



2021
Sacred Heart &
S.O.A.L. Mystic Yoga
School

Virtual Teacher Training



Sacred Heart & S.O.A.L. Mystic Yoga School Teacher Training Program

SACRED HEART & S.O.A.L.'S TEACHER TRAINING PROGRAM (RYT-200) IS YOUR CHANCE TO EXPERIENCE A UNIQUE EDUCATION. WHETHER YOUR FIRST CAREER OR A NEW ONE, WE PROMISE TO TRAIN YOU TO BE A SKILLED, SENSITIVE YOGA INSTRUCTOR. YOUR HANDS-ON LEARNING BEGINS YOUR VERY FIRST DAY. OUR TEACHERS ARE A TEAM OF HIGHLY TRAINED AND CERTIFIED EDUCATORS. THEY ARE EXPERIENCED AND PASSIONATE ABOUT YOGA.

OUR TEACHER TRAINING PROGRAM WILL EMPOWER YOU TO TEACH A DYNAMIC, UNIQUE, AND SAFE YOGA CLASS, ONE THAT IS APPROPRIATE FOR ALL LEVELS.

OUR FOCUS WILL BE ON TRADITIONAL HATHA POSTURES, IN ADDITION YOU WILL ALSO LEARN ALL THE STYLES OF CLASSES THAT MI VIDA HAS TO OFFER (YIN MEDITATION, CHAIR YOGA, AND SHAKTI.).

YOU WILL NOT ONLY RECEIVE LOTS OF PRACTICAL TEACHING EXPERIENCE INCLUDING ANATOMY, PHILOSOPHY, AND ETHICS. YOU WILL LEARN ABOUT THE MYSTICS OF YOGA HELPING YOU TO LEAD AN INTUITIVELY LED CLASS.



Mi Vida Yoga Health & Wellness Center is a warm and welcoming studio, locally and woman-owned, and community-based, serving the needs of a variety of students. With classes scheduled throughout the day, every day, you will find your niche, and we are committed to your growth.

Our practice and our classes are rooted in a sacred intuitively led Hatha style yoga. They are the cornerstone of our weekly offerings. We regularly offer free Community classes, donation-based classes, and workshops. We believe and live the idea that all students, regardless of their economic status should find their place with us.

Our instructors and staff are compassionate, passionate, and encouraging. Experience Mi Vida Yoga difference the moment you connect with us.

Course of Study

The Sacred Heart & S.O.A.L. Mystic Yoga Teacher Training Program meets the standards set by **Yoga Alliance** to become a Registered Yoga Teacher (RYT) at the completion of 200 hours of study. Following are topics of study.

ASANA TECHNIQUES, TRAINING AND PRACTICE

Learn and practice Sun salutations, poses, alignment principles, hands on assists, and modifications, beginning on day one. Students will receive focused and intensive practical teaching experience in this training.

THE ART OF SEQUENCING

Students will learn how to create their own strong, creative, and powerful sequences based on a variety of methods.

ANATOMY AND PHYSIOLOGY

Functional anatomy as it relates to teaching yoga poses, including precautions and safety.

SOFT ANATOMY

The chakra system and the energetic body.

PRANAYAMA

Breathing techniques

Course of Study

YOGA PHILOSOPHY AND LIFESTYLE

The study of the Yoga Sutras of Patanjali.
Personal practice as a foundation for teaching.

BUSINESS OF YOGA AND ETHICS

How to become a successful yoga teacher, and how to market oneself. Code of conduct of yoga teachers. Common ethical predicaments faced by yoga teachers.

Mystical

Smudging, Herbs, Essential Oils, and Crystals.

