



**Yoga for Mental Health:
Insight Teacher Training and Certification**
August 2019 - March 2020
Program Director and Lead Teacher: Margi Clifford



Mission Statement

Yoga for Mental Health is a therapeutic counseling and educational practice of mindful movement and meditation which promotes healing, growth and vitality.

Our Insight Teacher Training and Certification Program is intended to help students develop insight, on and off the mat, and in their roles guiding others.

Course Overview, Educational Philosophy and Objectives

This is a module based certification and continuing education program for both aspiring and working yoga professionals. Key concepts guiding the program include: **inquiry, service, gratitude and beauty.** The classical eight-limbed path of yoga and related teachings, particularly as taught in the Iyengar and Vipassana traditions will be central. Modern neuroscience and psychology will be addressed and explained. Moral, behavioral, postural, breathing, sense and mental attributes of practice will be considered. Successful students will demonstrate a growth mindset and the application of physical practices over time.

There will be two week-long intensives held at the beginning (August 12-16, 2019) and near the end of the program (January 20-24, 2020). These intensive are required for all students requesting certification. Electives, apprenticeships and independent study complete the offerings of the 2019-2020 program and are open to all dedicated students, space permitting. Our aim is to support and prepare sensitive, skillful, ethical, and well-rounded teachers. Our students learn how to integrate therapeutic intent and technical skills in the application of yogic principles. It may be used for both personal and professional development purposes.

This program follows the guidelines, established by Yoga Alliance, for 200 hour yoga teacher training programs. It will provide a solid foundation upon which participants may continue to build and develop their professional skills. The Program Director, Manager and Faculty will provide encouragement, information, feedback and space for students to develop competence. Students will be asked to commit to home practice and to collaborate with other yoga practitioners by participating in group teaching sessions. Individual consultation and supervision will be available to support personal and professional development as needed. Upon completion, students will receive certification which will allow them to register with the Yoga Alliance as RYT, Registered Yoga Teacher.

Prerequisites, Application and Enrollment

Students are required to have had a minimum of one year of formal practice under an established teacher to be admitted to the program. Accommodations for injuries and special learning needs

will be addressed by the instructors to the best of their abilities. Thoughtful reflection on your application will help the instructors to understand your needs.

The application for admission is available on-line. The application must be turned in with a \$75 non-refundable application fee to be considered. Candidates for enrollment will be invited to set up an enrollment interview with the Director. Upon acceptance into the program, an enrollment contract must be signed and submitted along with applicable fees before the first day of classes.

Facilities Location and Description

Classes held at:

Yoga for Mental Health's G Street Studio

406 G Street, Suite 212

Anchorage, AK 99501

Tel: (907) 277-9642

E-mail: info@yogaformentalhealth.com

Yoga for Mental Health's G Street Studio is located on the 2nd floor of The Alaska Building, at 406 G Street, downtown Anchorage. The street door is in between Octopus Ink and Pil's Deli. Come up the stairs and down the hallway to the left to find Suite 212. Our main yoga classroom can accommodate a medium sized group and has sufficient props. Class size is limited to 20 students. The inner offices accommodate our individual, small group and administrative needs. There are restrooms both at the top of the stairs and in the back of our suite. There is no easily accessible shower. Our office and classroom tend to be warm. Most of us are comfortable with layers that we can adjust as our movement level does. Filtered water, tea, soups, snacks and other sources of nourishment are regularly available at the studio for you.

In the event that Yoga for Mental Health's location were to change during the course of this Program, the Program would continue at the new location. Students whose ability to participate may be effected by such a change will be entitled to renegotiation of terms in their Enrollment Contract.

