21st Century Yoga on the Mat

Yoga Teacher Training

at

Main Street Yoga Center

Autumn 2026
Weekend Modular Catalog

200 hour training • vol 4.0.3.1

mainstreetyogacenter.org/training

Contact Info:

Main Street Yoga Center
1882 E Main St. #207
Madison, WI 53704

Administration for Teacher Training:

*Front Desk: (***608) 616 - 5504**
Email: Contact Here

Approved by the Wisconsin Educational Approval Board

Yoga Alliance Registered School
ID# 55724

Director of Teacher Training Curriculum:
Alex Pfeiffer

alex@21cymonline.com

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Yoga Training starts the Evening of November 6th 2026

Applications are due no later than October 31st, 2026. *see page 15*

Create your own schedule (module list pp27 – 32) – or – follow any of these suggestions….

Completing Teacher Training in 8 Months (with Immersion)

Nov 6 – 8 (FFF – Anatomy Function & Regulation)
March 5 – 7 (FF1 – Yoga Foundations) ***– 2027 –***
April 2 – 4 (FF2 – 21CYM Foundations)
April 16 – 18 (TN – Seat of the Teacher)
June 12 & 13 (BA – Anatomy Basics 1)
June 18 – July 4 Completion Immersion (IMSN9)

Note on Blue Electives: Electives listed in **Blue** are **Partitioned Modules** (see page 32). These are modules that take place in several partitions over a month or more, often on a weeknight or Sunday Evening. For a specific schedule of these modules, see schedule on website or ask YTT Coordinator

Completing the Teacher Training in 1.5 Years

Nov 6 – 8 (FFF – Anatomy Function & Regulation)
March 5 – 7 (FF1 – Yoga Foundations) ***– 2027 –***
April 2 – 4 (FF2 – 21CYM Foundations)
April 16 – 18 (TN – Seat of the Teacher)
April 30 – May 2 (IQN – Sequencing Integration)
June 12 & 13 (BA – Anatomy Basics 1)
June 25 – 27 (TU – Cueing)
Sept 10 – 12 (BAL – Anatomy of Lower Body)
Oct 22 – 24 (IQU – Sequencing Integration)
Feb 11 – 13 (TP – Holding Space & Ethics) ***– 2028 –***
Feb 25 – 27 (IQP – Sequencing Integration)

Plus Choose Three Electives from Left or….

– 2027 – Music, Teaching Beginners, Practice Builder
– 2028 – Jan 7 – 9 (Blindspots), Jan 21 – 23 (Harmony), May 5 – 7 (Vinyasa Flow), May 19 – 21 (Pranayama), June 16 – 18 (BAU2 – Anatomy of Upper Limbs), Sept 22 – 24 (BAA – Anatomy of Arm), Oct 20 – 22 (Big Mind), Nov 17 – 19 (Savasanah) ***– 2029 –***
Jan 5 – 7 (Basics of Regulating the Nervous System), Jan 12 – 14 (Centering Breath, Centering You), March 9 – 11 (Yin Yoga), May 4 – 6 (Journey to Wholeness), May 18 – 20 (Wholeness through Mindful Embodiment), July 6 & 7 (Anatomy of the Lower Body / Legs)

Completing Teacher Training in 8 Months (Weekends Only)

Nov 6 – 8 (FFF – Anatomy Function & Regulation)
March 5 – 7 (FF1 – Yoga Foundations) ***– 2027 –***
Jan – May (Mentorship Integration)
April 2 – 4 (FF2 – 21CYM Foundations)
April 16 – 18 (TN – Seat of the Teacher)
April 30 – May 2 (IQN – Sequencing Integration)
June 12 & 13 (BA – Anatomy Basics 1)
June 18 – 20 (BA2 – Anatomy Basics 2)
June 25 – 27 (TU – Cueing)
July 1 – 3 (IGN – Integration)

Plus Choose Four of the following electives:
Dec 4 – 6 (Power Flow), Jan 8 – 10 (Hot Yoga), Jan 22 – 24 (Adaptive Asana Lab), Feb 5 – 7 (Spiritual Growth), Feb 19 – 21 (Meditation Posture), March 19 – 21 (Anatomy Study Guide), Oct 8 – 10 (Yogic Meditation), Nov 5 – 7 (Restorative Yoga)

Completing the Teacher Training in 1 Year

Nov 6 – 8 (FFF – Anatomy Function & Regulation)
March 5 – 7 (FF1 – Yoga Foundations) ***– 2027 –***
April 2 – 4 (FF2 – 21CYM Foundations)
April 16 – 18 (TN – Seat of the Teacher)
April 30 – May 2 (IQN – Sequencing Integration)
June 12 & 13 (BA – Anatomy Basics 1)
June 18 – 20 (BA2 – Anatomy Basics 2)
June 25 – 27 (TU – Cueing)
Sept 10 – 12 (BAL – Anatomy of Lower Body)
Oct 22 – 24 (IQU – Sequencing Integration)

Choose One More Integration Module: Jan – May or Sept/Oct Integration Mentorship or July 1 – 3 (IGN)
Plus Three Electives from above

Completing the Teacher Training in Two Years

Nov 6 – 8 (FFF – Anatomy Function & Regulation)
March 5 – 7 (FF1 – Yoga Foundations) ***– 2027 –***
April 2 – 4 (FF2 – 21CYM Foundations)
June 12 & 13 (BA1 – Anatomy Basics 1)
Oct 22 – 24 (ISNET – Safety Net)
Feb 11 – 13 (TP – Holding Space & Ethics) ***– 2028 –***
June 9 – 11 (BA – Anatomy Basics)
June 29 – July 1 (TS – Teaching Physicality)
Oct 6 – 8 (IQS – Sequencing Integration)

Plus one more Integration Module: Listed Above
And three electives from Above or on Left.

This training is definitely for anyone who:

- wishes to become a yoga teacher
- wishes to go deeper in his/her own yoga practice
- wants the foundational experience of a lifetime in integrating one's life. The physical with the spiritual. Mind with Body. Work and Play. Being an individual with being a member of something bigger.

Practicals – A Quick Reference

Module Schedule - Required Times
14 Completed Modules are needed for certification. One Module = One Weekend. Unless otherwise specified by Main Street Yoga Center **(MSYC)** or the Teacher Training Director, all modules will be held on the weekend with times as follows.

How Long Does it Take to get through the program?
The modular approach is custom. See page 2 for the most common durations. We've even had people take 3 or 4 years to move through the program. You can fit the program into your own pace and lifestyle. Talk to the program director to help plan your path if you have any questions.

Location & Facilities
All modules of the 21st Century Yoga on the Mat **(21CYM)** Yoga Teacher Training **(YTT)** are held at the Main Street Yoga Center **(MSYC)**, located in the heart of Madison's East side - just off First St between East Washington and Williamson streets at 1882 E Main Street. Located one block east of the Yahara River bike path and within a quick walk from many bus stops, our second-floor space is tucked in just enough to subdue street sounds, collect plenty of sunlight, and provide ample access to parking. Yoga bolsters, blocks, straps & blankets are provided. Clean water is available, and dozens of restaurants are available within walking distance.

We have a Mini-Refrigerator Available for use.

Teleconference Calls & Video Learning
Modules will have 3 – 5 hours of media: video / audio / reading to take in before attending so that you will get a preview of the weekend beforehand. Occasionally modules will have more than 3 hours of video / audio / reading. When this is the case, the live time during the weekend will be reduced in order to give you time to absorb the material.