REIKI

A healing technique that channels energy into the body by means of touch, to activate the healing processes of the body and restore balance

SACRED HEART & S.O.A.L MYSTIC YOGA SCHOOL

DIFFERENCE

"The teacher training is steeped in the multi-faceted aspects of yoga. There is a strong foundation in the asanas, or postures, yet unlike many other schools, SHSMYS offers rich teachings and tools that invite students to discover and develop their own voice and style. Introductions to Anatomy, Ayurveda, Kundalini, Reiki, Energy medicine, essential oils, Native American ceremony, Crystals, and much more are woven throughout the course. There are inspiring required texts, fiend trips, and time to know yourself deeper, as a student, teacher, and human being."

-Michelle Korte, SHSMYS graduate

SACRED HEART & S.O.A.L.
MYSTIC YOGA SCHOOL
#SERVINGONEANOTHERSLIVES



SACRED HEART & S.O.A.L.

MYSTIC YOGA SCHOOL CLASS I
THE GOOD VIBE TRIBE



REQUIRED READINGS

**Students will need to purchase the following
required titles on their own:**

Anatomy of Yoga
by Abigail Ellsworth

You Can Heal Your Life
by Louise L. Hay

● **Yoga Sutras of Patanjali (Any translation).**

Autobiography of a Yogi
by Paramahansa Yogananda

The Four Agreements
by Don Miguel Ruiz

More books to be announced by training

Requirements for Graduation

ATTENDANCE - Attend all 200 hours

PRESENTATION SKILLS - Students will demonstrate competence in communication and organizational skills. They will indicate a willingness to evolve, prove dependability, show compassion, be engaging, creative, and dedicated to the teachings of yoga.

READING AND ASSIGNMENTS - Complete required readings and short written homework assignments

ANATOMY EXAM - Must pass with 75% correct or higher

FINAL WRITTEN EXAM - The final exam will be a comprehensive test, that students will take. Students must pass with 75% or higher.

PRACTICUM EXAM - Sequencing and teaching a full one-hour class

FULL PAYMENT - Payment of all application fees, tuition, and any other make-up hours and supplemental fees are to be paid in full to complete training and achieve certification.

All assignments receive a Pass/Fail grade, except for the final written exam, requiring a grade of 75% or higher. Students will receive feedback on their status of assignments within one day.

** Students may retake the exams one time, and re-write written assignments one time, for a total of two attempts per exam or assignment.

** If a student does not pass the one-hour practicum exam, he or she may schedule two additional attempts.

** Any student who is unsuccessful at practicum after those two attempts, he or she must schedule one additional attempt within one week after training.

** Students receive observation along with written and verbal feedback throughout the training. If at any point progress is not satisfactory, teachers will direct students to schedule a meeting with the Director to draft an improvement plan.

** Upon satisfactory completion of this training, students receive a certificate of completion. Students are then able to register with Yoga Alliance to become RYT-200.

Student Expectations

ATTENDANCE

Graduation requires 100% attendance. If a student needs to miss a portion of the training, he or she must meet with the Director of Teacher Training to develop a plan to make up lost hours or write a paper to make up for this time.

If a student has an emergency that causes him or her to miss an entire day or more of training, the student and Director will arrange a plan to make up the hours. See Leave of Absence policy below. If the student misses for non-emergency reasons, without communicating and developing a plan with the Director, the student is dismissed from the program, and the refund policy will apply.

Instructors take attendance each day on the school calendar and kept on file.

TARDINESS

Students will need to arrive on time prepared for the start of each class/session. If a student is more than 15 minutes late for a session, they are tardy. One hour deducted from the total contact hours.

LEAVE OF ABSENCE

In the event a student must discontinue participation due to circumstances beyond the student's control, the refund policy applies. Sacred Heart & SOAL Mystic Yoga School will assist the student in completing their training either through a future training, if available, or at the make-up rate of **\$75/hour**.

STUDENT CONDUCT

Ethics are an essential aspect of yoga, stressed and firmly enforced throughout the Yoga Teacher Training Program. Please review and sign our Agreement and Liability Release Form located at the back of this catalog.

PROBATION, DISMISSAL and RE-ADMITTANCE

A student is on probation if he or she needs additional instruction, has fallen behind, has had excessive absences, or is incomplete with assignments.

