



OSHKOSH YOGA TEACHER TRAINING **at the downtown Oshkosh Community YMCA**

GETTING STARTED DETAILS

This Yoga Teacher Training Program comes out of a deep desire to immerse and study yoga. To steep in the deeper meanings, to practice, study, and learn.

It is multi-dimensional. It is immersive.

Because it is multi-dimensional, we use the 7 Chakras as a map.

Therefore we have 7 Layers of Learning:

1. **Digital Manual:** 200+ pages
2. **Online Platform:** self-led learning with videos. About 4 learning videos per week with practice videos. Content is "dripped" meaning I don't give it to you all at once. This is to keep you focused and on-track and hopefully help with managing feelings of doubt that may arise because there is A LOT of information and much of it may be new information.
3. **Printed Workbook:** for coursework and contemplation.
Essential Cueing Core Asana Reference Guide: for more in depth understanding into the main foundational asanas.
4. **Design Template:** for class designs.
5. **Required Texts:** in the form of articles and books.
6. **Interaction:** Geneve app, weekly calls and practice, monthly deepening discourse for learning through conversation in real time, email (with subject: YTTQ), 1:1, pods, the digital progress tracker, and more.

There are 3 levels over 7 months:

Level I *Studentship* September 8 - November 3

Teaching, Technique, Practice 75 hours

Asana, Pranayama, Meditation

Yoga Humanities 30 hours

History, Philosophy, Ethics

Level II *Leadership* November 4 - December 22

Professional Essentials 50 hours

Teaching Methodology, Professional Development, Practicum Prep

Anatomy and Physiology 30 hours

BREAK *December 23 - Jan 4*

Level III *Spaceship* January 5 - April 6

Professional Essentials 50 hours *continued*

Teaching Methodology, Professional Development, Practicum Prep

Teaching Practice 20 hours

Exam, Practicum

Community Teach + Celebration *April 6*

FAQ

What are the dates?

Sept 8, 2023 - April 6, 2024

How much does the training cost?

\$2400 for Y members, \$2800 for non-members. Monthly payment plan: \$299/month over 8 months for Y members, \$350/month over 8 months for non-members. We may be able to create alternative options to make payments as manageable as possible. Connect directly with Brandy at brandyhankey@oshkoshymca.org

Who are the teachers?

This program is led by Kat Bettger. Guest Teachers for this year's program include Erica Jago, Cass Ghiorse, Kristin Leal, Dr. Stephanie Matulle, and possibly more.

Kat Bettger: Kat is a rare yoga teacher. Devoted, knowledgeable, and determined to transform the lives of her students. Students who want to grow, evolve and expand, yet remain grounded, stable and at peace. Students who have a certain unspoken fire and passion for the practice of yoga, as well as reverence, curiosity, and love of life. She has taught yoga for 18+ years. www.katseltzeryoga.com

Erica Jago: Erica is a creative powerhouse, two time self published author, graphic designer, and course creator with a passion for helping you bring your ideas into digital spaces. Her customized 1:1 work is highly productive, values your unique skill set, and leads to new perspectives on your creation through her knack for asking the right questions. Find more of her work on www.jagoyoga.com

Cass Ghiorse: Over the course of 19+ years in the field, Cass has helped diverse populations find inner steadiness so they can flourish. She creates a safe space for people's curiosity and strives to teach realistic ways that movement and breath awareness can be integrated into life. She is known for her use of language, knowledge of biomechanics and deep respect for personal body intelligence. She has been on staff at NIKE, Eileen Fisher and Equinox among others. Cass has been a certified Yoga teacher since 2003. She received her Breathwork Guide certification from Our Breath Collective in 2021 as a member of their inaugural training. www.findyourmidline.com

Kristin Leal: Kristin Leal is a London based teacher, lecturer and body worker who travels the world with her MetaAnatomy trainings passionately sharing about the miracle of the human body and the liberating potential of both movement and stillness. She is the author of the books "The Yoga Fan" and "MetaAnatomy- A Modern Yogi's Practical Guide to the Physical and Energetic Anatomy of Your Amazing Body" which was called "smart and sassy" by Elena Brower and "a luscious resource" by Rod Stryker. www.kristinleal.com

Does this program meet Yoga Alliance Requirements?

Yes. This program meets and exceeds the standards set by Yoga Alliance.

Teaching, Technique, Practice 75 hours: Asana, Pranayama, Meditation

Yoga Humanities 30 hours: History, Philosophy, Ethics

Professional Essentials 50 hours: Teaching Methodology, Professional Development

Anatomy and Physiology 30 hours: Anatomy, Physiology, Biomechanics

Teaching Practice 20 hours: Exam, Practicum

How is this program organized?

This program uses the 7 chakra system as a map. Therefore we have 7 Layers of Learning:

1. Digital Manual: 200+ full color pages
2. Online Platform: self-led learning with videos. About 4 learning videos per week with practice videos. Content is "dripped" meaning I don't give it to you all at once. This is to keep you focused and on-track and hopefully will help with managing feelings of doubt that may arise because there is A LOT of information and much of it may be new information.
3. Printed Workbook: for coursework and contemplation.
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5. Design Template: for class designs.
6. Required texts: in the form of articles and books.
7. Interaction: Geneve app, weekly calls and practice, monthly deepening discourse for learning through conversation in real time, email (with subject: YTTQ), 1:1, pods, and the digital progress tracker.

There are 3 levels over 7 months. Level I *Studentship*. Level II *Leadership*. Level III *Spaceship*

Where and when do we meet?

Students meet on zoom Fridays from 11:30 am - 1:00pm. Due to holidays and Guest Teachers there may be a call on an alternative day or more than one call in a week. Dates are subject to change, a google calendar will keep students informed. Students meet in person in Studio 3 at the downtown Oshkosh YMCA on the 1st Saturday of the month from 12 - 4pm. Additionally two more times per month on Saturdays from 10:30 - 11:30 am. Students are also highly encouraged to attend classes with Kat. All in person sessions can be attended live virtually and they are recorded.

What are the expectations of this program?

This is an intensive experience that requires weekly education, coursework, attendance, and participation as well as daily practice and contemplation. The hope is that participants will manage their time and commitments so that they can receive the full benefits of this program which are extensive, affirming, and transformational. Inherent in transformational work is the potential to experience moments of challenge, resistance and overwhelm. The hope is that this program will be a crucial first step onto the long and interesting path of yoga. The expectation is not that this program will provide participants with every skill needed to teach yoga, but will inspire committed students to pursue their own evolution post program. Students of the program are encouraged to be self-responsible and to reach out for support which they will receive with candor and without judgment. To ensure this, the container of the program will be protected and conversations that occur will be kept in confidence. Finally, life is full of the unexpected; this is an ongoing and evolving learning experience for all - including staff, guest and lead teachers.