Training Application Deadline & Late Fee
You must apply and have your deposit paid by the application deadline. Our staff and teachers have a lot of work to get this training ready for you and make it the best training it can be. This includes everything from having supplies ready to hiring decisions. It is quite a lot of extra work to let someone in past the deadline. If you wish to be considered for entry past the application deadline, you may be asked to submit a fee of no more than $300.

Quick Schedule Reference

First Module Schedule – Anatomy Function & Regulation (November 6 – 8, 2026)

Friday:	7pm – 10pm;	
Saturday:	9:45am – 2pm;	3:30pm – 7:30pm
Sunday:	**9am – Noon**	1pm – 7:30pm

All other modules are Friday Eve, Saturday, Sunday – or – Saturday / Sunday
No non-weekend times other than for the First Module Date listed above.

Modules – AM (Typical)

Saturday:	**9am – 2pm;**	**3pm – 7:30pm**
Sunday:	**9am – 2pm**	

Other Modules – PM (Typical)

Thursday:	**6pm – 10pm**	*(rarely, but occasionally a module will use a THR eve, see **page 26**)*
Friday:	**6pm – 10pm**	
Saturday:	**9am – Noon;**	**1pm – 7:30pm**
Sunday:	**9am – Noon;**	**1pm – 7:30pm**

Variations in Time
Every training weekend is different with sub-topics explored, the absorption rate of the students, and weather emergencies. Also, there will be a degree of internal work in the training which can vary greatly in the amount of time necessary for best result. **The required times listed above are the maximum**. Many weekends will be shorter (and many won't), but all module weekends will be a minimum of 13 hours. You are expected to be in attendance at all the times listed for "PM (Typical)", so it is suggested to keep this part of your schedule clear and not expect early dismissal. The Yoga Teacher Training is working around the needs of an active yoga studio so expect subtle variations module to module. A more precise schedule for the specific weekend will be sent out with the module RSVP (typically 5 weeks before the module starts).

COVID Policies & Orientation
All students will be required to follow all laws & ordinances from city, to county, to federal. This training will be treating COVID as endemic, thus outside of these legal requirements, there will be no additional requirements. We encourage all students to protect themselves as they see fit.

Module Specifics: The RSVP
A Precision Schedule, other specific preparations, and an in-depth module description will be sent to the email address listed in your application as the module RSVP. This RSVP will contain a link for signing up for the module (if you wish to sign up for it) and also list the sign up deadlines (both early bird deadline & point-of-no-return deadline, details below).

Email Whitelisting
A flexible training such as this requires constant interface. This interfacing will be handled through the RSVP emails. Due to the importance of email communication, it is vital that all students whitelist @mainstreetyogacenter.org & @21cymonline.com addresses.

Optional Extra Time
On the occasion that internal work or other learning could benefit significantly from a little extra time spent on it, the trainer(s) will provide extra time during the module for students not listed above. This time is an invitation for students and not required for any certification requirements. No material from this extra time will ever show up in a written test or quiz or show up in any way to negatively affect certification. It is purely for students' personal benefit and does not count for or against makeup time. If any extra time is provided during a module, it will be announced during the module itself. If you would like to take advantage of this extra time, it is suggested to keep your entire weekend flexible and open.

Mandatory Time
Mandatory Time is defined as all time inside of the hours listed above in "Required Times" where students are not dismissed early. All Mandatory Time that is missed must be made up with the module instructor or teacher training director unless other permission is granted. (See Make Up Time).

Time or Venue Changes
Outright changes will be avoided if at all possible, but should there be a need for a time or venue change, students will be notified via email within one week of the module at the latest.

Modular / Practical
The modular structure of this training means you can adapt it to your pace, schedule, and budget. It is suggested you look at online scheduling at *MainStreetYogaCenter.org/YTT/* or contact Alex for help.

Housing
If you are an out-of-town guest or anyone needing a place to stay during all or some of the modules, you will be allowed to inquire to others in the training through the training director. This is solely your responsibility and housing is not guaranteed. Inquire at *ytt-admin@mainstreetyogacenter.org*

Module Sign Up Deadline
So that we may adequately prepare to give you all the materials and teaching for the best training we can give you, you must sign up and arrange payment for your module by the closest Sunday to 5 days before the start of your module. If you attempt to sign up after the deadline, you will have to apply for a special extension and you may not be granted access to the weekend. The deadline

will be marked plainly as the "Point of No Return" (PONR) Deadline in all RSVP emails (received 5+ weeks before the module).

Multiple Module Weekends
Occasionally (about 3 times per year), you may see more than one module on a single weekend. Should you want to take more than one module, you are allowed to; however, you will often need to watch an extra 10 hours of video for the additional module in order to get all the material (this is beyond the usual 3 hours of preparation video & other homework). Also note that your meal breaks will be very short if you are taking more than one module on a weekend. You will also need to announce your "doubling up" beforehand to the Weekend Trainer. Information will be enclosed in the weekend RSVP emails.

Module No Shows
Once you sign up for a module, if you do not unsign up, you will be considered a "no show". As described in the prorate table under "Refund after Commencement of a Module", you will be eligible for a refund. However, since we plan our resources based on your sign up, a $50 processing fee will be assessed.

Module Withdrawals
As listed above, you will be eligible for a module refund if you withdraw from a module that you previously signed up for, but you will be charged a processing fee. This is because we assign resources based on your signing up, including access to online material.

Additional Unlisted Modules
Particularly if you are taking more than one year for certification, there will be additional modules available that are not listed in this catalog. These modules are unlisted because they fall into one of two categories: (1) The modules are advanced modules (see advanced training catalog), or (2) the modules will be setup to accommodate teachers not yet involved in the training. If you have questions on these modules, bring them to your first module.

COVID Based Absences
We will require your absence on weekends where you have COVID symptoms. Where possible, efforts will be made to let you take the module online.

General Information

Mission Statement
The purpose of The **21st Century Yoga on the Mat (21CYM) - Yoga Teacher Training (YTT)** program is to provide a vibrant atmosphere for in depth study of the practice of yoga designed to enable the student to deepen their personal practice and find their unique voice and soul as a skilled yoga teacher. Striving for excellence and authenticity, this atmosphere aims to balance nurturing student's capacities while also challenging their abilities as well as balancing safety while honoring individual sovereignty. This balance may not be a fit for every potential student. Nonetheless, **Alex Pfeiffer & Main Street Yoga Center (MSYC)** will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry and strives to train our students to function as a professional member of the Yoga Instruction Industry.

Employment as a Yoga Teacher
Professional and Full-Time opportunities in Yoga are very similar to professional & full-time opportunities as a musician or other artist:

- A fortunate few will make a comfortable living
- **Main Street Yoga Center's (MSYC) 21st Century Yoga on the Mat (21CYM) Yoga Teacher Training (YTT)** offers strategies and suggestions for pursuing Yoga as a career but does not offer career counseling or job placement.
- However, grads of training will have an inside track to **Main Street Yoga Center's** Apprentice Program (info given upon graduation)
- The program makes no guarantee of employment.
- Any student referral to prospective employers is not based on direct contact with the employer regarding current job openings.

Statement of Non-Discrimination
No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, sexual orientation, national origin, gender identity, or physical disability.