A student may receive probationary status if he or she is not receiving a passing grade.

See Student Completion

requirements/Assessments section. The length of the probationary period will be dependent on the student's needs.

Re-admittance from probation will be at the discretion of the Director. A student will need to show improvement and progress, subject to the Director's approval.

Failure to make improvements, progress, or satisfactory grades, will result in dismissal, refunds per the refund policy will apply.

Any criminal activity associated with this training will result in immediate dismissal.

Students who violate our student conduct code of ethics policy, will receive a written notification or warning. Dismissal from the program may result. Refunds will apply per the refund policy.

A dismissed student may apply for readmission to a future training, subject to approval.

School Policies

ADVANCED STANDING

Sacred Heart & SOAL Mystic Yoga School does not offer advanced standing for any previous training or coursework.

NON-DISCRIMINATION POLICY

Mi Vida Yoga Teacher Training Program does not discriminate due to age, gender, marital status, national or ethnic origin, sexual orientation, color, race, or religion.

HOUSING

Mi Vida Yoga does not provide housing, however please feel free to contact Heather Smelser, heather@mividayoganm.com, for recommendations.

EMPLOYMENT SERVICES

Mi Vida Yoga does not offer employment services. We will help and guide students in pursuing a career in yoga as they are progressing through our program. We do not guarantee employment placement but do offer internship opportunities for exceptional students.

STUDENT RECORDS

Sacred Heart & SOAL Mystic Yoga School will keep a copy of students' 200 hour completion certificate and progress records on file for 6 years. Records are private and available upon request only to the teacher trainee. Duplicate 200 hour certificates can be emailed or a paper replacement can be obtained for a \$25 fee.

STUDENT COMPLAINTS

If a student has a complaint about an instructor, the program, or another student, the complaint will go to the attention of the Director. If there is no resolution, students may contact the New Mexico Regulation and Licensing Department for further assistance, at (505) 476-4870 or online <http://www.rld.state.nm.us>, or in person, NMRLD, Toney Anaya Building, 2550 Cerrillos Road, Santa Fe, New Mexico 87504

CANCELLATION/ REFUND POLICY

Students will receive refund of all money paid less the \$500 deposit if the student cancels before the beginning of training. The student will receive the refund within 10 business days. A student receives a prorated refund of tuition (less \$500 deposit), based on the following:

Prior to the first class -100% less \$500 deposit.

Completed 10%, but prior to 20% - 80% refund less deposit

Completed 20%, but prior to 30% - 70% refund less deposit

Completed 30%, but prior to 40% - 60% refund less deposit

Completed 50%, but prior to 60% - 50% refund less deposit

60% or more – no refund

A dismissed student will receive a refund within 40 days of the dismissal date.

Sacred Heart & S.O.A.L. Mystic Yoga

School Code of Ethics

Yoga teachers understand and appreciate teaching Yoga is a noble endeavor, aligning them with a history of honorable teachers.

Yoga teachers are committed to practicing Yoga as a way of life.

Yoga teachers commit to maintaining impeccable standards of professional competence and integrity.

Yoga teachers dedicate themselves to a thorough and continuing study and practice of Yoga. They exhibit expertise in the specific theoretical and practical aspects of the branch or type of Yoga in which they teach others.

Yoga teachers are committed to avoiding substance abuse and, in the event of active chemical dependence will stop teaching until they are stable in their recovery. They will do everything in their power to stay substance free.

Yoga teachers will accurately represent the education, training, and experience relevant to their teaching of Yoga.

Yoga teachers are committed to promoting the physical, mental, and spiritual well-being of their students.

Yoga teachers, especially those teaching Hatha Yoga, will abstain from giving medical advice, or advice suggestive as such, unless they have the necessary medical qualifications.

Yoga teachers particularly embrace the ideal of truthfulness in dealing with students and others.

Yoga teachers are open to instructing all irrespective race, nationality, gender, sexual orientation, and social or financial status.

