

# 200 HOUR YOGA TEACHER TRAINING



Mindful Heart Wellness  
Your Life, Well-Lived.



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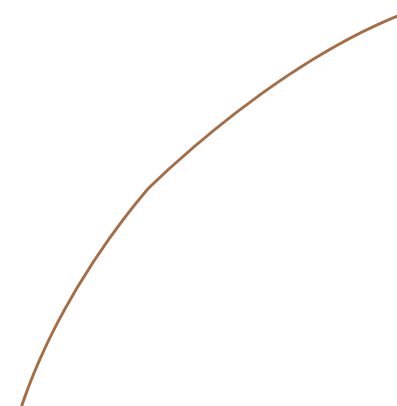
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# WELCOME, FRIEND.

Thank you for your interest in the Mindful Heart Yoga 200-Hour Teacher Training Program. You will learn about our powerful, in-depth training in the following pages. I deeply appreciate both your courage and your excitement as you take these beginning steps on your journey. I am thrilled to be able to introduce you to this comprehensive, life-changing program. I especially look forward to getting to know you, and to supporting your growth as a teacher, facilitator, and spiritual seeker.

*Nichole*

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## Nichole Catalano-Miller E-RYT 500, YACEP, CNC, CPT, National Board Certified Health and Wellness Coach

Nichole is a student of all things wellness-related. With a combined degree in Exercise Physiology, Psychology, and Health Education, she is also a Certified Professional Health and Wellness Coach, Certified Personal Trainer, Certified Nutrition Coach, ERYT-500 and YACEP through the Yoga Alliance, Certified Master Meditation Teacher, and ACLM Certified Lifestyle Medicine Coach. Her mission is to marry the best of modern health, well-being, and behavioral science with the wisdom of holistic practices to powerfully support folks in creating a life that allows their inherent vibrance and gifts to shine.



# Our Program

The Mindful Heart Wellness Yoga Teacher Training Program found its first form at Centerpeace Yoga in 2016. Created to address the needs of a diverse and evolving community, we formulated a curriculum that emphasized the following ideas:

- All people are sacred and worthy and naturally seek out growth. Inclusivity, respect, love, and tolerance are sacred spiritual practices.
- We are all teachers. We are all students.
- The wisdom of the whole is contained within each individual part. We do not bestow knowledge on others. We work as facilitators to make room for the inner teacher to step forward.
- Our work in the world is an overflow of the inner work we do. Self-understanding, awareness, curiosity, ethical living, and a commitment to nurturing our growth are foundational to that inner work. Thus, creating a consistent, responsive, and sustainable personal practice is the first and most important step in becoming a masterful instructor.
- Yoga practice is much, much more than the practice of Asana. A holistic, personalized approach to practice that addresses all layers of the self is vital.
- Community. We are here to connect to and uplift one another. We act with integrity and transparency. We strive to create and maintain healthy boundaries.
- A masterful teacher's work is primarily in holding space for others. As teachers, our job is not to tell others what to do or to enforce antiquated power dynamics and hierarchical structures, but instead to create a sacred space where each person can connect to and express their innate wisdom and brilliance.

This program is a registered school through the Yoga Alliance and exceeds its curriculum standards in all categories. You can expect to devote a minimum of 22 hours in class per module, along with daily practice (asana, meditation, breathwork, ritual, etc.), and at least 10-15 hours of outside study per month. In our time together, we will cover (among many other topics):

- Yogic Philosophy
- History
- Practice
- Anatomy & Physiology (including yogic/energetic anatomy)
- Teaching Skills and Practice
- Sequencing
- Meditation & Pranayama
- Ayurveda
- Yogic Lifestyle
- Authenticity in Teaching
- Inclusivity and Cultural Sensitivity
- Trauma-Informed Practice
- Hatha Yoga
- Aerial Yoga
- Wall Yoga
- Somatics and Embodied Movement
- Teaching Specialties and Special Populations (including pre/post-natal, chair yoga, trauma-informed yoga, yoga for children, yoga for injury/disease, etc); as well as covering a multitude of styles (power, gentle, restorative, vinyasa, Iyengar, aerial silks, wall yoga, etc.).

