



# 200 HOUR YOGA TEACHER TRAINING IS LIFE-CHANGING

## THE CURRICULUM

The 200-hour YTT curriculum at One Soul Yoga meets the elevated standards set forth by Yoga Alliance. While challenging, this certification training is rewarding—inspiring you to not only learn more about yoga, but learn more about yourself in the process.

We focus on yoga practice that uses trauma-sensitive language and follows the eight limbs of yoga. Our practice balances alignment, controlled breath and movement and can be modified based on a student's skill level or needs.

This course will help you deepen your knowledge of the ancient teachings while combining the needs of modern-day classes and students. We encourage our YTT students to immerse themselves into the training in order to develop confidence and bring their own voice and style to the mat.

Whether you have plans to teach yoga or are simply taking this course to deepen your own knowledge to improve your own practice, you are right where you are supposed to be!

### 1 TECHNIQUES, TRAINING, PRACTICE

**Pranayama & Subtle Body:** effects and sequencing, breathing techniques, koshas, chakras, drishti, nadis and prana vayus

**Meditation:** meditation techniques, meditation practice, chanting, mantras, mudras, bandhas

**Asanas:** seated, standing, prone, supine, inversions and arm balances will be covered in-depth alongside important anatomy considerations and alignment in addition to variations, sequencing, benefits and contraindications

### 2 ANATOMY & PHYSIOLOGY

**Anatomy:** major bones, types of joints, major muscles involved in asana, types of muscle contractions

**Physiology:** nervous system including fight, flight or freeze response, vagal theory, cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice, respiratory system

**Biomechanics:** types of joint movements, joint stabilization, safe movement in balance, stretching, awareness and limitations, contraindications and importance of proper alignment

\*\*Anatomy & Physiology unit taught by a medical physician and certified yoga instructor.

### 3 YOGA HUMANITIES

**Yoga History:** lineages, styles & forms of yoga, notable yogis

**Philosophy:** yoga terms, yogic texts, eight limbs of yoga, kleshas, asana, pranayama and meditation

**Ethics:** Yoga sutras, ethics, equity in yoga, accountability, self-reflection on yoga ethics and teaching/practice

### 4 PROFESSIONAL ESSENTIALS

**Teaching Methodology:** teaching styles, sequencing, pace, environment, cueing, class management, group class dynamics, demonstration, assisting

**Professional Development:** professional organizations, ethics, continuing education & life-long learning, yoga business, marketing, promotion, waivers, liability

**Practicum:** demonstration competencies, teach backs within training, observation within training, mentoring/feedback, teaching

### + ADDITIONAL

We will spend additional time learning about Trauma Informed Yoga, Sound Healing, Yin and Restorative Yoga.



# YOGA TEACHER: YES YOU CAN!

## THE REQUIREMENTS

You CAN do YTT! Our program is broken up into monthly weekend sessions to help fit your busy schedule. Attendance is mandatory in order to complete certification.

Each student may miss up to 20 hours of the 200-hour training program. Missed hours and assignments must be made up during our make-up weekend in order to complete the training program.

Absences over the approved 20 hours may result in dismissal from the program.

In addition, you will be required to complete and turn in outside assignments separate from the 200-hour in person training. These may include logging outside yoga practice, logging teaching hours, research and written assignments, asana study, meditation groups, group study and reading assignments.

At the end of this course each student must complete and pass a teach-back and a written exam in addition to turning in all of the additional assignments.

You will receive your yoga teacher training certification once all requirements have been met and assignments and logs have been turned in as outlined below:

### Attendance

Tuition must be paid in full at or by the 10th session  
Homework assignments including asana forms Completed and passed 10-15 minute teach-back  
Pass final assessment with 70 or above

Once these requirements are completed you will earn the title “Certified One Soul Yoga Teacher” and will have the option to register with Yoga Alliance to become a 200-HR RYT (Registered Yoga Teacher).

## REQUIRED TEXTBOOKS & SUPPLIES

Students will be required to purchase the following:

**The Four Agreements** by Don Miguel Ruiz (read before starting training)

**The Heart of Yoga** by TKV Desikachar

**Teaching Yoga Essential Foundations & Techniques** by Mark Stephens

**Anatomy for Vinyasa Flow and Standing Poses** by Ray Long

Yoga mat

Spiral notebook, pen

## OPTIONAL TEXTBOOKS & SUPPLIES

The following are used in training but optional to purchase:

**The Bhagavad Gita** translated by Eknath Easwaran

**The Hatha Yoga Pradipika** by Svaramarama, Translated by Brian Dana Akers

**Wheels of Life** by Anodea Judith

**Teaching Yoga Beyond the Poses** by Sage Rountree and Alexandra Desiato

**The Key Muscles of Yoga**: Ray Long



# YOGA TEACHER TRAINING IS AN INVESTMENT IN YOURSELF!

## THE INVESTMENT

We believe that YTT is life-changing and truly an investment in yourself, whether you plan on teaching or just deepening your yogic knowledge.