Culture of the Yoga Teacher Training

Statement of Choosing This Program or Another
While no person shall be discriminated against for their worldview or beliefs, nor is **Main Street Yoga Center's - 21CYM Yoga Teacher Training Program** or yoga for that matter about any particular worldview or system of beliefs, we do take some orienting generalizations to heart. If too many of these orienting generalizations or principles (listed in the big section below) conflict with your beliefs, you may wish to consider that this is possibly not be the best program for you and are advised to look for a program that best fits your personality and values where you can get more out of it. Also, if the creation of an environment of non-discrimination conflicts with your personal beliefs – if you are uncomfortable fostering an environment which welcomes and celebrates people diverse in sex, race, age, creed, religion, sexual orientation, national orientation, gender-identity & physical ability and you are not willing to work with your discomfort as your own personal issue in these matters – you are advised to look elsewhere for training. **Actions that conflict with maintaining a nurturing atmosphere as outlined in the mission statement, and actions that conflict with fostering an environment of non-discrimination will not be tolerated.** As there is a spiritual component to yoga, one that joins or "yokes" the depth of all parts of life together, students are advised to be able to address comparative worldviews (from Christian to Atheist & so on) in a respectful way. If you do not believe you can do this, you are advised to look for training at a school that better aligns to your orientation to life.

Acceptance, Respect, and Receptivity - never forced belief - never dogma
No one is expected to suddenly or blindly change their worldview to the Orienting Philosophy that follows. Yoga is about self-discovery, not dogma. However, there are some orienting principles and philosophy to organize the meaning of yoga. All information has some kind of orienting philosophy behind it (even if it's a "just the facts" philosophy, which works great for science, but not well for art – and yoga is - part art & part science). We embrace the path of overt awareness and put words to our orienting philosophy & principles …

Orienting Generalizations, Principles & Philosophy
The mission of yoga is to bring us back to ease and harness vitality in mind, body, heart, and spirit. When we align ourselves with our natural blueprint, in natural rhythm, and remove the blocks to our most authentic self, there is great flow. After yoga we tend more and more to experience a spontaneous joy, goodness, beauty and ease. It is an ease that lets us know we are perfect just as we are. This condition may not last at all hours of the day, but this is what we refer to as our spontaneous and natural self. When we are disconnected from our natural self, we lose our spontaneity and authenticity.

Yoga is our tool to reconnect to what is most alive inside of us.

Confidentiality
In the interest of everyone in the training being provided with a safe space in which to work with their own growth, you will be requested to keep all personal sharing by others' confidential for one week after the module ends and for forever if the person sharing has requested confidentiality.

Video Recording During the Training
In the interest of preserving the training's teachings for you beyond your time with us and to provide you with support beyond the training, some of the teacher's presentations will be recorded. These recordings will be available to you on a password protected website so that you may revisit them as often as you'd like. About 60 hours' worth of video will be available. In order to provide as safe space during recording:

1. You may request at any time the camera be turned off.
2. It will be made clear when the camera is on.
3. Should Alex, 21CYM, or MSYC want to use any footage for public viewing: If my voice or image appears on the footage, the administrator or MSYC must secure my permission to make it viewable to the public. Otherwise, the footage will not be used. Permission request will be sent to email address provided with the application. Requests that take more than 10 days to answer shall be considered permission granted.
4. Edited Videos containing my image or voice will only be available by password protected website where only other teacher trainees will have access to it.
5. Recording will never be done for circle work, processing work, or any other time where personal information may be more likely.

If the principles, ideas, or philosophy of this section conflict in a large way with who you are and how you see the world, you may wish to consider a program that aligns itself more closely to what you value in training or your beliefs in general. Safe space, but challenging space is very important for everyone's growth and ability to connect to what is most alive in them. The training culture will be upheld by all trainers at all times; therefore, this could be said to be the most important part of the catalog. **Read this Culture Section at Least Twice and make sure you understand it. This has been a powerful training for many before you; however, it is not for the faint of heart, mind, or body. Read Closely.**

As always, you can direct any questions to Alex, the Training Director.

Warning - This Training is Not for Everyone!

Though the technical requirements for this training are modest, an **attitude of genuine desire**: to immerse yourself in the intensive weekends; to commit to be present and participate to the best of your ability in all classes; with eagerness for challenge; and a willingness to venture beyond your comfort zone; **are absolutely necessary**. In other words, if you're only interested in the certification, a spa-like yoga retreat, to have your existing worldview/beliefs affirmed, or a leisurely place to zone out, this training is not for you.

You should also **be ready to go deeper**. This means being ready to have your current means of practice compassionately taken apart, reworked, and put back together again. This includes even the things that you're doing well and excel at. Like a tennis player reworking the mechanics of her swing, it is often necessary to take what appear to be a few steps backward before coming back stronger, faster, more flexible, more mindful, and more in tune with your true bliss. In other words, if you're not ready for having your practice significantly change and ready to receive feedback on how to deepen the great practice you already have... If you only want to hear that your practice is perfect and there is nothing else to deepen, this training is not for you.

You should **be willing to bring your best self forward** for the sake of yourself, for the sake of making the most out of your valuable immersion time in the training, and for your classmates. If you are unwilling to discern your emotions from facts and look at your own judgments; If you are unwilling to take on another's point of view (Empathize); If you are not willing to be open to the possibility that your first thought, emotion, or judgment may not best reflect reality (value objectivity); and If you are unwilling to accept the possibility that your instincts and beliefs may not reflect right action, this training is not for you.

We are dead serious about these. Although this training will focus mostly on physical yoga, it goes beyond that. You must have genuine desire to go deeper and be capable of empathy, openness, and discernment as listed above. If you do not, this training will not work very well for you. You will be learning powerful tools in this training, some of which are not for the general public for these reasons. While the training will spend a lot of time building confidence, the humility of the above capacities are necessary in order for these powerful tools to have nurturing and empowering results rather that destructive results.

It is probable that after this training, your life will not be the same. Seen from new heights, previous terrain may look or feel completely different. Some of the tools we play with include: asana, intensity, prana, surrender, focus, action, stillness, meditation, breath work, and shadow work. This Teacher Training is ideal for those who wish to create something new, to fly higher. If you are ready, **we'd love to have you come fly with us.**

Training Values (Biases)

As this training facilitates a deepening of the Relationship between mind, body, and heart with each other, ourselves, and our planet, there are important values that are necessary, not in mere theory, but in true practice – to exercise to accomplish this deepening. We would argue that without these values, transformation and deepening cannot be nearly as powerful. Values we humans believe to be misaligned with enlightened truth, goodness, or beauty, are often called bias. Everything in the training is colored by these values. Therefore, you will want to read and consider these values carefully to be sure they line up with what you want as a training experience.

All of these are practices – which no human being is "perfect" at. (That's why we call it a **yoga practice**, not a *yoga perfect*!) While you are not expected to be perfect at these, understand that these values make up the culture of the yoga training. It is, in other words, where everyone is encouraged to aim both by training instructors and by other trainees. They are the yardstick against which you will be measured and your worldview challenged. If you do not like the aim of these, you may want to look for a different yoga teacher training or talk to the training director for clarification.