# Our Program

In addition to the previously mentioned subjects (and many others), we also cover Ethics and Scope of Practice, setting up and doing business as a heart-led professional, Trauma-Informed Practice, and how to teach with both traditional, instructive techniques as well as with the "coach approach."

Mindful Heart Wellness is fortunate to be able to partner with Zenning Studio in Kent to offer our trainees incredible and unparalleled opportunities for mentoring, student teaching, and community. With an inclusive, community-minded, and trauma-sensitive focus, Zenning's core philosophies align deeply with those of Mindful Heart Wellness. We feel blessed and grateful for this partnership. Trainees can look forward to multiple, guaranteed opportunities for gaining valuable teaching and work experience within a studio. Additionally, our training cohort will have to opportunity to serve the community on multiple levels, allowing our gifts, experience, and passions to flower.

As you can see, this program is more intensive and far more comprehensive than many others you will find. That is, of course, by intentional design. This curriculum is meant to prepare you to teach safe, effective, amazing classes, to hold space with integrity and grace, and to conduct yourself as a prepared professional of the highest caliber. Also, and perhaps much more importantly, it is designed to help you create authentic alignment within your own life. This is a journey of transformation, of learning how to fully embody those things we wish to offer to others. That process of embodiment requires dedicated, consistent effort and commitment. We cover A LOT of material in this program, and there is A LOT of knowledge to acquire. You will gain a formidable skill set and you will become adept at employing those skills in both your teaching and in your life.

It can feel intimidating when you look at it all together.

But, that is why we have intentionally created room for you to breathe in this program. Unlike many of the other turn-n-burn trainings that feed teachers through a short, overwhelming, and often incomplete program in a ridiculously truncated period, I chose instead to create a space for you where you have time to practice, hone, and truly integrate everything you are learning. Like the 9 months needed to create a new person, the 9 modules of this program give you the safe space, nourishment, and support needed to bring your highest vision of yourself to fruition. The continual support and intimate group settings create the perfect container for your growth. You will stretch, but you will not be alone. We offer each other tenderness and support as we grow together on this journey. We are a community of seekers, a community of growers.

Please read through the following materials. When you are ready, follow the link and fill out the YTT Application. Please don't hesitate to reach out if you have any questions or if you would like to speak with me directly to help you map out your path on this journey. I'd love to tell you more about all that the Mindful Heart Wellness Teacher Training has to offer. After all, this is about more than becoming a teacher; It is about becoming fully YOU.



# 200 Hour Teacher Training

## Learning Objectives

- Students will create for themselves a rich and deeply personal practice. This will be the foundation upon which they will define, honor, and express themselves in the world, offering their most authentic and professional selves in service of others. As such, they will develop a powerful and dynamic personal ethical code to guide their studies and their offerings.
- Students will cultivate a working knowledge of the goals and techniques of yoga practice as well as a working knowledge of integral aspects of yogic philosophy and perspective.
- Students will gain confidence in their knowledge of anatomy and physiology in the yoga/embodied movement setting, an understanding of proper/safe practice, contraindications for various practices, as well as clarifying their scope of practice.
- Students will develop a working knowledge of sequencing as well as a repertoire of practices, poses, pranayama, meditation techniques, modifications/assists, and styles of teaching/facilitation to draw from in their own offerings. They will be able to articulate how and why specific techniques are utilized in various styles of practice. This will result in the capacity of the trainee to create an effective, fulfilling offering with service toward their students' needs as their central focus. In addition, students will learn how to cultivate and hold space effectively, creating a container that facilitates growth, connection, exploration, and awareness for all present.
- Through their work in this course, and with service toward their own growth as well as that of their students, the teacher trainee will cultivate the capacity to address the many layers of self and experience, enabling them to facilitate effective, connecting, centering, and awakening offerings.
- Trainees will become familiar with aspects of trauma-informed practice and will gain skills in facilitating environments that promote inclusion, safety, and comfort for all.
- Students will gain an understanding of the historical and cultural context from which these practices originate.
- Trainees will learn how to objectively examine their own thought, belief, and behavioral patterns, unearthing unconscious habits and learning to employ specific, evidence-based techniques to facilitate change where necessary and desired.
- Trainees will learn how to offer their skillset in an ethical, mindful way, creating healthy boundaries and sustainable business practices.
- Students will develop a working understanding of personal, ethical guidelines around the dynamics of energy, power, and relationship within their own personal practice and in their offerings to others.



