



**Yoga 4
Change**

200 HOUR YOGA TEACHER TRAINING

Fall 2023

Yoga 4 Change thanks you for your trust, your open-mindedness, and your eagerness to join us on a expedition of self-discovery, growth, and community.

This 200-hour Yoga Teacher Training was created and will be led by the passionate leaders of Yoga 4 Change, whose backgrounds range from research and data, to criminal justice, to community development. All of which share the love to teach yoga and bring healing to others. Written with the student in mind, and through a trauma-informed lens, this training will be unlike other 200-YTT out there. Special consideration is taken for vulnerable populations and a section of the training is peer-led by Yoga 4 Change instructors who have lived experience in one of the populations the organization serves (youth, veterans, those with mental health conditions, and individuals experiencing incarceration).

Our goal is to create well-rounded, yoga teachers to scale healing in communities that desperately need the practice of yoga, while ensuring the graduating class has the skills to obtain and maintain a teaching position at any local yoga studio.

This does not mean those who graduate are expected to become yoga teachers, or those who graduate will have a guaranteed position on Yoga 4 Change's Program Implementation Team. Instead, this training is geared towards people who want to give back to the world in a powerful way, and believe yoga is the modality to accomplish this goal. We promise to offer tools to empower you to decide.

We are thrilled to embark on this journey with you!



Michelle LeClair
Executive Director of Yoga 4 Change

SAMPLE SCHEDULE WITH DATES

In-person = In Jacksonville, Florida. You must provide your own transportation and housing.

October 7th & 8th (In-person) Introduction to Yoga
Saturday 8am – 6pm
Sunday 8am – 4pm

October 11th, 18th and 25th
(Virtual) - 6pm-9pm

November 4th & 5th (In-person) Anatomy and Physiology and Alignment
Saturday 8am – 6pm
Sunday 8am – 4pm

November 8th, 15th and 29th
(Virtual) - 6pm-9pm

December 2nd & 3rd (In-person) Teaching Methodology and Sequencing
Saturday 8am – 6pm
Sunday 8am – 4pm

December 6th, 13th and 20th
(Virtual) - 6pm-9pm

January 6th & 7th (In-person) Introduction to Pranayama & Meditation
Saturday 8am – 6pm
Sunday 8am – 4pm

January 17th, 24th and 31st
(Virtual) - 6pm-9pm

February 3rd & 4th (In-person)
Intro to Trauma-Informed Practices, Specific Populations
Saturday 8am – 6pm
Sunday 8am – 4pm

February 7th, 21st and 28th
(Virtual) - 6pm-9pm

March 2nd & 3rd
(In-person) Practicum & Closing
Saturday 8am – 6pm
Sunday 8am – 4pm



* All Wednesday nights will be held virtually from 6-9pm EST. Additional Training scheduled outside weekends listed will include Microaggressions and Implicit Biases Training, Institutional Racism, and DEI Terminology.

FACILITATOR BIOS



Lead Facilitator: Alexandra Ramirez | RYT 500

Alexandra "Alex" Ramirez is a non-profit leader, mental health advocate and 500 Hour level certified yoga and meditation instructor in the South Florida community.

She currently oversees all programming and community engagement for Yoga 4 Change – South Florida region. Since stepping into the role, her team of instructors have bridged the gap between primary and supplemental wellness and delivered over 1,800 trauma-informed yoga classes to over 14,000 youth and adults in South Florida.

Since 2017, she has woven her spunky and authentic personality into trauma-sensitive teaching at yoga studios, substance-use treatment centers, schools, homeless shelters, assisted living homes, and more. She's trained in Trauma-Informed Yoga, Children's Yoga, Yoga Nidra, Yoga for Athletes and Adaptive Yoga and has over 1,600 hours of yoga teaching experience. She leads with compassion and creatively brings her students back into connection with Mind and Body. Alex's journey to the mat comes from her own struggles with anxiety, depression, and substance-use, and she has vowed to share the healing tools of the yoga practice as a way to cultivate self love, resilience, and ultimately community.



Lead Facilitator: Kim Simon | RYT 500

Kim Simon was born and raised in North Florida and loves her community and finding ways to get involved to make it even better. She graduated from Northwestern University in 2015 with a master's degree in Public Policy and Administration and has worked for local nonprofits on issues like domestic violence, substance use and mental health, food and housing insecurity, and civil rights and liberties.