Your Extended Initiation – Your First Two Modules

Your first two modules (as well as a bit of the start of your third module), are focused on getting you up to speed with the rest of the folks in the Yoga Teacher Training. These two modules are not just for the training staff to evaluate whether or not you are a good fit for the rest of the program, but for you to make the same evaluation for yourself. These modules will give you a taste of how this YTT does things before we take the "deep dive" into the remaining modules. We will be building a container (valuing coherent pluralism) based on the following training values. Please read these values and rules carefully, write down all questions, and bring all questions to your first weekend.

Values / Biases

- **Self-Awareness**: It is "better" to be aware than unaware of my own experience.
- **Self-Acceptance**: It is "better" to recognize, fully feel, and express rather than repress or deny my own experience.
- **Living Purposefully**: It is "better" to create my values, inspired by my own experience, rather than take on the assumptions/judgments of others, the culture, or of a past version of myself that does not represent who I am now.
- **Self-Love**: It is "better" to proceed by being as right with ourselves as we can possibly be (even as we are also a masterpiece in progress).
- **Self-Transcendence**: It is "better" to play this game in constant discovery of ourselves, as a moment-by-moment dance, rather than filtering/rehearsing.
- **Self-Ownership vs Projection:** It is "better" to own my reactions, judgments, and values than it is to project them as objective reality. It is "better" to own them as ***I*** rather than *you or it*.
- **Empathy:** It is "better" to come to an interaction using my full ability to put myself in another person's shoes regardless of whether-or-not they put me in theirs. It is "better" to recognize in the moment that others can be and often are having a completely different experience of events than myself, and that I can put myself in their shoes both mentally and emotionally.
- **Humility:** It is "better" to recognize that, in every moment, there is an opportunity to discover a truth that is hiding underneath my current experience. In any given moment I am completely unaware of this truth and its gift of revelation requires me to take a moment to step away from a universe that my life story is at the center of.
- **Care in Communication:** The implication of Empathy & Humility as values is that it is "better" to be slow to take offense and slow to give offense than quick with either.
- **Objective Awareness:** It is "better" to recognize that when I have an emotional charge that this charge can significantly color my thoughts and judgments (as it can in all humans) to the point of not doing my best thinking or judging of the situation. It is "better" to recognize that the charge is about me (and not others or my surroundings, own it) and clear the charge (many times by expressing it, but certainly not by denying or repressing it) before proceeding on my track of thought or interaction.
- **Non-Objectification / Recognition of Thou:** It is "better" to come to an interaction with the intention to honor others' Self that lies underneath their appearance, thoughts, beliefs, and values (recognize them as a "Thou") than it is to turn them into (an "it") a judgment, [stereo]type, or other nominalization.
- **Open Minded Awareness: :** It is "better" to create space for the possibility that my first thought, emotion, or judgment may not be the best fit to the reality of the moment even if it is most of the time.
- **Self-Responsibility:** It is "better" to own my ability to respond to my own emotions, thoughts, judgments, and results of my past actions (both intended and unintended) than not.

- **Self-Assertiveness:** It is "better" to focus on what I can change and act on than it is to take a disposition that things are always happening to me.
- **Discernment**: It is "better" to discern a difference rather than to ignore them.
- **Personal Integrity:** It is "better" and it feels "better" to express my values through my choices than it is to intentionally or accidently express the opposite values.
- **Lean into One's Edge:** When experiencing a moment outside my comfort zone, it is "better" to stay with it so I can grow with it than it is to avoid everything outside my comfort zone. It is also "better" to lean into my edge (only be a little outside my comfort zone) than to push myself to the point of overwhelm (where it is impossible to grow).
- **Self-Care for Limits:** It is "better" to separate myself from a group or situation if I experience unexpected overwhelm (which may cause me to act out of accordance with my values) than it is to stay in an overwhelming situation. Only I know my limits and it is therefore my responsibility to report them.
- **Thoughtfulness / Slow to Judge:** It is "better" to remain open and not (knee jerk) ascribe intention to others (conscious or unconscious) than it is to assume an (especially negative) intention. We rather build a model of character based on actions over time and learning about them.
- **Coherent Pluralism:** It is "better" to contribute to a social space which is accepting of a maximum of perspectives and worldviews (pluralism) than it is to be tribal or ideological about my own worldview. Furthermore, it is "better" to make this space for plural worldviews in an effort to make the multiple worldviews coherent with each other in order to maximize the greatest benefits of heterodoxy & orthodoxy as we explore truth claims via objective convergence than it is to engage in solipsism (only my mind is real) or a sense of a disintegrated universe (everyone's reality is their own universe, independent of common reality).
- **Non-Bigotry:** It is "better" to not ascribe such conscious or unconscious intention (ascribing character traits, values, moral and ethical codes, privileges, status, or beliefs) to others based on their race/sex/gender than to stereotype based on immutable traits. Similarly, it is "better" to not ascribe fault, blame, or bias (inherent bigotry, racism, sexism) to someone based on their race/sex/gender (ie: Scapegoating). **Bigotry (Stereotyping, Scapegoating, or otherwise) will not be tolerated at this training.** We value Pluralism and attempting objective convergence of truth. Demonization of others based on inborn traits will not be tolerated (including the idea that one's moral character is determined by immutable traits or that one bears responsibility for the actions of others who share those immutable traits) nor will demonization based on creed (thought crimes).
- **Abundant Motivation:** It is "better" to be motivated out of love, appreciation, excitement, inspiration, compassion, or other expansive states than out of fear, anger, avoidance, or other contracted state.

Agreements

If we are going to play a game together, we must agree to a set of rules or the game becomes chaos. In order that the training make emergence possible, we must all (including teachers) agree to some basic rules. (Note, we will discuss these on the first weekend in detail to see if there is anything we need to modify so that we may all proceed together in good faith). In the interest of Holding Space for a Coherent Pluralism, the Agreements Are:

- **Accountability**: You agree to be held accountable to what you have agreed to do for the training, including for what is outlined in this catalog. This is only for that which you have explicitly agreed to. (example: If you are one hour late, by the outline of this catalog, you agree to be subject to make up time.)
- **Mind the Playing Field of the Training:** Honor training as a space for all as a vessel of increasing consciousness, compassion, and competence inside of space set aside for inner work (sacred space in Self, Culture, and Nature).
- **Honor Self**: Take Care of Yourself and Your Own Needs First
- **Honor Other:** Respect Your Classmates, Instructors, and the Space
- **Video Recording:** See Page 9
- **Speak Sincerely (Own Your Experience):** When not explicitly in a context of teaching, coaching, or leading, you agree to commit to being coached on making your truth as inarguable as possible. You are also committing to a humility that you are not an authority on anyone else's experience.
- **Consider Leaning Into Hiding Nothing:** This does not mean that there is no privacy. Quite the opposite (see confidentially). You may be a very private person and that's okay, but we do encourage you to share your internal process as it helps deepen the learning process. It is always 100 percent your call on what is transparent and what is not (note: Honor Self and Honor Other take precedence). This agreement encourages that your transparency be a conscious process.
- **Seek Synthesis:** When confronted with a view of reality that is different than my own (thesis & antithesis), it is "better" to navigate the paradox by getting curious about both realities and prod to see how they connect. While in this prodding it is "better" to explore incongruities of the other reality (antithesis) and my own (thesis) than it is to rigidly hold my own reality (because its my own and what I've always known). It is also "better" to synthesize than to simply accepting the reality of an authority figure when that reality conflicts with my own.. In this way, I can seek a synthesizing of the two and produce true learning that is both open minded and grounded in my own experience.
- **Confidentiality by Request:** See Page 8
- **Take the Reins of Your Process:** You take responsibility for your own learning and commit to the training as a process.

