

HIGHEST SELF TRAINING 2020-2021

Attend all trainings for 200 Hour Yoga Teacher Training certification OR choose only what you are interested in for now!

What is Highest Self Training?

This training is not only for those who want to teach yoga, it is for anyone desiring to discover their highest self - the place within each of us that is completely connected and authentic.

This training is life changing. Yoga is so much more than the poses. Its totality can lead to a more meaningful life.

Each training is a combination of workshops, self-study and yoga practice. You will dive deep and come up with new air that circulates within and around you, positively impacting not only yourself, but also friends, family, co-workers, loved ones, community and the world. Discovering what it means to be "I AM" is profound and will elevate you and others.

How to enroll:

- A. Choose Full Enrollment for all session and you are automatically enrolled in all 18 sessions.
- B. OR Choose Single Session Enrollment for one or more sessions (check the pre-requisites before signing up)
- C. Use MYCAA Enrollment (military spouses)
- D. Karma Exchange
- ✓ Register early while spaces are available
- ✓ If you have questions, check the Q&A section at the end of this document. If those don't answer your question, please contact Charmion at extremekansas@yahoo.com or 785-307-1901 (texting is ok).
- A. Full Enrollment (all 18 sessions) - \$1800 or 3 payments of \$650 (payments must be registered by staff member)**
Registration Link: <https://clients.mindbodyonline.com/classic/ws?studioid=978757&stype=-8&sTG=23&sVT=1054&sView=day&sLoc=0&sTrn=7&date=08/29/20>
Full Enrollment includes all 18 sessions as described below and equates to a steep discount of \$90 per session.
- B. Single Session Enrollment (\$160 or \$120* each) is available (subject to pre-requisites listed) for those wishing to attend one or more for personal development and/or Continuing Education credits through Yoga Alliance.**
<https://clients.mindbodyonline.com/classic/ws?studioid=978757&stype=-8&sTG=23&sVT=1054&sView=day&sLoc=0> (scroll down to the session you wish to enroll on and click link)
Discount rate for single session/non-retreat is \$120 (25% off) if you currently have an unlimited monthly pass*. If you do not have an unlimited monthly pass, cost is \$160*.
 - *YTT4 and YTT10 are retreats at Acorns Resort and cost from \$250-\$400 depending on your choice of lodging.
 - Chakra Retreat: <https://www.eventbrite.com/e/align-balance-retreat-chakras-yoga-ayurveda-self-discovery-tickets-99709100604>
 - Manifest Retreat: <https://www.eventbrite.com/e/intentions-and-manifest-retreat-tickets-110509270202>
- C. MYCAA scholarship cost is \$2400 (includes unlimited monthly yoga classes during YTT) & must be finalized by 8/15.**
- D. If you cannot afford and are open to a karma exchange of studio related work *prior to this session*, contact Charmion at extremekansas@yahoo.com for discount.**

Limited class sizes: Due to social distancing, as well as the comprehensive yet individualized nature of this training, most sessions are limited to 9 people total (with priority given to those enrolled in all 18 sessions).

Prerequisites: Most sessions contain a pre-requisite of previous sessions or current RYT). When there is a pre-requisite requirement, it is most always necessary to achieve the most benefit out of the session.

COVID19 Contingency Plans: COVID 19 - If in-person/indoor sessions are not possible; format shifts to interactive Zoom or outdoor session. If enrolled and are self-quarantining due to COVID 19, you may attend via Zoom. Face masks - may be required (students and teacher) to be worn due to the length of time we will be together in the studio (based upon current recommendations). If you have a health condition that does not permit safe wearing of mask, it will not be required. Masks need not be worn during physical practice.

Certification or Continuing Education Credits: CE— If you are a teacher listed under the Yoga Alliance directory, each session is 8 contact hours for Yoga Alliance (YTT4 and YTT10 qualify for 22 contact hours). Attendance at all 18 sessions = successful completion of 200 Hour Yoga Teacher Training recognized by Yoga Alliance. 200 Hour RYT (Registered Yoga Teacher) Certificate applies to those that complete all 18 sessions.

Q&A

What is the cost for the whole program? Cost for pre-registering for all is \$1800 (plus tax) by 8/15/20 and includes 180 contact hours of training, 4 nights at Acorns Resort (lodging and meals included). This does not include other yoga classes.

Can I make payments and still sign up for the whole program? Yes! Choose 3 monthly payments of \$650 (plus tax and on or before 8/15/20, 10/1/20 and 12/1/20).

Is this program eligible for MYCAA? Yes! MYCAA scholarship cost is \$2400 because it includes unlimited monthly yoga classes at the studio during YTT. Your scholarship must be approved by MYCAA by 8/15.

