

B.R.A.V.E. Leadership & Teacher Training

Baptiste Power Yoga Fort Wayne



200 Hour Program

Baptiste power Yoga Fort Wayne

1301 Lafayette St.

Fort Wayne IN 46802



BPYFW'S Mission Statement

Our mission is to bring people together through the practice of yoga & to empower you on and off your mat!



Welcome from the team,

We would like to give you a big welcome to our training program. Your commitment to learning and personal growth takes something and we are truly honored you have chosen us to support you on your journey. For each of us, Baptiste Power Yoga has made dramatic shifts in how we show up as parents, spouses, leaders and friends. We are thrilled to have you join us because without you, sharing the work that we love would not be possible.

We are here to support you, challenge you and spark curiosity within you. We are available to answer any questions you may have, and assist you in anyway we can both during the training and after certification. Our objective is to support as you transition from student to teacher, open a studio or continuing on with your education if you should choose.

It is a honorable calling to teach yoga. If we are able to share even a fraction of the gratitude we have for this practice with you the impact will ripple out through layers of students and generations of people. We highly encourage you to get on your mat as much as possible. A consistent and regular practice will give you the confidence and insight you need to be a powerful teacher and leader. Upon completion of the program, we would value any feedback you have so we can continue to offer the highest quality experience as possible. We look forward to working with you.

Sarah Evans - Tier 3 Baptiste Certified Influencer, YACEP, FIT to Lead Graduate & 500 HR E-RYT

Jen Mills— Tier 2 Baptiste Certified Instructor & 500 HR E-RYT

Leslie Williams—200 HR E-RYT

Rachel Wender—200 HR RYT

Shelly Davis —200 HR RYT





B.R.A.V.E. Leadership & Teacher Training 200 Hour Program

What does our training stand for? Through Breakthroughs, Resiliency, Accountability, Vulnerability, and Empowerment we create powerful teachers & leaders in our community. This program will quite simply change your life. The intensity of the training is designed to pull you out of what you already know and put you into action of expanding what you thought was possible.

Is designed to awaken and empower your whole life through a combination of asana (yoga), meditation, and self-inquiry. This training is not just for those interested in teaching yoga. It is for anyone wishing to discover their purpose, build confidence and add clarity to their life. We focus on leadership skills and an action based yoga practice which works to peel back the layers of anything not authentically you. The result is that you will develop skills that can be used on or off your yoga mat to transform all areas of your life powerfully.

This program is made up of 7 weekends and 10 weeknights that are an immersion into self-inquiry, meditation, daily practice and practice teaching methods. You will be required to complete assigned reading prior to the start of the program.

Tuition \$3200

Non-refundable deposit \$500

Early Bird registration- Register by December 15th and receive \$500 off your tuition

Dates & Times

Weekend Dates

January 4 & 5, 18 & 19, 25 & 26

February 8 & 9, 22 & 23

March 8 & 9, 22 & 23

Friday Evenings

January 10, 17, 24, 31

February 7, 14, 28

March 7, 14, 19

* No class Friday February 21st

Our trainings will take place in the studio. We will meet on Saturday's from 7:30 am—7:00 pm and Sundays from 7:30 am—5:30 pm. Friday evening sessions will take place from 6:00 pm—8:15 pm. 100% attendance is required for these sessions. In the case of a life event that requires you to miss, it will be your responsibility to notify a lead instructor to make up the missed time. Each student is permitted to miss one full weekends worth of hours throughout the training program.

Tuition also includes unlimited yoga for the duration of the training to allow you ample time to practice and be on your mat.