Getting Started

How to Enter Main Street Yoga Center's – (21CYM) Yoga Teacher Training

The **Application Process** is as Follows: *(easiest to start with the checklist and Application Form)*

1. Complete the Application Form online: http://mainstreetyogacenter.org/ytt-application/ .
2. Include Your Personal Application Letter. *(see next page for details)*
3. If you are under 21 years of age, *(see "Requirements for Program Entry" #2 next page for details)*, also submit your Letter of Recommendation & arrange your phone call.
4. With the email account you use in your submission, please whitelist the following email addresses:

   @MainStreetYogaCenter.org
   @21cymonline.com

5. We'll contact you within two weeks to confirm your place in the program and collect the $200 deposit fee.
6. It is recommended that you make full payment for your first module soon after being admitted to the program as this cement your status as a student of the teacher training and allows you to receive access to the teacher training website where additional training materials are kept.

Application Deposit
To encourage the entry of trainees who are sincere, committed, and willing to go through the entire training of 14 modules, an application deposit of $200 is due when applying for Main Street Yoga Center's - Yoga Teacher Training. You are refunded within one week should you not be admitted to the program.

There is no refund of your deposit should you withdraw of your own accord, so apply only if you are sincere about training. Your deposit is applied to your tuition.

Personal Application Letter
Your Personal Application Letter is an essay of 1 to 3 standard pages. This document should express who you are as a yogi (yoga practitioner) and who you are as a person. Feel free to include significant events and inspirations (including people, artists, writers, historical moments, etc.) that have shaped who you are today. Please include the same for your life as a yogi: what training, teachings, and classes have you done, and most importantly, what of these experiences have inspired you most. In short, who have you been, who are you now, and who are you becoming? As a person. As a yogi.

Please make this about what is closest to you. This letter is not a resume about showing how experienced you are and how much you have done from the outside. It is about the organic process of becoming on the inside. This is to help the training faculty understand you.

Requirements for Program Entry

1) Six Months of Regular Yoga Practice or Program Director's Consent.
2) Applicants should be 18+ years of age. Applicants under 21 will need to have 1 or 2 extra face-to-face interviews with the Program Director.
3) Candidates must have a mature understanding of themselves and others.

   Maturity is based on the applicants' reasonable capacity to exercise:
   - Commitment and Personal Follow Through
   - Understanding of basic human logic and emotion. (Ability to discern emotions from facts, and both from judgments.)
   - Ability and Willingness for Empathy: The ability to take on another person's point of view and set your own temporarily aside when the environment is safe to do so.
   - Open Mind: The ability to seriously consider that your first thought, emotion, or judgment does not accurately reflect reality.
4) Read and understand the Yoga Teacher Training Catalog (this document)
5) Have completed & signed the **Main Street Yoga Center's - Yoga Teacher Training** Application Form which includes the **Personal Application Letter** (described above).
6) Have Computer Literacy: comfort with email, whitelisting email addresses, navigating websites, and playing online video as much of intellectual part of the course will be coordinated online.
7) It is highly recommended that you set aside time in your life for this course. Think of this as a Bachelor's degree minus the general ed requirements (this fits the 200 hour program plus homework) in terms of time commitment. If you are taking one year or less, plan as if you were constantly taking 6 college credits. 2 years, as if 3 credits, etc.

   This will give you time to get the most out of the course. It will be difficult if you have to stress to get your teacher training time into your schedule.

The Long Term

Staying on Track to Become a Certified Teacher
You will be required, on Application, to either choose one of the 3 options listed on page 2 (1 year, 1.5 year, 2 year) OR pledge to stay in contact with the Teacher Training Director on your plans. Of course, there are several other combinations of modules that will work and some Trainees may wish to only take a few modules for Self Improvement and never become certified. All of that is all right, but if you are not following one of the prescribed plans, please consult the Teacher Training Director at each module or anytime your plans change to make sure that you are staying on track to certification or your other training goals.

Student Records
Student Records will be stored for a period of ten years from the date of graduation from the Teacher Training Program. For privacy reasons, records can only be accessed with written permission from the teacher trainee and will only be sent to the teacher trainee.

Teacher Training School Policies

Who is considered a Yoga Teacher Training Student?
We consider an applicant to be a student of the yoga teacher training when they have met the following criteria:

1. Have Successfully Gone Through the Application Process. (*see above*)
2. Have made satisfactory arrangements for payment of the first module.
3. Have signed and handed in a copy of the Training Application Form. (*copy at the end of this document*)

Completed Module
Only 2 conditions give a student the status of having "Completed Module Hours". *(1)* The Student attends all Mandatory Time in the module. -- or -- *(2)* If the student has missed Mandatory Time (because of tardiness or absence), the student has successfully made the time up according to the rules outlined in "Make Up Time" in this catalog. Students are responsible for completing a missed time form and turning it into the instructor for all time missed. Students must Complete All Module Hours and Complete All Module Rubrics (see "Grading System) in order to have the status of a completed module.

Attendance Policy
Students are expected to be present for all Mandatory Time. If Mandatory Time in a module is missed, it must be made up according to the Make Up Time Rules or none of the said module will count towards certification. Students are responsible for completing a missed time form any time they are late or missing Mandatory Time.

Tardiness
Tardiness is subtracted from the total time of the program (as is leaving early), and counts against the minimum required attendance and against module completion. Students are responsible for completing a late form each time they are late and must submit a completed form to the instructor. Missed time will be rounded up to the nearest half-hour and must be made up.

Total Time to Complete Program
The training is made up of modules. Usually 1 module is 1 weekend of class at the Main Street Yoga Center. If the student attends every possible module through the course of one year, the student will complete the teacher training and become a certified yoga teacher within one year. Each teacher will then have a certificate recognized by *Yoga Alliance*. Time to complete the program will vary based on how long the student decides to take in completing certification requirements. The program is very flexible. This is one of its strengths as you can tailor it to your schedule. In order to fully utilize the program's adaptability to complete the program on your schedule and timing.

Graduation / Certification Requirements
Students must satisfactorily complete 14 modules, (minimum of 4 foundations, two integration modules, plus electives), & complete all payment obligations, and return all property belonging to The Studio or Program Administrators to graduate and become a certified yoga teacher. They are listed in more detail in the "Program Outline" section of the catalog. The Studio's - Yoga Teacher Training Program promises to run all core modules twice over through the next two and a half years. For this reason, we recommend completing the program in one or two years. (see "Program Outline" section).

Students may complete any combination of 14 modules to be certified, so long as the choices include:

- At Least 5 Basics / Foundations Modules (modules that start w/ a B or F)
- At Least 2 Teaching Skills Modules. (T_, HT_, AT_)
- At Least 2 Anatomy Modules. (BA_, FA_, BS_, FS_)
- At Least Three Integration Modules (I__, HI___, AI___)

You may ignore the above directives if you follow one of the suggestions on page 2.