While working, Kim was also a caregiver for her parents for many years, and she found yoga at a time when she was struggling with grief from losing her mother and increased lower back pain. After less than a handful of yoga classes, she was so impressed with how she felt that she jumped into a 200-hour yoga teacher training program at Centred on Yoga in Fernandina Beach to learn more.

Kim received her 500-hour registered yoga teacher certification from Asheville Yoga Center. She has completed coursework in Yin, Children's, Women's, and Trauma-Informed/Sensitive Yoga as well as in Anatomy, Arm Balance, Philosophy, Ayurveda and Marma, and in 2020, became a Reiki Master through Soulshine Reiki Healing.

**Assistant Facilitator: Shanta Sweet | RYT 200**

Shanta was first introduced to yoga in 2003 and immediately loved the sense of peace she experienced during gentle and restorative classes. After engaging in many other forms of fitness, Shanta returned to yoga in 2009 for holistic healing of a back injury. She used her practice to restore her body and has been practicing yoga ever since.

In July 2013, Shanta was involved in a serious motor vehicle accident. She suffered major injuries, including a shattered femur and a broken tibia. After several extensive surgeries, Shanta started on the road to rehabilitation. She endured a lot of pain and learned that she was very lucky to be alive.

Shanta had to start from the beginning with many activities, including learning to walk, bathe and even dress herself. By late December, she was medically cleared to return to a gentle yoga practice. It was then that Shanta decided she would restore her body through yoga again, and she did! Shanta is a testament to the restorative powers of yoga.

Shanta completed her 200 hour RYT training at Happy Buddha Yoga in Goshen, NY in August 2014. In 2015, she went on to study with Alison West at Yoga Union and Yoga Union Backcare & Scoliosis Center in New York City. After moving to Jacksonville, FL in 2016, Shanta connected with Yoga 4 Change and joined the teaching team, further pursuing her passion to inspire and empower others and serve the community. Shanta loves expanding her knowledge base. In 2016, she completed Yoga for Cancer certification with Christina Phipps Foundation in Jacksonville, FL. She most recently became certified in Accessible Yoga.

**Assistant Facilitator:
Dr. Danielle Rousseau | RYT 500**

Danielle Rousseau, PhD LMHC, is an Assistant Professor at Boston University, licensed therapist, certified yoga teacher and Director of Research at Yoga 4 Change. She is a scholar activist and justice educator. Dr. Rousseau served as a trauma therapist in carceral settings and in communities doing crisis response and victim advocacy. Her research, teaching and practice focus on justice, trauma, gender, mental health, mindfulness, inclusivity, and resilience. She is an advocate of integrative, holistic approaches that support embodied self-care. Dr. Rousseau is a sought-after national speaker and trainer and has developed a diverse range of curricula and training. Her work is published in numerous

academic books and journals. She is the editor and contributing author of *Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma* and an author of *Best Practices for Yoga in the Criminal Justice System*.

**Assistant Facilitator: Shiva Thompson | CYT 200**

Years of debilitating back pain and an increasingly stressful life style encouraged Shiva to begin her yoga journey in 2007. She quickly realized that yoga is more than just a tool to decompress the physical body, yoga is an integrative science that not only heals the body but also clears and purifies the mind. This inspired her to delve deeper. While living in Dallas, Texas, in 2018 Shiva made a 9 month commitment to 'Manifest Your Inner Teacher', a 200 hour yoga teacher training course. This journey was led by Barb Totzke and Douchka Lecot, who poured into the aspiring teachers a wealth of expertise in yoga styles including vinyasa, yin, iyengar, restorative, tantric and hatha.

After nearly a year of intense introspection Shiva earned her 200 hour CYT Yoga Alliance Certification. Drawing from this experience, she weaves compassion, inclusivity, breath work, and self awareness into her classes. Her teaching style is a healing fusion between hatha and slow flow vinyasa, with sequences that touch body, mind and spirit. Shortly after earning her 200 hour CYT Shiva moved to Jacksonville and discovered Yoga 4 Change. She instantly fell in love with their mission and joined the full time staff in May 2019. She is inspired everyday to facilitate access to trauma informed yoga to marginalized communities and is grateful to witness how students' experiences translate into leading a more meaningful and joyful life.

**Assistant Facilitator:
Dr. Jennifer Wyatt Bourgeois | RYT 200**

Dr. Jennifer Wyatt Bourgeois is a Professor of Criminal Justice with a passion for social justice, criminal justice reform, and yoga. Dr. Bourgeois is also Yoga 4 Change's Data Specialist and responsible for reporting and data analysis. Jennifer completed her doctoral studies in the Administration of Justice Department of the Barbara Jordan – Mickey Leland School of Public Affairs at Texas Southern University. Jennifer also holds a B.S. in Forensic Science from Baylor University and a M.S. in Criminal Justice from Sam Houston State University.