Faculty and Staff

Margi Clifford, Program Director and Lead Teacher

MS: Master of Science, Counseling Psychology

LPC-S: Licensed Professional Counselor-Supervisor

E-RYT 500: Experienced - Registered Yoga Teacher 500 level

C-IAYT: Certified - International Association of Yoga Therapists

YACEP: Yoga Alliance Continuing Education Provider

Margi Clifford is a licensed professional counselor and yoga therapist who integrates yoga, insight meditation and psychotherapeutic techniques to promote well-being in individuals and communities. She founded Yoga for Mental Health in 2006 and has since offered training opportunities to students and professionals and, direct therapeutic care to individuals, groups and

organizations. Lynne Minton from the Iyengar tradition has her primary teacher and mentor since 2003. Margi offers consultation and training, retreats and classes in Alaska, on-line and . You can learn more about her and her practice by following on Instagram: @yogamargi

Xochitl Foster

E-RYT 500: Experienced - Registered Yoga Teacher 500 level

YACEP: Yoga Alliance Continuing Education Provider

Xochitl believes that when yoga is treated as a discipline it quickly becomes a way of life. All one needs, is to find a style, a teacher, and community with which they connect and they will find that the benefits to a regular practice are endless. She began practicing yoga in 2001 while living in Northern California. Xochitl had always been an active person, enjoying a wide range of physical activities. When she saw a yoga class in session at a local gym, she decided to give it a try. She figured she was young and healthy and therefore could do anything, but little did she know that that one class would be one of the more challenging and humbling experiences of her life. Xochitl committed herself to the class and treated it as a physical challenge. In the end, her greatest benefit arose from the calm it brought to her mind and body, which thankfully connected to her everyday life. After meeting her wonderful husband and moving to Anchorage in 2009, she had the opportunity to commit to a deeper study of yoga. In May of 2012, she completed her 200 RYT program here in town at Inner Dance Yoga Studio. In February of 2018, she completed her 300 RYT at Spirit Path Yoga and Wellness holding the designations of E-RYT 500 and YA-CEP. Since then she has dove head first into the broad and colorful yoga community here in Alaska.

Kristiann Maclean

E-RYT 500: Experienced - Registered Yoga Teacher 500 level

YACEP: Yoga Alliance Continuing Education Provider

Kristiann believes yoga should be accessible to everyone, through all stages of life. Using props to bring ease to each pose and each body, she brings a light, welcoming spirit to her classes and workshops. She enjoys working with people who don't consider themselves "yoga types" and has worked with clients in hospitals, at workplaces, on retreats, in classrooms and with children, in addition to traditional studio classes. Her training began in 2007 and is alignment-based, and she credits yoga master teachers Lynne Minton and Lonnie Chace with helping her find her path to yoga teaching.

Jill Brekken

RYT 200 - Registered Yoga Teacher 200 level

PTA - Physical Therapist Assistant

CST- CranioSacral Therapist

Jill is a Licensed Physical Therapist Assistant, a yoga and meditation teacher and a CranioSacral Therapist. She is one of the owners of Ascension Physical Therapy. She has worked as a PTA in outpatient orthopedic physical therapy for nearly 25 years. She has worked with individuals with all types of physical dysfunction and pain and is passionate about helping people live life with greater ease. She has studied yoga and meditation for over 15 years and became a yoga teacher (RYT) in 2003. She has worked to integrate Physical Therapy principles and yoga and meditation in order to effectively treat all levels and layers of the body.

Heidi Weiland

RYT 200: Registered Yoga Teacher 200 level

Ayurvedic Health Counselor - Intern

Part educator, part medicine woman, part coach, Heidi's role as an Ayurvedic Health Counselor is to see the big picture of her client's health and provide the tools to get them where they want to be. Heidi's been teaching yoga since 2016 and completed Ayurveda Health Counselor course studies in 2017. She is now in her 200hr internship.

Heidi likes to explore those parts of us that we tend to ignore completely, both as individuals and as a society. There is so much amazing knowledge contained in the ancient wisdom of yoga & Ayurveda that can help us manage the trials and tribulations of life and bring us closer to peace and happiness. Heidi's goal is to support her clients wherever they are at on their own journey.