# Training Details

Mindful Heart Wellness offers the most flexible, accessible program available while still upholding the highest degree of integrity and learning. Everyone needs something different when it comes to education and implementing powerful life shifts. This program allows for the modern spiritual seeker and future teacher to integrate the wisdom and practices of yoga in a truly gentle, inclusive, and holistic way.

- This is a full-year program that features 10 active program months (February - November) and two Integration/Rest/Catch-Up months (December and January).
- Admission to the program is on a rolling basis. You may start at any time during the year and rest assured that you will have multiple opportunities to access and integrate all of the learning.
- You have up to two years to complete the program.
- You may choose either a fully in-person training, online training, or a personalized hybrid of the two.
- Options include either synchronous (live online) and asynchronous (pre-recorded) formats. In alignment with Yoga Alliance requirements, Mindful Heart requires that your learning must consist of at least 20% synchronous online or live classes.
- All online modules and recordings are available for trainees to use in their preparation, study, and continued learning journey.
- Two core principles of our program are Community and Continued Learning. Once you have committed to this journey, know that you are now part of the Mindful Heart family. As such, you will receive ongoing mentorship, community, and teaching opportunities.
- Up to 80% (160 hours) of your training can be completed online via the pre-recorded (asynchronous) workshops. If you choose, you may complete the other 20% (40 hours) via live, online (synchronous) classes for a fully online certification.

## Training Consists of:

- 9 Modules that consist of
  - A Learning Intensive Weekend
    - Held the first full weekend (Friday/Saturday/Sunday) of the month, February-November in Kent, Ohio
      - Friday 6:00 pm -9:00 pm
      - Saturday 8:00 am - 4:00 pm
      - Sunday 8:00 am - 4:00 pm
    - These intensives are offered both as live, weekend-long immersions and as an online workshop series.
  - An Application Workshop
    - Held the 3rd Friday of the Month (February-November)
    - Work in small groups with Nichole to master holding space and facilitating safe, effective, and inclusive classes.
    - May be taken online
- 1 Required Online Learning Workshop (2 hours)
- Optional Online Office Hours/Community Discussion and Live Movement Practice

## Live Online Class Options Include:

- Community Discussion/Office Hours (February- November):
  - Tuesdays, 9:00 am - 11:00 am EST
- Live Movement Practice (February -November):
  - Mondays 8:00 pm - 9:00 pm EST
  - Tuesdays 11:00 am - 12:00 pm EST

I highly recommend that you take advantage of our in-person learning opportunities. There is nothing that can replace the experience of being in live community with one another. If you choose to complete any workshops/portions online, you must also complete the corresponding assessments to verify your learning.

# Mindful Heart 200 Hour YTT

## Training Requirements/Commitments

- Daily, personal practice is required, along with attending a weekly group class. The group class may either be online or in person, though in-person is strongly recommended.
- All Training Modules, Hours, and Classes must be attended. You may attend either in person, or you may take your training hours through the online format. If you choose a fully online format, 80% (160 hours) may be asynchronous/pre-recorded and 20% (40 hours) must be synchronous/live format
- You have up to two years to complete the full program.
- Completion of all assigned homework and reading is required to receive final certification.
- Honesty, integrity, willingness, and kindness in all aspects of training are expected.
- Requirements Include:
  - Two Final Projects
  - Final Exam
  - Teaching Practical
  - Practice Journal
  - Online Module Quizzes (if completing the module hours only online)
- All assignments must be turned in and all work accepted by the lead teachers as proof of mastery to receive certification.
- Trainees that will be participating in live, community practicum classes are required to obtain YTT Insurance.
- All books and necessary materials/props are purchased by the student for the convenience of having the materials delivered to your home and to potentially allow for second-hand and discounted purchases. Feel free to purchase the materials new or used, though I do encourage folks to reuse and recycle when possible. Please refer below for book requirements. The comprehensive Yoga Training Manual PDF will be emailed to you before you start of the program. Most students prefer to print the manual out but you are welcome to keep it in electronic format.

