of the specifics needed for instructing a yoga class.

Topics will include:

Ashtanga Foundations

- Introduction to History and Philosophy
- Techniques, Training, Practice
- Teaching Methodology

The Ethics of Yoga Practice

- Yamas & Niyamas
- Living the Sutras
- Professional Essentials

Pranayama, Meditation, and the Subtle Body

- Various breathing practices
- Basic meditation techniques
- Chanting, mantras and mudras

Basic, Slow Flow, Vinyasa, Yin, Restorative & Blends

- Techniques, Training and Practice
- Class Construction

Anatomy and Physiology

- Major Skeletal, Muscular, and Body Systems
- Basics of Biomechanics
- Navigating the Koshas/Subtle Body
- Relationship to planning, sequence, safe transitions, modifications and contraindications

Practicum

- Professionalism with intention: student centered teaching

Assessment

- Sequencing assignments
- Written reflections
- 12 class observations with reflections
- Demonstration teaching in groups and individually
- Quizzes and final written exam
- One hour-demonstration class

Payment Options:

A deposit of \$200 must be submitted with your application to hold your spot. Tuition for the entire program is only \$2700 but you can save more with our early bird special outlined below!

- Save \$700! Pay \$2000 in full by August 15th, 2024
- Save \$500! Pay \$200 application deposit plus \$2000 by September 1, 2024
- Payment Plan: \$2700: \$200 application deposit + 5 payments of \$500 due 9/11/24, 10/11/24, 11/11/24, 12/11/24, 1/11/25

Failure to fulfill payment requirements will cease student's ability to continue the program and deny certification.

Program begins September 22nd and includes unlimited yoga class pass at Happy Dog Yoga for the duration of the Teacher's Training Program; free or reduced-price workshops.

Please make payments to: Happy Dog Yoga Studio

Attendance Policy: Classes are held on Sundays, 8:00am-5:00pm. (*zoom hours on Tuesday evenings 6-9pm for virtual class and we meet one Saturday a month at the St. Clair Studio 10am-5pm) In order to meet Yoga Alliance's Requirements, students must adhere to the schedule and attend live and virtual classes as set by the lead instructors. A maximum of one class session may be missed. There may be an additional fee if a student needs to make up more than 6 hours of the program and can be made up during the next training cycle, if space allows. All noncontact requirements (homework, projects and other assignments) must be completed, submitted and approved by the lead teacher in order to complete the program and receive a certificate of completion. If a student misses more than 12 hours of classes, the student will not receive the yoga certification and their admission to the school is terminated without refund.

Refund Policy (As mandated by the State of Michigan): Upon acceptance into the school, the deposit becomes nonrefundable. All tuition is due as described above. All tuition paid by the applicant shall be refunded (minus the deposit and a \$50 application fee) if requested on or before the disenrollment deadline. The disenrollment deadline is 11:59pm ET on Sunday of the first weekend of training. Once the disenrollment deadline has passed, no refunds will be given under any circumstances.

Level of Training: This training will be geared toward meeting all requirements of Yoga Alliance's 200 hour level teacher's training guidelines. As such, no credit can be given for previously-attended yoga trainings outside of this program. Job placement is not a component of this training.

Enrollment Agreement

I certify that I have read and understand the conditions, requirements and expectations as described in the Happy Dog Yoga Teacher Training Information. I agree to the terms and conditions in regards to attendance, tuition fees, payment schedules, and refunds. I understand that I will not receive my Certificate of Completion until all obligations in regards to tuition and the program requirements have been fulfilled. Further, my application information is accurate, and my health is that which allows me to participate. I understand that I am entitled to an exact copy of this enrollment agreement and any other papers I sign. I hereby abide to conditions set

Dated: _____

Printed
Name: _____

Applicant's Signature: _____

Approval of application:

Dated: _____

Happy Dog Representative

I have received a signed copy of the enrollment agreement.

_____ (Signature)

REQUIRED TEXTS

Ashtanga Yoga: The Practice Manual (2007), David Swenson

Living the Sutras: A Guide to Yoga Wisdom Beyond the Mat (2018), Kelly DiNardo and Amy Pearce-Hayden

The Complete Guide to Yin Yoga Philosophy & Practice, 2nd Edition (2019), Bernie Clark

The Heart of Yoga: Developing a Personal Practice (1999), T.K.V. Desikchar

The Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice (2019), Ann Swanson

Additional Materials:

- Your yoga mat
- If joining via Zoom, a reliable internet connection & device w/Video/Audio
- Lined notebook or other lined paper for writing assignments, or electronic device
- A journal of your choice for reflections
- Pens and/or pencils, highlighters, bookmarks, bookbag, etc

Prior to your first-class session please complete the following:

- Living The Sutras pgs. 1-23 respond to reflections
- Ashtanga Manual pgs. 15-17
- The Heart of Yoga: Chapters 1 & 2



Example of a YTT Day (may vary)

-8:00-8:15 Come Together Pre-brief
on the morning focus

-8:15-9:15am Experience
Be guided through a morning practice

-9:15-9:45am Brief on main points of practice

-9:45-10am Break and nourish self-reflect upon
morning practice

-10am-12:30pm Discover
Theory, discussion and practical learning on various topics

-12:30pm-1:30pm Nourish self
Delight in your lunch or whatever you need to refresh your body, mind and
spirit

-1:30pm-3pm Explore
Theory, discussion and practical learning on various topics Art and Science
of Class construction may be implemented

-3pm-3:15pm Break & Refresh

-3:15-5pm Share
Theory, practical learning, co-creation, authentic sharing Ending practice or
meditation may be implemented



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APPLICATION for 200 HOUR YOGA TEACHER TRAINING

Name: _____

Address: _____

City/State/Zip: _____

Cell Phone: _____

Other Phone: _____

Email: _____

Years Practicing Yoga: _____

Studio(s) Where You Practice: _____

Student Signature: _____

Date: _____

Why do you want to become a yoga teacher?

What do you hope to accomplish with this teacher training?

Do your friends and family support you in this training?

Do you have any medical issues or limitations?

What are your personal challenges/goals in your own yoga practice?

What specific styles of Teaching are you most interested in (Ashtanga, Vinyasa, Yin, Basic, etc.)?

What is your understanding of the essence or purpose of yoga?

Have you participated in other Teacher Training programs?
If so, which ones?

Other information, thoughts, considerations you feel are important:



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Reporting of Policy Violations

We encourage anyone who has been the subject of misconduct or any action that violates our policies and Code of Conduct to report the incident to our school management.

The report should contain the following information:

- Your full name;
- Your email and phone number;
- The name of the person who the grievance is against;
- A description of the alleged policy violation;
- The date and location of the policy violation;
- Names and contact information of any witnesses with first-hand knowledge of the situation; and,
- Any other credible evidence that is available to support the grievance. In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct. All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate. We may request additional information from the person reporting the incident throughout the course of review of the report. We will take appropriate action to ensure compliance with our policies. The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all circumstances.

We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation. Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions that are taken in response to the report will also be confidential.