Stacia Thomas

RYT 200: Registered Yoga Teacher 200 level

RN: Registered Nurse

Stacia graduated from nursing school in 2006 and found the career to be very rewarding but also very demanding. After some exploration, she found yoga to be the perfect practice to rebalance body, mind, and spirit. In 2017 Stacia decided to further her yoga practice and interest by completing an Insight yoga teacher training program with Margi Clifford. Since graduating from the yoga teacher training program in December 2018, she has enjoyed incorporating asana(physical) yoga practices with mindfulness meditation in her daily life and as a yoga teacher. You may also find her playing outside in the Alaska backcountry: skiing, hiking, and biking with her husband and doggy.

Molly McCarthy

MS: Master of Science, Counseling Psychology

RYT 200: Registered Yoga Teacher 200 level

Molly McCarthy has been practicing yoga and meditation since 1995 and has a lifelong interest in holistic approaches to optimizing physical and mental health. She is a certified health and wellness coach, completed yoga teacher training in 2000, holds a Masters Degree in Counseling Psychology and is a UMass Center for Mindfulness qualified MBSR teacher. She is excited to bring MBSR to the Anchorage community!

Maria Belozertseva, Program Manager

MS: Master of Science, Counseling Psychology

RYT 200: Registered Yoga Teacher 200 level

Maria is a pre-licensed mental health therapist, a yoga teacher, and Yoga for Mental Health's Practice Manager. She holds a Master of Science degree in Counseling Psychology from Alaska Pacific University. Maria completed an Insight yoga teacher training program with Margi Clifford in 2018. She offers students and clients an authentic, respectful, non-judgmental teaching style. She seeks to help others (and herself) thrive in life by nurturing body, mind and soul. Maria says, "I will always be a student of the practice and am deeply grateful for all loving teachers in my life."

2019-2020 Insight Program

Required components	Dates	Teacher	Hours	Est. cost
*Enrollment contract interview	April - August 2019	Margi	1	500
*Week One Intensive	August 12-16, 2019	Margi	30	910
		Heidi	5	
*Week Two Intensive	January 20-24, 2020	Margi	30	910
		Heidi	5	
*Practicum and exit interview	Spring 2020	Margi	10	300
Subtotals			81	2620
Electives	Dates	Teacher	Hours	Est. cost
**Yoga for Mental Health	October weekend (TBD)	Margi	10	375
**Teaching Methods	October 2019 Tuesdays: 5:30-7:30pm	Margi	10	275
**What's My Type	November 2019	Margi	5	150
Foundations of Yoga	Sept 15 - Nov 17, 2019 Sundays, 9am-12pm	Xochitl	30	800
Anatomy for Yoga: Spine, Hips and Pelvis	September 28, 2019 9am-1pm	Jill	4	150
Anatomy for Yoga: Shoulder and Thorax	October 26, 2019 9am-12pm	Jill	3	125
Yoga for Childhood	October 5, 2019 9am-4:30pm	Kristiann	6	200
Yoga for Women/Prenatal Yoga	December 7, 2019 9am-4:30pm	Kristiann	6	200
Mindfulness Based Stress Reduction	Wednesdays Sept. 18- Nov. 13, 6:30- 9:00 pm. All -day retreat Saturday Nov. 2.	Molly	30	475
Mindfulness Course	March 3, 10, 17, 24, 2020; 6:30-8pm	Stacia	6	165
Apprenticeship	Fall 2019	Faculty +	50	
Independent Study	Fall 2019	Faculty +	50	

*required

**CEU eligible

Program Components

***Week One Intensive** - Margi Clifford with Heidi Weiland

Yoga camp! This weeklong course will support participants' introduction to both theory and practice, classical yoga and modern applications. Posture, breathing and meditation practices for sharing with other people in preparation for RYT certification or other integration. We'll get to know more about the demographics of yoga students and how to accommodate a wide range of conditions in practice. With catered Ayurvedic meals included, you'll get to fully enjoy the nourishing effects of the practices yourself!

***Week Two Intensive** - Margi with Heidi

Yoga camp take two! This weeklong course will continue to support participants' study of yoga in preparation for teaching. Posture, breathing and meditation practices for sharing with others with more advanced techniques and complex variations as well as additional tools for special populations. Again, with catered Ayurvedic meals and mindful eating instruction and practice included, you reap the benefits of what you continue to sow. Some student teachers may begin practicum teaching during this intensive.