Students will also have graduation requirements outside the training modules. They are:

- Maintenance of a Regular Yoga Practice (avg 3+ per week) marked in a Practice Log. (can be at any studio – or – home practice)
- Keep a Teaching Log which will include teaching 3 to 15 full yoga classes outside of training time.
- These classes can be with anyone, anywhere, any time, any size. Just you and your roommate, partner, etc. Better if you can get more than 1 student, but any will do in order to meet the requirement.
- Complete all other Teaching Log Assignments (given in modules). Total Time for assignments is approximately 8 hours (based on previous trainees' experience).
- Score a 90 percent or better on Final Written Test (study guides, assessments, and infinite retakes will be given)
- Watch and Take Notes On Approximately 4 hours of Online Video (or Reading) before each module (30 hours before your first module and 10 before your second module).
- Read the Books:
    - Getting Real by Susan Campbell, PH.D. **(TU)**
    - The Power of Focusing by Ann Weiser Cornell, PH.D. **(TP)**
    - Functional Anatomy of Yoga by David Keil **(TS)**
    - Teaching People Not Poses by Jay Fields **(TN)**
- If you do not attend the module where the book is read past half-way **(in bold parentheses above)**, then you will need to write a report for book:
    - List 6 concepts/topics from the book that will affect your personal yoga, meditation, or life practice. (write at least 300 words / topic)

More detailed information on the modules, outside module requirements, and material covered in the training can be found in the "course of study section" on page 24 and more on required reading on page 33.

Grading System

The program is pass/fail. Satisfactory Progress / Whether the student passes or fails the program is based on completion and participation in all assignments, tests, observations, and performance evaluations given during the course of the program. Requirements to pass a module will be submitted by email as a "Rubric Sheet" before the module begins.

Credit for Previous Training

The Studio Yoga Teacher Training Program – 200 hour modular training – will only accept credit from a sister program such as: The Studio Immersion Teacher Training. You can talk to the Program Director for more information. No other previous education, training, work experience, or yoga practice will be accepted for credit.

Transcripts
Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee of $15 will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

Program Advising
The student's yogic objectives, attendance and conduct are reviewed on an ongoing basis. If program standing or conduct is unacceptable, the student will be advised. Students will be advised at each module.

Payment of Tuition
Satisfactory arrangements for payment of tuition and other fees must be made between the student and The Studio prior to the student's official start date. The Studio accepts cash, check, Visa, MasterCard and Discover.

Satisfactory Progress
Satisfactory progress is defined as actively participating in all core modules & levels of the training program and completion of the practice log (3x per week yoga practice, can be home or at any studio). In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be notified and given the opportunity to establish these criteria via the means outlined in the "Make Up Hours" section. Personal time with the instructor may be assigned for as long as it takes for the student to demonstrate the competence outlined in the Rubric Sheet (which is handed out at the module's beginning). The student cannot pass the module until he/she meets the requirements on that module's Rubric Sheet. No unattended module will be given as a prerequisite unless there is instructor consent. Students will receive updates on their progress orally and via email at the end of each module and be properly advised on how to properly proceed.

Unsatisfactory Progress
Students struggling to keep up will be given an opportunity to make satisfactory progress through the personal attention of makeup hours and by repeating modules. In the event that the student is unable to make the satisfactory progress outlined on the Rubric Sheet after three attempts to make satisfactory progress, the student will be released from the program. Students unable to complete their practice log will also be released from the program.

Absence Records
Absences are recorded by attending faculty and assistants and kept with student records in a secure database.

Make-Up Hours
The cost of makeup hours with an instructor is at least $125 per hour. (Primary Instructors are priced higher, but you will have choice of who you do make up time with). While the training director will consider special cases, particularly if you invoke discussion before your absence, do not expect it. Our recommendation is to be on time and attend all modules by being prompt, even early and attend the full module. Be prepared by being on your mat or seated in circle a couple minutes before the module starts. Leave plenty of time for traffic, bathroom & other preparation.

Student Conduct
Students must adhere to the rules and regulations of The **Main Street Yoga Center** Studio. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or the **Main Street Yoga Center** in general. **Alex Pfeiffer** and the Administration of the **Main Street Yoga Center** reserve the right of judgment to terminate a student on any of the following grounds:

1) Non-conformity of rules and regulations of the **Main Street Yoga Center** or the **21st Century Yoga on the Mat Yoga Teacher Training**.
2) Excessive tardiness which disrupts other students.
3) Conduct that is unsatisfactory to the **Main Street Yoga Center** its staff, faculty, and its students.
4) Falsifying school records.
5) Failure to pay fees when due.
6) Entering school premises while under the influence of alcohol or drugs.
7) Carrying a concealed or potentially dangerous weapon.
8) Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of the **Main Street Yoga Center.**
9) Theft.

Termination Procedure
Students to be terminated from the program are notified in writing and may appeal to the Director of the **Main Street Yoga Center** 's - Yoga Teacher Training Program within three (3) days of Notice of Termination.

Reinstatement
All students requesting reinstatement may be denied at the discretion of the program director. Students applying for reinstatement must attend a meeting with the program director (at a non-refundable fee of $90/hr) where the terms of reinstatement will be established based on the original reason for termination from the program (see student conduct above). These terms will be put into a

written **reinstatement agreement** which must then be signed by the student in order to be reinstated. The student understands that any breach of the reinstatement agreement results in termination. All decisions are final.

Student Grievance Procedure

1) Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
2) If one-on-one discussion fails to result in satisfactory resolution, a written complaint must be submitted to the Program Director. The director's decision on all complaints will be made normally within 1 week (to make time for interviewing all witnesses) is final.
3) If resolution cannot be reached, the student may contact the State of Wisconsin Educational Approval Board for further assistance:
https://dsps.wi.gov/Pages/Programs/EducationalApproval/Default.aspx
or 608.266.2112

Tuition Schedule

Program Tuition Fees

Tuition may be pay as you go (per module) or all in advance. Each module will have a designated "early bird" date. The early bird date is usually at the end of the module immediately preceding it or is at most 4 weeks before the module. "Paid date" is the date payment is received by the **Main Street Yoga Center**. See "Module Schedule" section that starts on page 27(also consult page 2).

Pay As You Go. Cost per module:

Pay Date at or before early bird:	$299	*(4 weeks before the module starts)*
Pay Date after early bird:	$349	*(Will need to pay for 14 Modules in Total)* *(your final module is on us!)*
Pay All Modules in Advance	$3250	*(saves $936 to $1636 vs. pay as you go)*

Cancellation and Refund Policy

Rejection
An applicant rejected by the school is entitled to a refund of all monies paid.

Before the First Module
Applicants who have not yet attended a module are entitled to a refund of all monies paid minus the application deposit.

Notice Of Absence
If a student is going to miss a module that he/she signed up for, the student must notify the Director of Teacher Training to avoid Constructive Notice of Withdrawal.

Constructive Notice of Withdrawal
If a student misses a module without providing an explanation to the Director of Teacher Training (DTT) regarding the absence, the student is considered to be withdrawn from the entire program starting one day after the unexplained absence. This means that if you "disappear" from the training program for a module you were expected to attend, and do not let the DTT know the reason, you will be dismissed from the program and need to reapply. You will be refunded in full for the module. Students who have gone over 12 months without attending a module and have not contacted the DTT will also be considered withdrawn from the program.

Refunds Before the Training Starts
If a refund is requested within three business days of the initial payment, the applicant shall receive a full refund within 10 days. All refunds requested after the three business day window will be paid in full, minus a processing fee of $100.