We want to work with you when it comes to payment so that it fits your needs and your budget. In accordance with submitting your application and deposit, you are securing your spot in the training. Tuition does not cover required textbooks.

There is a **non-refundable** \$150 deposit due at the time of your application. This secures your spot and covers administration fees, training manual, etc. This is applied towards the tuition. Application cannot be accepted without deposit. Applications are due no later than December 31, 2024. We do not admit students after YTT begins.

## 2025 TUITION

Tuition for full payment: \$1850 (includes \$150 non-refundable deposit)

If paying in full, payment is due 7 days before the first weekend of training.

Tuition for payment plan: \$2100 (includes \$150 non-refundable deposit)

If opting for the 4-pay plan, (\$487.50) payment is due the 1st, 3rd, 5th & 8th training.

If opting for the 10-pay plan (\$195) payments are due before/at weekend of the 1st-10th training session. Final payment is due at or before the 10th session.

**\*\*Please note, there will be a \$25 late fee for payments received more than 7 days after the training weekend it is due.**

## REFUND POLICY

A full refund (minus deposit) is given only on the full-pay option up to 7 days BEFORE training begins.

Participants will receive a prorated refund based on the number of sessions not completed. A \$100 administrative fee will be deducted from the remaining prorated tuition. The \$150 deposit is non-refundable.

Refunds are issued via check within 30 days of request.

## INCLUDED WITH TUITION

When taking our program students receive:

- All in-person training
- Training manual
- Certified 200 Hour Yoga Teacher certification
- Two 12-class punch cards for One Soul public classes
- Online support/additional materials
- Continued mentorship/support by One Soul training faculty

# 2025 ONE SOUL YOGA 200 HOUR TEACHER TRAINING DATES

## THE 2025 YTT DATES

Optional Information Meeting: Monday,  
September 30 at 6:00 pm.

SESSION 1: Jan 25 & 26

SESSION 2: Feb. 22 & 23

SESSION 3: March 8 & 9

SESSION 4: April 12 & 13

SESSION 5: May 31 & June 1

SESSION 6: June 28 & 29

SESSION 7: July 12 & 13

SESSION 8: August 2 & 3

SESSION 9: August 30 & 31

SESSION 10: September 6 & 7

In addition, we will have a private Facebook group where we will post additional material. YTT Clinics may be scheduled throughout training according to the groups availability.

## HOURS

Weekend sessions will run approximately 9:00 am-5:00 pm on Saturdays and Sundays with a one-hour break for lunch.

Schedule could slightly change according to the needs of the class and will only be done so with all in agreement.

Session 9 will include a full review and Session 10, the final weekend, will consist of written exam, teach-backs and graduation.



## INSTRUCTORS

One Soul YTT will be lead by a group of qualified yoga instructors including:

DeAnna McDearmont (E-RYT 500, YACEP)

Scott McDearmont (MD, E-RYT 200, YACEP)

Leah Conner (RYT 500, YACEP)

Rachel Finney (CYT 500)

Allison Martin (RYT 200)

Libby Sharpe (CYT 500)

Guest instructors may also assist from time to time.

## QUESTIONS?

You are invited to attend an optional information meetings on Monday, September 30 at 6:30 pm to learn more about the YTT program at One Soul Yoga and to address any questions or concerns you may have. You do not have to attend to sign up for YTT.

You can also contact us via email at:  
[OneSoulYogaStudio@gmail.com](mailto:OneSoulYogaStudio@gmail.com).

# 2025 ONE SOUL 200 HR YTT APPLICATION

PLEASE FILL OUT AND RETURN WITH \$150 NON-REFUNDABLE DEPOSIT DUE BY 12/31/24.

NO ADMITTANCE AFTER DEADLINE.