****Yoga for Mental Health** - Margi

Yoga for mental health concepts and application for yoga students and teachers. Students will learn foundations of emotional and mental health including structure and function of the nervous system and current understandings from neuroscience and psychology. Students will develop language for addressing mental and emotional health concepts in practice from both a western and an eastern perspective.

This course will increase students' confidence working with concepts related to mental and emotional health and knowledge about how to incorporate these concepts into practice. Students will understand and be able to clearly articulate benefits of yoga and meditation. They will learn and practice basic techniques from a mental/emotional health perspective. Students will learn to modify techniques to accommodate client and group needs. Students will understand through experience the physiological effects of categories of postures: backbends, forward bends and restorative postures and breathing techniques. These are largely used in acute situations for parasympathetic nervous system activation or, down regulating effects.

Trauma related treatment will be addressed and interested students may gain CEUs for ethics training.

****Teaching Methods** - Margi

Students will learn techniques for investigation and communication of mind, body and soul from yoga, counseling psychology, neuroscience and physiology. How to use props, integrate other expressive arts, practice and teach inversions, and, use effective anatomical and philosophical language to guide personal practice and build leadership capacity. For RYTs, teacher trainees and allied practitioners.

****What's My Type? - Margi**

From horoscope signs, to Myers-Briggs, you're either this kind of person or you're that kind of person. We have the Doshas of Ayurveda, the Enneagram, archetypes and spirit animals as evidence of humans' long fascination with ways to explain and distinguish their experience from that of another. In this course, students will learn about gene expression, nature v. nurture, and, methods for better understanding some aspects of personality and individual constitutions in order to facilitate effective treatments for healing and to help maintain good health lifelong. Several techniques will be presented, discussed for scientific validity, tested for efficacy when possible and offered for personal and professional applications.

Foundations of Teaching Yoga - Xochitl

Students will learn fundamental components of posture practice with special attention to transitions and variations for all populations. Techniques, training and practice: Sun and Moon sequences, standing postures, twists and variations, Restorative yoga for relaxation. Students will learn classical postures through practice and, teaching techniques through demonstration and discussion. Successful students will demonstrate postures in a way that reflects a balance of ease and effort. The Foundations of Teaching Yoga series includes opportunity for students to practice observing bodies, alignment, and indicators of distress. They will learn to offer modifications and adaptations and to encourage students to recognize their own postural foundations and habits.

Yoga for Childhood- Kristiann

Covering ages 6 weeks and up, this special focus class will give you tools and tips on how to connect with kids of all ages through yoga. We will discuss and explore yoga sequences for all states of childhood, including post-natal parent & baby yoga, yoga for wiggly preschoolers, for elementary school-age kids, and yoga to benefit the transitional years of tweens and teens. Yoga can help kids connect to their bodies and recognize their emotional states, build confidence, release stress, and can be used as a quieting technique for reflection and understanding. Yoga can be especially beneficial to people with anxiety issues – and we shall focus on yoga poses to help reduce anxiety in children and teens.

Yoga for Women/Prenatal Yoga - Kristiann

The female body undergoes many transitions throughout life, and yoga can help every step of the way. In this special focus class, we shall explore yoga approaches to help relieve many common physical discomforts of womanhood, including best poses for menstrual cramps, for enhancing fertility, during the incredible journey of pregnancy, and through the transition of menopause. With a specific focus on prenatal yoga, this class will demonstrate how to keep pregnant yoga students safe. We will learn which pose modifications are best for each of the three trimesters, which pranayama (breathwork) techniques are safest, and how to prop the pregnant body for maximum restorative benefits. Anatomy and physiology of hormonal changes throughout life, of the pregnant body, specific yoga pose adaptations, and techniques for relieving common physical discomforts shall be offered. Kristiann Maclean began teaching yoga in 2008 here in Anchorage,

and credits her practice of prenatal yoga for keeping her sane and comfortable during her pregnancies, and as she journeys into menopause.