Refund after the Commencement of a Module
Should cancelation come in the middle of a weekend module, all refunds once a module has started are pro-rata A student who withdrawals or is dismissed after attending one day, but before completing 60% of the instruction is entitled to a prorated refund as follows:

After completion of at least	Prior to completion of	Refund will be
N/A	FIRST DAY	100%
1 unit/class	10% of module	90%
10%	20% of module	80%
20%	30% of module	70%
30%	40% of module	60%
40%	50% of module	50%
50%	60% of module	40%
60%	N/A	NO REFUND

21CYM - Yoga Teacher Training Course of Study

Objective of 21CYM Yoga Teacher Training Program at Main Street Yoga Center
Upon completing this program, the student will be able to teach a solid yoga class backed by a refined knowledge of human anatomy, the psychology of practice, personal experience, the teaching & learning cycle, and yogic tradition.

Two Year Promise of Fulfillment by Teacher Training Director
From your first module and 2 years after that date, the Teacher Training Director promises to run modules on time and to run all required modules at least twice in those two years.

Main Street Yoga Center: 21CYM Yoga Teacher Training Website
More training materials will be accessible online upon program entry.

Clock Hours
Approximately 250 total hours including online learning (varies on module combination, may be as low as 200, but will not typically exceed 250). This will prepare you to go deeper in your practice, teach a solid public yoga class, and apply yoga to your life.

Course Title
21st Century Yoga on the Mat: Yoga Teacher Training – 200 Hour Foundations

Course Description
Topics covered in the 200-hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

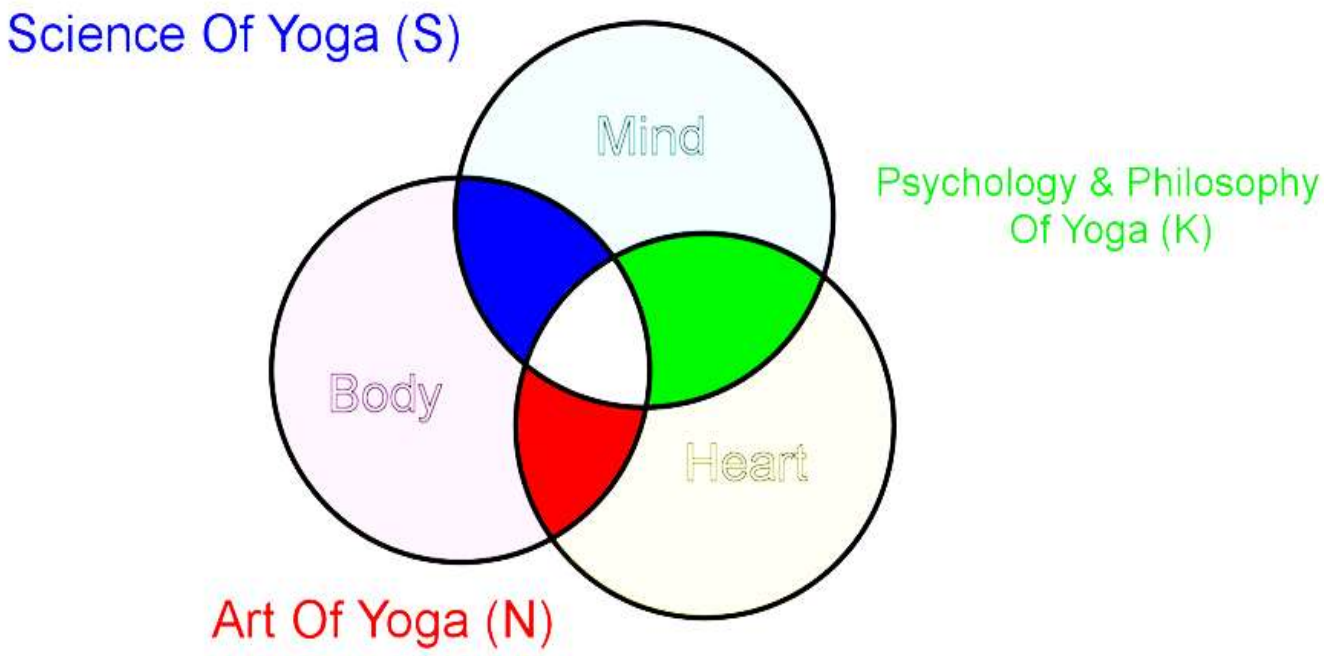
Techniques, Training, Practice – the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation. minimum **101.25 hours**

Anatomy and Physiology – physical anatomy and physiology as well as Biomechanics of muscle, bone, nervous system, etc. minimum **35.75 hours**

Yoga Humanities – a look at the history and evolution of yogic worldviews and the philosophies of these worldviews, plus teaching ethics. min **30.25 hours**

Professional Essentials – teaching methodologies (sequencing, cueing, etc), actual practice teaching (practicum), giving and receiving feedback, and Professional Development focus such as: Business Focus, Credentialing, Lifetime Learning, Liability Insurance, and Commitments. minimum **53.5 hours**

General Material Covered in the Sessions
Basic history, philosophy and evolution of yoga. Gain knowledge of basic and advanced asanas (postures) of yoga Pranayama and the use of breath as a transformative tool. Ability to develop and communicate a themed class that teaches and inspires. Art of sequencing to create a fluid and balanced class. Basic yogic anatomy and physiology. Therapeutic value of various asanas. Alignment and how to avoid injuries. Verbal and physical adjustments. How to read bodies - physically and energetically. Bandhas (energy locks) and inward focus. Art of meditation - developing deeper levels of awareness