Yoga teachers are willing to accept students with physical disabilities, providing they have the skill to teach those students properly.

Yoga teachers will treat their students with respect.

Yoga teachers will never force their own opinions on students but appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs.

At the same time, however, Yoga teachers must communicate to their students that Yoga seeks to achieve a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then the Yoga teacher is free to refuse to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.

Yoga teachers will avoid any form of sexual harassment of students.

Yoga teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action.

Yoga teachers will make every effort to avoid exploiting the trust and potential dependency of students and instead encourage them to find greater inner freedom.

Yoga teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, which includes observing proper decorum inside and outside of class.

Yoga teachers strive to practice tolerance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts.

These Ethical Guidelines are not exhaustive. Yoga teachers always endeavor to respect and, to the best of their abilities, adhere to the traditional yogic code of conduct as well as to the law current in their country or state.

Schedule and Facilities

SPRING 2021 (200-RYT) Extended ****Virtual Group Training dates**

April 2,3,4
April 30, May 1,2
June 4,5,6
July 9,10,11
August 6,7,8
September 10,11,12
October 1,2,3
November 5,6,7

Anticipated Schedule

Fridays 6-9pm
Saturdays 8am - 4pm
Sundays 8am - 4pm

****Virtual Training requires an internet connection and a computer.**

FACILITIES / LOCATION for in person trainings

2418 Juan Tabo Blvd NE, Albuquerque, NM 87112

Albuquerque is a beautiful city with many conveniences, if you are traveling from out of town. Our location is conveniently located near a variety of restaurants and lodging facilities.

Please bring your own yoga mat, props, towel, and water bottle.

You will have access to a refrigerator.

Application Procedure

ADMISSION POLICIES

Applicants must be 16 years of age to apply to this program. Most program correspondence will occur electronically, applicants should have access to a computer and email. Applicants must have a willingness to develop a regular practice that is appropriate for their own health and needs.

HOW TO APPLY

All prospective students will complete an application and submit an \$500 Deposit / application fee (non-refundable). Applicants must also complete an interview in person or over the phone.

More information about applications and payment can be obtained by contacting Heather Smelser at heather@mividayoganm.com or (505) 238-7330.

DEADLINE

Application deadline is March 12, 2021. Admission is limited, Apply early.

ACCEPTANCE

Once we receive your completed application and fees, the Director will contact the student via phone or in person for an interview, within 2 weeks or conduct one on the spot if available.

Upon completing the application, submitting the deposit / application fee, and completing the interview process, the Director will then notify you via phone or in person of your acceptance into the program.

*Please note that application to the program does not guarantee acceptance.

Releases and Waivers

PHOTO-VIDEO GUIDELINES AND RELEASE

Sacred Heart & SOAL Mystic Yoga School staff may take photographs and or video for use in future trainings or marketing of training programs. If you choose not to be photographed or filmed, please advise the Director of Teacher Training. Students can take photographs, mindful of flow of the class. Students may **NOT** distribute photos or videos outside of class without permission of the participants who appear in the images.

CATALOG RELEASE

I have read and agree to the terms and conditions of application, admission, participation in, and completion of the 200 Sacred Heart & SOAL Mystic Yoga Teacher Training Program.

LIABILITY WAIVER

I understand that the practice of yoga includes physical movements as well as the opportunity for relaxation, and relief from muscular tension. As with any form of physical exercise, there is always the possibility and risk of injury. If I experience any pain or injury, I will listen to my body, stop or adjust as necessary, and look for support from the instructor. I affirm that I alone am responsible to decide to practice yoga. I release and waive any claims that I have now or may have against Heather Smelser of Mi Vida Yoga, and the business and staff of Mi Vida Yoga Health & Wellness.

I agree to the following:

- Sacred Heart & SOAL Mystic Yoga School Teacher Code of Ethics
- Photo-Video Guidelines and Release
- Catalog Release
- Liability Waiver

Print Name _____

Signature _____

Date _____