Mindfulness Based Stress Reduction - Molly

MBSR is a comprehensive and supportive program that introduces participants to mindfulness practice in the form of sitting meditation, body awareness and mindful movement. Developed by Jon Kabat-Zinn, PhD at the University of Massachusetts Medical School's Center for Mindfulness, MBSR's potential for reducing stress, increasing resilience, and improving health and wellbeing is well documented through 30 years of clinical study and the experience of tens of thousands of students worldwide. People who have participated in MBSR classes have found relief from a wide range of conditions, including chronic pain, migraine headaches, high blood pressure, anxiety, depression, insomnia and chronic disease. Participants learn to respond rather than react to the challenges of daily living, as well as how to integrate mindfulness into their lives.

Mindful Movement and Meditation - Stacia

Explore mindfulness meditation and mindful movement in this 4 class series. Mindfulness is the practice of bringing our attention to our present moment experiences, nonjudgmentally and with a sense of friendliness and kindness. Four mindfulness practices will be introduced: the body scan meditation, awareness of breath, RAIN meditation, and loving-kindness meditation. Each class will include an introduction to mindfulness and a mindfulness meditation practice with an accompanying asana practice.

Apprenticeship - Faculty

Teacher trainees may complete required contact hours with a senior teacher from the Program's faculty or, who is approved by the Program's Director. Trainees may practice, observe, assist and/or lead practice that is currently offered by a senior/supervising teacher as is agreed upon with supervising teacher at the outset.

Independent Study

Teacher trainees may supplement contact hour requirements (125 total contact hours required) with up to 50 hours of workshops, classes, and/or private sessions offered by RYTs in their community. Program Director must approve course of study as teachers must meet minimum qualifications. You will be asked to bring your proposed schedule to your enrollment interview.

***The program includes opportunities for professional development and advanced study for students and allied professionals who are mature, inquisitive and dedicated. Continuing education credits may be available for Registered Yoga Teachers through Yoga Alliance and for licensed professionals through Alaska Pacific University.*

Academic Policies, Grading, and Graduation

Minimum requirements for successful completion of the program:

Students must complete a minimum of 125 contact hours with approved instructors. Completion of additional contact hours and self study will be recorded by the student and approved by the Director. Successful completion of the Practicum Workshop will reflect the students ability to:

1. communicate clearly
2. sequence a series of asanas
3. give verbal cues and demonstrations for asana alignment
4. show basic knowledge of anatomy through correct reference to muscles and bones

This program is pass/fail. Students may request completion documentation at any time. A closing ceremony will be planned by the cohort.

Attendance and Class Participation

- 1) Students are expected to arrive 10 minutes early to class and be ready to begin promptly at the scheduled starting time. Attendance at all scheduled classes is expected. Students that arrive late more than four times will be put on probational status. If lateness continues, student may be subject to dismissal.
- 2) Students may not miss a total of more than 4 modules (equal to 24 hours), and will be expected to make up course content with home study, make up classes, and private tutoring. If there is a failure to make arrangements to complete missed course work, student may be subject to dismissal.
- 3) Arrangements may need to be made (see tutoring below) to assure adequate understanding of any missed material to meet program requirements for successful completion.
- 4) Students must bring completed homework assignments, textbooks, and supplemental materials with them to class.
- 5) Students must be prepared to discuss the required reading material during class.
- 6) Arriving late to class or leaving early must be excused by the instructor. Additional assignments may be given for the student to receive a passing grade at the discretion of the instructor.

Academic Assistance, Tutoring, and Support

- 1) Students are welcome to contact instructors at any time via email with questions about homework, class concepts, etc. Please do not hesitate to ask for help when it is needed. Program Director, Margi Clifford: margi@yogaformentalhealth.com; Program Manager, Maria Belozertseva: maria@yogaformentalhealth.com
- 2) Some instructors may be available for make-up and tutoring sessions at the rate of \$100/hour. Arrangements may be made with individual instructors.