Do you give refunds if I choose not to or can't continue? No refunds after session 1 starts except for in extreme circumstances. Preparing, making changes and then following up administratively for these sessions is very time intensive. More importantly, due to limited class sizes, your registration may have not allowed another person to register. In the past, when an unforeseen circumstance has arisen after beginning the program, students have been allowed to register in the next full program when and if the studio offers it.

Do you give refunds if the class is moved from in-person studio to interactive live Zoom class due to potential changes with COVID restrictions? No, with exceptions noted. The interactive live Zoom will provide the beneficial level of in-depth experience as well (it has already been done before) and this format does not result in reduced cost of preparation, delivery and follow-up, EXCEPT for the Align and Balance Retreat (YTT4), the Intentions and Manifest Retreat (YTT10) which will not be moved to Zoom format if in-person is not possible. YTT4 and YTT10 would be moved to other dates if we are not able to meet in person. If you are unable to attend the rescheduled dates, you are eligible for a full refund for these sessions.

What happens if I am registered, then get sick, test positive or have been around someone who has? If you test positive and are sick, you will receive a full refund for the session(s) you have to miss. If you are self-quarantining due to exposure and are feeling well enough to attend the session, you can attend via Zoom.

If I don't want to attend the session if I have to wear a mask when not practicing, is this for me? No, with exceptions. If the reason for not wanting to wear a mask is discomfort or other superficial reason, this may not be the appropriate time for you to attend the session. If not wearing a mask is due to a medical condition (such as asthma), then you can choose not to wear a mask if required for that session.

What if I am enrolled in the full program and have to miss a session due to work, emergency, illness, etc? There will be one make up session for any and all that missed a session that may be available in June 2021 (at no additional cost). This make-up session will not be as specific at the original session in an effort to provide as many people as possible with what they missed. If you desire to have another personal make-up session, it can be arranged prior to July 1st 2021 at a cost of \$45/hour and will require scheduling between you and the teacher.

Many other programs for 200 RYT are available on-line now due to COVID, most with self-paced pre-recorded videos with limited Zoom/interactive classes and some are less expensive. Why would I sign up for this one that requires my attendance? Yoga has been taught for thousands of years. For most of those years, you could not learn unless you had one-on-one teaching because of the very comprehensive information and experience needed in order to comprehend it yourself, let alone teach others. You will learn in an on-line program, but to start the foundational 200-hour course on-line is not recommended. Other elective and advanced trainings may prove to be a great on-line learning resource. But the foundation of teacher training – a 200 hour YTT - is different. If you have attended a 200-hour YTT before, you understand why. If you haven't, you will understand later. There is no other way to explain it.

What if I'm not sure that I want to teach yoga or have a health condition and am worried that this is too intensive? 95% of the people that I know of that have enrolled in a 200 hour YTT did not sign up because they wanted to teach. People of varying abilities and health conditions are welcome as diversity in the body and mind is what adds the most value to this training and in teachers. You will not be pushed to do something you do not feel comfortable doing.

Do I need to register right away or can I wait until closer to the dates, so I know what my schedule looks like then?

Class sizes are limited. You may miss the class/session you are interested in if you wait. You might not. So the answer depends on you and a lot on luck.

Is there a test to pass in any of the sessions or for the whole course?

No written test (this will be the last iteration without a written test). Your homework will be checked for effort, not perfection. Your “tests” are showing up and being teachable. If you are struggling in an area, you will receive some added help from the teacher. As long as you have the motivation, we have the tools to help you succeed.

Do I need to bring or buy anything else?

Yes, a few things: Yamas and Niyamas – Deborah Adele; journal (at least 6x9 size); yoga mat, meditation cushion (or blanket); refillable bottles for water and tea.

Will the same people be in all of the sessions?

Maybe, and mostly for the practice teaching sessions. It depends on how many people sign up for single sessions. There will definitely be a core group that signs up for the full enrollment.

What if prefer to spend time alone, will these long interactions cause anxiety or more stress?

I hear you. This is a lot of time with other people doing hard things. However, you will find that this group interaction is different than any other group you’ve spent time with. And when you need some space, take it.

What if I am experiencing or have experienced events in life that are painful and I am worried about controlling my emotions during classes/sessions?

Everyone is suffering on some level and it usually comes out (voluntarily). Group support in Yoga Teacher Training is a safe place and your healing will be honored. If you are wishing to avoid any discussions that may bring up emotions, you may not be in a place to ensure that happens. However, I’ve yet to witness anyone releasing emotions in YTT/a safe place that did not make their heart and head lighter.

Is there anything else I should know?

There is so much about this training that cannot be explained. You have to experience it in order to understand.