Dr. Bourgeois' research examines disparities within the criminal justice system at the intersection of race, class and gender, risk and resilient factors associated with children impacted by parental incarceration, and program evaluation. Jennifer's years of experience working in the criminal justice field made her conscious of the lack of accessibility justice involved individuals have to programs for improving physical and mental health wellbeing. Jennifer is also a certified Yoga Teacher (RYT-200), and has experience teaching yoga and mindfulness practices to various populations.

NEXT STEPS

1. Complete Training application y4c.org/training by August 15, 2023
2. Yoga 4 Change Trainers review applications and send out decisions by August 31, 2023
3. Cohort deposit due (your acceptance will have all details) by September 29, 2023
 - a. If you are paying for any portion of the training, all payments will be expected prior to receiving graduation certificate.

TUITION

Full tuition for Yoga 4 Change's 2023 Fall- Teacher Training: \$3,000

Each module, excluding Wednesday night meetings, is open to the current Yoga 4 Change Program Implementation Team. By including more voices, the cohort will be exposed to varied experience and education and will allow for a deeper discussion.

All weekends led by the Yoga 4 Change team

Financial Assistance:

Yoga 4 Change hopes to create an atmosphere to allow equity and equality for all students regardless of socioeconomic status. Financial assistance requests should be made known in the application process.

To request a financial refund, please do so as soon as possible, and direct the request to Michelle LeClair: mleclair@y4c.org.

Yoga 4 Change, or the lead trainers, reserve the right to cancel any training before it begins. In that case, any payments applicants have made will be refunded in full.

ATTENDANCE POLICY

Graduation from our program requires the student's attendance at all training sessions. Any absence must be approved in advance by Yoga 4 Change's Lead Instructor. A maximum of 15 hours may be missed if arranged in advance and approved by the Lead Instructor. We will provide make-up hours, not included in the price of tuition. Yoga 4 Change will not accept unapproved absences and they may result in dismissal from the program. In this case, graduation will be at the sole discretion of the Lead Instructor.

REQUIRED READING, EXPECTED HOMEWORK

Required Reading:

- Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma by Danielle Rousseau
- The Path of the Yoga Sutras by Nicolai Bachman
- Yoga Anatomy Coloring Book by Kelly Solloway
- Teaching Yoga Essential Foundations and Techniques by Mark Stephens

Suggested Reading:

- The Yamas and Niyamas by Deborah Adele
- Functional Anatomy of Yoga by David Keil
- Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self by Anodea Judith
- The Inspired Yoga Teacher: The Essential Guide to Creating Transformational Classes your Students will Love by Gabrielle Harris



ADMISSION CRITERIA

Requirements:

- 18 years of age
- If previously struggled with misusing or abusing substances, students must be active in their recovery for at least 1 year.
- Complete application. (please note submitted application does not translate to acceptance).
- Have a regular yoga practice for at least one year
- Must be willing to complete any and all program requirements

Final Certification and Yoga Alliance Registration:

Once all requirements are complete, including any tuition owed, students will receive a certificate acknowledging their completion of Yoga 4 Change 200hr Yoga Teacher Training. Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT). Graduates can apply for Yoga Alliance certification once they have received their graduation certificate.

Homework:

To graduate, a student must complete all required assignments and homework given throughout the program. This includes community service and personal reflective journaling.

Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the Lead Trainer. Missed hours may also be made up by completing extra homework and papers. To make up for missed contact hours, students may organize into a small group to achieve the missed group experience on their own time.

Probation, Dismissal and Re-Admittance:

Students that miss too many contact hours and do not complete assignments will be put on probation and subject to dismissal.

Student Code of Conduct:

Students are required to follow Yoga 4 Change's Code of Conduct. Students will be expected to behave in a professional manner at all times. Yoga 4 Change's Code of Conduct Policy includes, but is not limited to:

- No sexual harassment of any type or form will be allowed.
- No substance use or abuse during training hours will be accepted.
- Breach of confidentiality will not be tolerated.

Failure to comply with the standards of conduct listed, or Yoga 4 Change's Code of Conduct will be handled by the Lead Instructor.

Failure to comply will lead to Conduct warning, or Student Dismissal.