What you will need each session:

- Journal & pen
- Mat and optional mat towel
- Multiple outfits for changing into
- Water bottle
- Training manual
- Snacks (you will have access to our fridge)
- Any medications you may need

Prior to our first session please complete the following:

- Complete the required reading
- Memorize the Journey Into Power (JIP) sequence

JOURNEY INTO POWER (JIP) SEQUENCE

PRESENCE: Integration

Child's Pose
Downward Facing Dog
Rag doll
Mountain Pose
3 OMs

AWAKENING: Sun Salutations

Sun Salutation A 5x
Sun Salutation B 5x
Flip Dog
Side Plank

VITALITY: Warrior Series

Crescent Lunge
Revolved Crescent Lunge
Warrior 2
Extended Side Angle
Utkatasana to Twist
Fingers to Toes Forward Fold
Utkatasana to Twist
Gorilla
Crow

EQUANIMITY: Balancing Series

Eagle (2 each side)
Standing Leg Raise
Airplane
Halfmoon
Dancer's Pose (2 each side)
Tree

GROUNDING: Triangle Series

Sun Sal B with Warrior 2
Triangle
Side Facing Wide Leg
Pyramid Pose
Twisting Triangle

IGNITING: Back Bending Series

Locust
Floor Bow
Upward Facing Dog
Camel
Bridge
Wheel
Supta Baddha Konasana
Dead Bug

STABILITY: Abdominal Series

Scissor Legs and 60/30 lift
Abdominal Twists
Boat Pose

OPENING: Hip Series

Half Pigeon
Double Pigeon
Frog

RELEASE: Forward Series

Seated Single Leg
Seated Forward Bend
Reversed Table Top

REJUVENATION: Inversions

Waterfall or Shoulder Stand
Plow Pose
Deaf Man's Pose
Fish

DEEP REST: Surrender to Gravity

Supine Twist
Savasana
3 Oms

Book List:

Required Reading:

- Journey Into Power by Baron Baptiste
- Thanks for the Feedback by Douglas Stone & Shelia Heen
- The Four Agreements by Don Miguel Ruiz
- Dare to Lead by Berne Brown
- The Collaborative Way by Lloyed Fickett and Jason Fickett
- Human Anatomy Coloring Book by Margaret Matt
- 40 Days to Personal Revolution by Baron Baptiste
- The Key Muscles of Yoga by Ray Long
- Being of Power by Baron Baptiste

Resources for assignments:

- The Yoga Sutras of Patanjali by Sri Swami Satchidananda
- The Yamas & Niyamas by Deborah Adel
- Bhagavad Gita A walkthrough for Westerners by Jack Hawley



Code of Conduct

We are committed to holding high ethical standards for our yoga teachers. We believe that it is the responsibility of a teacher to ensure a safe environment in which our students can grow physically, mentally, and spiritually. Students are looking for guidance from teachers with authenticity, experience, and wisdom. Our Code of Conduct was developed to protect our students in this potentially vulnerable relationship with their teachers and to uphold the highest professional standards

Financial Practices

Teachers will be honest, straightforward, fair, and conscientious in conducting all of their business affairs. Teachers will manage their business affairs according to recognized standard business and accounting practices. Teachers will discuss all fees and financial arrangements in a straightforward professional manner.

Teachers will seek opportunities to render service to individuals or groups who are underserved by the broader yoga community on a pro bono basis.

Professional Growth/ Continuing Education

Teachers shall maintain and improve their professional knowledge and competence, strive for professional excellence through regular assessment of their personal and professional strengths and weaknesses, and through continued education and training. Teachers shall stay current with new developments in yoga through practice and study.

Teacher-Student Relationships

Teachers recognize the trust placed in them by their students and the power imbalance of the student-teacher relationship. Teachers shall avoid exploiting the trust and dependency of students. Teachers shall hold themselves out as stewards of safe and sacred spaces by maintaining clear personal and professional boundaries.

Teachers will continually be aware of their position of power and influence in their relationship with their students. Teachers will be mindful not to project their own agendas, perceptions, and outcomes on their students. Teachers will not seek to fulfill their personal needs at their students' expense. Teachers shall maintain professional boundaries in relationships with students and avoid any relationships that may exploit trust between the student and teacher.

Teachers recognize that their purpose is to serve their student's personal exploration and growth. Teachers will avoid any activity or influence that is in conflict with the best interests of their students or that may be solely for their own personal gain or gratification

Integrity

Teachers are committed to maintaining impeccable standards of professional competence and integrity. Teachers are committed to promoting the physical, emotional, mental, and spiritual wellbeing of their students. Teachers are committed to practicing yoga as a way of life, which includes adopting the fundamental moral principles of yoga and making their lifestyle environmentally sustainable.