MAKE CHECKS PAYABLE TO "ONE SOUL YOGA"

DATE \_\_\_\_\_

NAME \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NO \_\_\_\_\_

EMAIL \_\_\_\_\_

**BY TURNING IN THIS APPLICATION YOU UNDERSTAND (PLEASE INITIAL):**

\_\_\_\_\_ YOU ARE REGISTERING FOR IN-PERSON 200-HOUR YOGA TEACHER TRAINING AT ONE SOUL YOGA

\_\_\_\_\_ YOU HAVE READ AND AGREE TO THE PROGRAM COMPLETION REQUIREMENTS, ATTENDANCE POLICY & CODE OF ETHICS

\_\_\_\_\_ YOU HAVE READ AND AGREE TO THE PROGRAM PAYMENT AND REFUND POLICIES

## YTT INVESTMENT & PAYMENT & REFUND POLICY

In accordance with submitting your application and deposit, you are securing your spot in the training. Tuition does not cover required textbooks.

There is a non-refundable \$150 deposit due at the time of your application (due 12/31/24). This secures your spot and covers administration fees, training manual, etc. This is applied towards the tuition.

Tuition for full payment for cash/check: \$1850 (includes \$150 non-refundable deposit)

Tuition for payment plan: \$2100 (includes \$150 non-refundable deposit)

If paying in full, payment is due 7 days before the first day of training

If opting for the 4-pay plan (\$487.50) payment is due at/before the 1st, 3rd, 5th & 8th training

If opting for the 10-pay plan (\$195) payments are due at/before the 1st-10th training session. Final payment is due at/before the 10th session.

There will be a \$25 late fee for payments received more than 7 days after the training weekend it is due. Full payment must be paid to complete graduation requirements. Full refund (minus deposit) is given only on the full-pay option up to 7 days BEFORE training begins. Participants will receive a prorated refund based on the number of sessions not completed. A \$100 administrative fee will be deducted from the remaining prorated tuition. The \$150 deposit is non-refundable.

## PLEASE ANSWER THE FOLLOWING QUESTIONS:

What experience do you have with yoga (yoga background/how long have you been practicing/frequency of practice, etc.)?

How do you describe yourself as a yoga student?

What type of yoga are you most drawn to and why?

What are your goals for taking YTT Training?

What are your teaching expectations after completing YTT?

Select a payment open-only deposit is due at application (circle one). FULL PAY    4 PAY    10 PAY

Please return with deposit and following signed waiver, and Code of Ethics to: ONE SOUL YOGA, 1008 Main St, Sulphur Springs TX 75482 Questions? Email us at [Onesoulyogastudio@gmail.com](mailto:Onesoulyogastudio@gmail.com)



## One Soul Yoga Waiver

Name \_\_\_\_\_ Date \_\_\_\_\_

Email \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_ DOB \_\_\_\_\_

**How did you hear about One Soul Yoga?**

**Prior injuries/medical conditions? \_\_\_\_\_ YES \_\_\_\_\_ NO**

**Please explain**

### Release and Waiver of Liability

I understand yoga classes and services offered at One Soul (including but not limited to sound baths, sound healing, Thai yoga, trauma release yoga and reiki) are not a substitute for medical attention, treatment, diagnosis or exam and that instructors/practitioners are not licensed medical professionals. Classes and services provided are complimentary to traditional medicine and are not to be used in place of those practices. I understand that yoga is a physical exercise activity that may include intense physical movement, stretching and balancing postures and may require a high level of physical exertion. As a result, as is the case with any physical activity, I understand the risks of injury, even serious or disabling, from practicing yoga, are inherent and are always present and cannot be entirely eliminated. I understand and voluntarily accept the risks inherent in the classes, events and workshops offered by One Soul Yoga LLC. I hereby represent that I have consulted with a medical doctor and I am healthy and physically fit to practice the types of yoga and services offered by One Soul Yoga LLC. If I experience any pain or discomfort, I agree that I will listen to my body and promptly modify or discontinue such posture. If I am or in the future become pregnant, I affirm that I will notify the instructor and will consult with and obtain approval from my physician before practicing in yoga. I hereby irrevocably and forever release and discharge, and waive any claims that I, or the participant, have now or hereafter may have against One Soul Yoga LLC, its instructors, officers, owners, contractors, partners (including owners or representatives of facilities in which the yoga classes are held) or employees, including for ordinary negligence on the part of any One Soul Yoga LLC Parties for and on behalf of myself, my heirs, survivors, successors and assigns, in connection with any injury, liability or theft or damage of personal property I may experience in connection with the participation at One Soul Yoga LLC. I further acknowledge and agree that instruction and services may include hands-on assists by the instructor and I hereby consent to being physically assisted from time to time by the instructor in connection with the practice of yoga, and should I ever withdraw my consent I will affirmatively state the same. One Soul Yoga LLC Parties will never touch students in an inappropriate or offensive manner. By registering for any class or workshop, I agree to allow my cell phone number to be entered into Remind 101 to receive text notifications on scheduling changes and allow my image to be photographed/videotaped without compensation unless I opt out by given written notice to the office. Images may be used by One Soul Yoga LLC for promotional materials and social media. Those under the age of 18 must have this form signed by a parent or guardian.