### Required Books

The Yamas & Niyamas: Exploring Yoga's Ethical Practice  
By Deborah Adele

The Yoga Tradition: Its History, Literature, Philosophy and Practice  
By Georg Feuerstein

The Concise Book of Yoga Anatomy  
By Jo Ann Staugaard-Jones

Yoga Teacher Toolbox and Toolbox Card Combo (cards optional)  
By Joseph and Lilian Le Page  
<https://iptyogatherapy.com/online-store/>

Mindful Heart Wellness Yoga Teacher Training Manual  
By Nichole Catalano-Miller  
(Provided with Training)



# Tuition and Completion Information

## Tuition:

- Tuition for the 200-hour teacher training program is \$3,450 when paid in full. This includes:
  - Lifetime access to all online workshops and learning materials
  - Weekly online office hours (as outlined)
  - Weekly live online classes (as outlined)
  - Access to all 9 live, in-person Teacher Training Intensive Weekends and Application Modules
  - 2 full years to complete the program (though it can be completed in less time, at your own pace, if you desire)
- You may also choose to pay-per-module. Payment of \$425 per module is due 3 business days before you wish to have access to the live and/or online module. Each payment includes the Learning Intensive and the Application Modules. (The additional online workshop will be available with payment of your last module.)

I will make every attempt to help you find a payment plan that is suitable for your specific situation. Please contact me if your circumstances require. Payments by cash or check are greatly appreciated.

## Attendance Policy, Cancellation, Withdrawal, and Refund:

Trainees must complete all scheduled hours to receive a certificate of completion.

Cancellation, Withdrawal, and Refund: Program costs are based on minimum student requirements, and subsequently, refunds cannot be given. In extreme circumstances or illness, with provided documentation, credit may be applied for future training sessions.

## Completion:

To obtain your certificate of completion, all requirements must be satisfied. In addition to your learning and contact hours, trainees must complete all homework and assigned reading, final projects, final exam, practical final, tuition paid in full, and display competency of the materials presented during the training. Mindful Heart Wellness has sole discretion in determining completion status.



# Application and Payment Links

## Application/Contract:

- The application process is simple. It involves us getting to know one another, feeling through what you need and want in a program, and what I offer as a teacher, trainer, and practitioner of over 20 years. We will find together whether this is the right time and place for you to embark on the Mindful Heart Yoga Teacher Training path. If you have questions or ideas you'd like to share, please contact me so we can set up a time to talk. I can be reached at [Nichole@MindfulHeartWellness.com](mailto:Nichole@MindfulHeartWellness.com) or 330-541-5393. I am happy to help you gauge where you are in the journey, and then begin tailoring this training to your unique talents and challenges.
- Your application to the program can be completed by following [THIS LINK](#)
- Please note that the application constitutes a contract and that all payments to the program are non-refundable.

## Payments:

- After you have completed the application and training contract, you can make your payments.
  - [Click here for the Pay-In-Full Option](#)
  - [Click here for your Pay-Per-Module Option](#)
    - Please note that the per-module-payment of \$425 is due 3 business days before you wish to have access to the live and/or online module. Each per-module-payment includes the Learning Intensive and the Application workshop. (The additional online workshop required for completion will be available with payment of your last module.)

As previously noted, I will make every attempt to help you find a payment plan that is suitable for your specific situation. Please contact me if your circumstances require. Payments by cash or check are greatly appreciated.