Scope of Practice

Teachers shall represent their qualifications honestly and provide only the services they are qualified and certified to perform. Teachers shall not give medical advice. Teachers shall not recommend treatment, diagnose a condition, or suggest that a student disregard medical advice. Teachers shall refer their students to medical doctors or complimentary licensed professionals when appropriate.

Confidential Information

Teachers shall keep all personal information disclosed by their students or clients strictly confidential. A teacher who receives any private information from a student or client may not disclose such information unless it obtains the written consent of the student or client. However, a teacher may disclose private information about a student or client without obtaining consent in the following situations:

- (a) to comply with the law or the order of a court;
- (b) to prevent bodily harm or danger to the student or client or to others; or
- (c) where the information has already been disclosed to the public Inter-Professional Relationships

Teachers are part of the health care and well-being community and should strive to develop and maintain relationships within the community for the benefit of their students and their professional development. Teachers shall conduct themselves in an honorable manner in their relations with their fellow yoga teachers and other wellness practitioners. Teachers shall work to build the unity of their community by embracing diversity, collaboration and commitment the benefit of all.

Teachers shall practice tolerance and acceptance toward other yoga teachers, schools and traditions. Teachers shall not openly criticize practices followed by other yoga schools or teachers. However, teachers recognize that differences of opinion are to be expected, and they may be discussed in a sensitive and compassionate manner. When criticism must be made, it should be done with fairness, discretion and with a focus on the facts

Advertising and Public Communications

Teachers shall provide students and colleagues with good quality and factual information about their professional qualifications, the services they provide and their teaching arrangements. Teachers shall put students first, preserve their trust and maintain the professionalism of the yoga community. Teachers shall not misrepresent their professional qualifications and affiliations or falsely imply sponsorship or certification by any organization or group.

Yoga Equity

Teachers will welcome, accept, and support all students regardless of religion, gender, sexual orientation, language, nationality, political, or cultural background.

Teachers will embrace yoga equity. Teachers shall seek to have an awareness and a commitment to making yoga more equitable, inclusive, accessible and diverse. This encompasses diversity, inclusion and accessibility in yoga. Teachers will make the conscious decision to address each of these issues thoughtfully and intentionally throughout their work in restoring equity to the yoga community.

Teachers will emphasize the importance of learning, teaching, and practicing yoga honestly, which means promoting equity, reducing harm, honoring and leveraging cultural differences, and fostering diversity and inclusion in all areas of yoga while honoring the integrity of yoga's cultural and historical roots

Grievance Policy

Reporting of Policy Violations We encourage anyone who has been the subject of sexual misconduct or any other action that violates our policies and Code of Conduct to report the incident to our school management (henceforth referred to as the "reviewing body").

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 the taken in response to the report will also be confidential.

Refund Policy

Upon receiving an acceptance email, the applicant will be charged a deposit of \$500 on their credit card. Final invoices will be emailed two weeks before the start date of training. The deadline to pay in full is 1 week prior to the start date of training unless a payment plan has been agreed upon.

If applicant withdraws from the program after acceptance, but within 7 days before the program starts, \$500 from applicant's deposit amount will be retained by the program. However, such amount can be applied towards a future training program.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

During the training you will receive unlimited yoga passes as part of your tuition.

Retaliation Policy

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies

Attendance & Tardiness

All sessions are important. Any missed hours will have to be made up prior to graduation. All hours must be documented accurately. In the event that class time must be missed, please contact your lead instructor for approval and make up time arrangements. The equivalent of one full weekend missed is permitted. Students who do not complete make up hours will not receive the final certification. Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be ready to go at the start time set for each session.

Students are expected to notify the school if they intend to withdrawal from the program.

Thank You

Thank you for your interest in our program. We look forward to providing you with an exceptional & transformational experience. If you have any questions, please contact us at bpyogafw@gmail.com