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**Signature of Student (or parent if under 18)**

**Emergency Contact/Phone \_\_\_\_\_ Date \_\_\_\_\_**

**ONE SOUL YOGA & WELLNESS CENTER**  
**1008 Main Street, Sulphur Springs, TX 75482**

**CODE OF CONDUCT & ETHICS AGREEMENT**

The word “associate” refers to all One Soul co-owners, instructors, YTT trainees, substitutes, practitioners and providers. The word “student” refers to any One Soul yoga student, or client in any practitioner setting. One Soul recognizes the sensitive nature of the student/teacher relationship and believes it is the responsibility of the instructor to provide a safe and secure environment where the student can grow physically, mentally and spiritually. As such, the following is a set of ethical and accountability guidelines and code of conduct that One Soul and associates has adopted to follow:

Associates agree to (please initial each one and sign below):

\_\_\_\_\_ Accept and appreciate that teaching Yoga is an honorable venture which aligns them with a long line of history and instructors before them and are committed to practicing Yoga as a way of life, following ethical standards both on and off the mat.

\_\_\_\_\_ Uphold and maintain impeccable standards and integrity through professional competence and are committed as life-long learners of yoga and continue their education through self-study, personal practice and continuing education.

\_\_\_\_\_ Agree to avoid substance abuse and should they succumb to dependency agree to halt teaching until they are free of substance abuse.

\_\_\_\_\_ Accurately represent their training, education and yoga-related experience and will embrace truthfulness, privacy, confidentiality and respect when working with and communicating with students.

\_\_\_\_\_ Commit to the mental, physical and spiritual well-being of their students.

\_\_\_\_\_ Refrain from giving medical advice unless they have necessary medical qualifications.

\_\_\_\_\_ Keep their class a safe space for all students irrespective of race, nationality, religion, gender, sexual orientation and social or financial status and are willing to accept students with physical disabilities providing they have adequate training to do so.

\_\_\_\_\_ Understand every individual comes to class with their own set of opinions and ideas and they will never force their own on students. Associates will, however, communicate to students that yoga is meant to aid in mind, body and spiritual transformation.

\_\_\_\_\_ Avoid all forms of sexual harassment of students and will ask permission before physical assisting any student in any asana/treatment.

\_\_\_\_\_ Seek peer counseling before entering in a consensual sexual relationship with any student (present or former). As such, associates will make all attempts to avoid exploiting the trust and potential dependency of any student.

\_\_\_\_\_Acknowledge the importance of provide proper context for teaching and will avoid “casual” teaching without context and will demonstrate proper decorum in and out of class.

\_\_\_\_\_ Practice understanding and tolerance for other instructors, studios/schools and traditions. Criticism should be approached carefully with fairness and factual information and agree that soliciting students from another instructor or studio/school is unethical and prohibited. As such, associates agree to keep all One Soul business and training materials confidential. One Soul forms and training materials are personal and private property and should not be duplicated without permission.

\_\_\_\_\_Keep student information including personal information, medical disclosures and all communications with strict professional confidence and confidentiality. Photos, names and videos of students are only used with permission via waiver.

\_\_\_\_\_Refrain from exchanging personal information (phone number, personal email, social media accounts, etc.) with students and will refrain from contacting any students in any manner or soliciting business outside of One Soul classes, workshops, retreats and events.

\_\_\_\_\_Accept a professional courtesy relationship with One Soul Yoga in which they will not: open a yoga studio, gain ownership, or purchase a yoga studio/facility or open inside another space within a 30-mile radius of One Soul Yoga without counsel/permission. This professional courtesy agreement does not prevent associates from taking classes or teaching at another studio/facility. However, associates agree to not promote another studio/facility while training or teaching at One Soul without permission.

\_\_\_\_\_Agree to the One Soul waiver of liability, code of conduct and ethics, applications and/or employment contract and the outlined Anti-Harassment and Grievance policies adopted by One Soul Yoga & Wellness Center.

These guidelines are not exhaustive and the fact that a given conduct is not specifically stated does not say anything about the ethical or non-ethical nature of said conduct. In short, associates should always work to endeavor respect and to the best of their abilities, adhere to the traditional yogic code of conduct and current laws.

**PRINTED NAME:**\_\_\_\_\_

**SIGNATURE:**\_\_\_\_\_

**DATE:**\_\_\_\_\_