Probation, Dismissal and Re-admittance

A student who fails to meet the Attendance and Class Participation requirements or who violates the Student Conduct Policy will be put on probationary status for a time period of up to 2 months. If the student has failed to meet academic requirements or if the student continues to violate the

Attendance and Class Participation requirements when the probationary period expires, the student may be informed of their dismissal from the school in writing. Re-admittance will only be considered in extreme circumstances at the discretion of the faculty.

Student Conduct Policy

Yoga for Mental Health students are expected to accept and adhere to high standards of personal conduct.

Students shall:

1. Conduct yourself as a representative of Yoga for Mental Health and the yoga profession while you are a student or intern at Yoga for Mental Health.
2. Treat all members of the community with courtesy, respect and dignity.
3. Treat facilities with respect, including buildings, grounds and furnishings.
4. Respect the rights and property of other members of the community.
5. Accept responsibility for and the consequences of their actions and encourage responsible conduct in others.
6. Have no firearms, weapons or any other item designed to inflict harm or damage at Yoga for Mental Health. Possession of these items at Yoga for Mental Health events and facilities is cause for immediate academic dismissal.

Class Conduct:

Students are expected to conduct themselves in class so others are not distracted from the pursuit of learning. Discourteous or unseemly conduct may result in a student being asked to leave the classroom. Persistent misconduct on the part of a student is subject to academic dismissal. Some examples of classroom misconduct that will not be tolerated include, but are not limited to the following: disorderly conduct; harassment; verbal abuse; assault; interference with the educational opportunity of other students.

Payment

Program elements and estimated costs are listed below and include both required and elective options. Final costs will be determined based on student's elective preference. For successful completion of the certification course, 200 hours are required. Students will choose elective components at the time of their enrollment interview. See the last page of this catalog for a sample.

Payment in full earns 5% discount, or, make 6 monthly payments. Rates listed are discounted for program participants. Some classes may also be open to the public.

- 1) Payment in Full: (as calculated based on registration following enrollment interview)** Due no later than upon commencement of the program: August 12, 2019.
- 2) Payment Plan: Option A** - \$500 enrollment fee, 6 monthly payments: Aug 2019-Jan 2020 (\$10 processing fee/month)

Early Withdrawal / Refund Policy

A student has the right to cancel the Enrollment Agreement and obtain a refund of one hundred percent (100%) of the amount paid for institutional charges, less the application fee of \$75, upon submitting written notice to Yoga for Mental Health by the close of business on the first day of a student's scheduled attendance. The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.

A student has the right to cancel the Payment Agreement and obtain a refund or withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges. A student who withdraws or is dismissed after attending at least one class, but before completing 50% of the instruction in the current enrollment period, is entitled to a pro-rata refund.

Refunds will be computed from the last day of physical attendance. As part of this policy, the school may retain a one-time application fee of no more than \$75. A student will receive the refund within 30 days of the termination date. The school will make a 'good faith' effort to make a refund, if necessary, by sending certified mail to student's and parent's permanent address.

If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 day of cancellation.

Student Records

Student records will be maintained by Yoga for Mental Health for up to seven years. Once students complete the program they should register with Yoga Alliance to be recognized worldwide as a certified yoga teacher. At any time, students may request a copy of academic records. Such requests must be submitted in writing to the Center Director. Records will be given to the student within 5 business days of the written request.

Statement of Non-Transference

Yoga for Mental Health cannot guarantee that its credits or programs are transferable, and the transfer of credits is always at the discretion of the receiving institution, depending on the comparability of curricula and accreditation. Continuing education credits that are offered in partnership with third party organizations and institutions are subject to the fees and policies instituted by those organizations and institutions.

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Statement of Non-Transference

SAMPLE SCHEDULE AND COSTS SAMPLE				
Program components	Dates	Teacher	Hours	Estimated costs
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**Yoga for Mental Health	October 2019	Margi	10	375
**What's My Type	November 2019	Margi	5	150
Foundations of Yoga	Sundays: 9am-1pm September-November 2019	Xochitl	30	800
Independent Study	Fall 2019	faculty	50	
Apprenticeship	Fall 2019	faculty	25	
Sample schedule totals			201	3945
*required **CEU eligible				

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