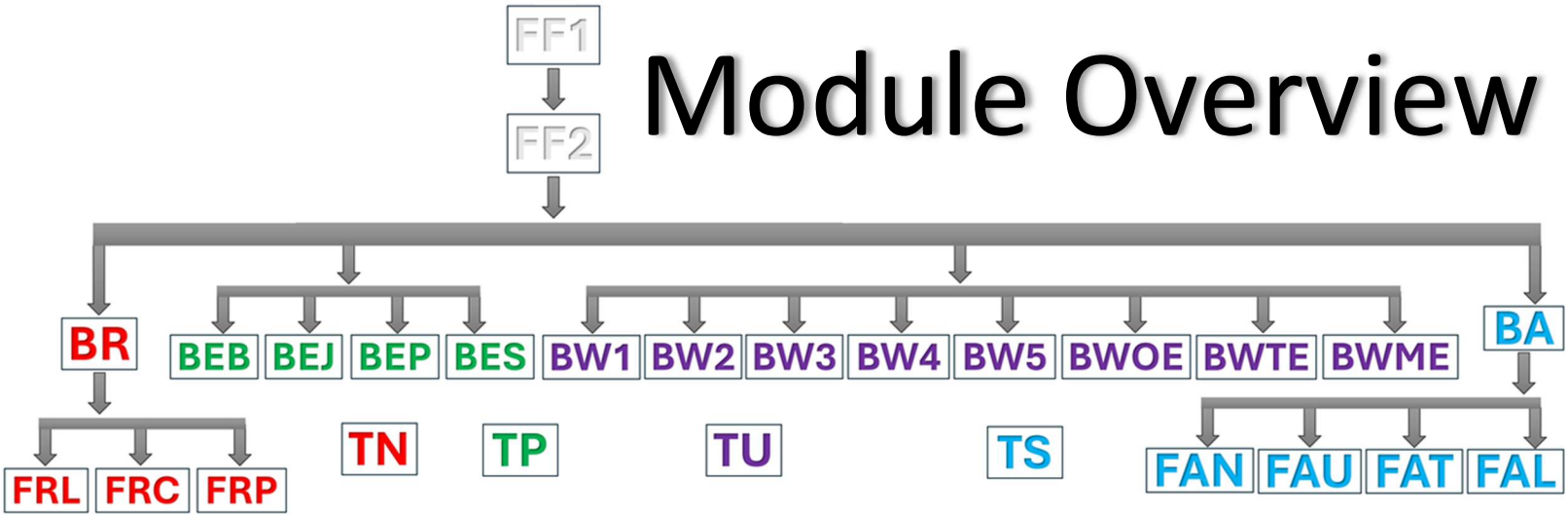


List of Modules that will have a Thursday Evening Component

Most Modules begin on a Friday Night (6 or 7pm) or Saturday. However, there are occasionally modules that will utilize a Thursday Evening. This training is at an operating yoga studio, so we must take advantage of when space is available. This sometimes makes Thursday Evenings necessary. For locals with a more typical 9 – 5 or flexible hours job, this is typically no problem; however, for those who are non-local or have possible conflicts, here's a list of modules that will utilize the Thursday Evening of it's weekend (times 6pm – 10pm unless otherwise listed):

Module	**Weekend Date**	**Thursday Eve Time**
ISNET – Integration	Feb 19 – 22, **2026**	6:30pm – 10pm
EYIN – Yin Yoga Elective	April 22 – 26	WED 7:45 – 9:30p + THR 6:30 – 9:45p
Integration Module	July 2 – 4	6:30pm – 10pm
HGSG – Spiritual Growth	Feb 4 – 7, **2027**	6:30pm – 9:30pm
EPMED – Posture of Meditation	Feb 18 – 21	6:30pm – 9:30pm
EATSG – Anatomy Study Guide	March 18 – 21	6:30pm – 9:30pm
Sequencing Integration Weekend	April 29 – May 2	6pm – 10pm
Integration Module	July 1 – 3	6:30pm – 10pm

Module Overview



Basics / Foundations Requirement

Basics Modules Start with B__ and are marked in Red, Green, & Purple Above:
Basics Modules Start with F__ and are marked likewise.
Completion of One (non-Blue ones) are Required for Certification (p29)

Teaching Skills Requirement

Teaching Skills Modules Start with T__ and are marked in Red, Green, Purple, & Blue Above:
Completion of Two are Required for Certification (p30)

Core Foundations Modules

FF1 & FF2: *Are both required for Certification*

Integration Modules

Integration Modules Start with I__:
Completion of Three are Required for Certification (p30)

Anatomy Requirement

Anatomy Modules are marked in Blue Above
Completion of Two are Required for Certification (p28)

Confused?

That's okay. The program is very adaptable, covers a variety of areas of study, and can be a little confusing at first: 3 Resources.
(1) See if a suggested schedule on Page 2 works for you
(2) Use the Online Scheduler Tool
(3) Talk to Alex

Also, there will be time for private consults at your first two modules to make sure that your plan is on track.

Elective Modules

Are Not Listed Here.
Over 30 options are listed on page 31 & 32.

Choose from the list for your preferred specific area of Study.

Certification

To meet the Modules Certification Requirement, you must complete the following (or equivalent w/ Immersion):

- 14 Total Modules
- Core Foundations Modules (FF1 & FF2)
- At least 2 Anatomy Modules (BA_ & FA_ mods)
- At least 2 Teaching Skills Modules (TN, TP, TU, TS)
- One Basics/Foundation Module (BR, BEB, BEJ, BEP, BES, BW1, BW2, BW3, BW4, BW5, BWOE, BWTE, BWME, FRL, FRC, FRP)
- At least 3 Integration Modules (I__)

Core Foundations Module Schedule

Both FF1 & FF2 are Required

FF1

Yoga Foundations : Preparing to Walk the Path

March 4th – 5th	2027
November 19th – 22nd	2027
March 23rd – 25th	2028

Prerequisites: *Admittance to the Yoga Teacher Training*

FF2

21CYM Foundations: Navigating the Meta-Modern World

April 2nd – 4th	2027
December 10th – 12th	2027
April 21st – 23rd	2028

Prerequisites: *FF1*

Anatomy Module Schedule

Two Modules Required

BA

Anatomy Basics : The Big Ideas

June 12th – 14th	2027
June 9th – 11th	2028
June 15th – 17th	2029

Prerequisites: *FF2*

FAL

Anatomy Foundations : The Legs & Lower Limbs

September 10th – 12th	2027
July 6th & 7th	2029
July 3rd & 5th	2031

Prerequisites: *BA*

FAU

Anatomy Foundations : The Arms & Upper Limbs

June 16th – 18th	2028
September 22nd – 24th	2028
June 21st – 23rd	2030

Prerequisites: *BA*

FAT

Anatomy Foundations : Anatomy of The Torso

September 7th – 9th	2029
September 5th – 7th	2031
August 18th – 20th	2033

Prerequisites: *BA*

FAN

Anatomy Foundations : The Neck & the Nervous System

August 16th – 18th	2030
September 9th – 11th	2032
September 14th – 16th	2034

Prerequisites: *BA*

Basics Study Module Schedule

One Module Required (from this page) for Study in Any Specialty Area:

Nervous System Regulation Study in Red: Hatha Tradition, Breath Sadhana

Inner Process Study in Green: Spirituality (Being & Becoming), Presence Sadhana

Wholeness Study in Gold: Healing Trauma w/ Essence, TERMS, and Exercise

BR

Prerequisite: *FF2*

Basics of Regulating the Nervous System : Tides of Vinyasa

January 5th – 7th	2029
January 3rd – 5th	2031

FR-

Prerequisite: *BR*

Foundations Nervous System/Hatha/Breath Modules

FRL : Location, Location, Location	January 17th – 19th	2031
FRP : Regulating Prana w/ Breath	January 20th – 22nd	2033
FRC : Centering Breath, Centering You	January 19th – 21st	2035

BE-

Prerequisite: *FF2*

Basics of Spirituality (Being & Becoming) & Presence Sadhana

BEXB1 : Blindspots	January 7th – 9th	2028
BEXB2 : Harmony	January 21st – 23rd	2028
BEP : Pratyahara : The Inner Path	January 4th – 6th	2030
BEJ : Joint Awareness	January 18th – 20th	2030

BW-

Prerequisite: *FF2*

Basics of Wholeness

BW5 : Journey to Wholeness NP5	May 4th – 6th	2029
BWME : Wholeness thru Mindful Embodiment	May 18th – 20th	2029
BW1 : Journey to Wholeness NP1	May 16th – 18th	2031
BW2 : Journey to Wholeness NP2	May 18th – 20th	2031
BW4 : Journey to Wholeness NP4	April 21st – 23rd	2033
BWTE : The TERMS of Exercise	May 5th – 7th	2033

F-

Bridge NS/Anatomy Study

FFF	November 6th – 8th	2026
Any	Immersion	2027
Yogic Meditation	October 8th – 10th	2027

Immersion Attendees Exempt from this Requirement

Teaching Skills Module Schedule

Completion of Two is Required

TS

Teaching Skills : Physicality (Sequencing & Adjustments)

June 29th – July 1st	**2028**	*Summer of Even Years*
July 5th & 6th	**2030**	*THRs & FRIs are Evenings*

Prerequisite: *FF2* **Recommend Taking:** *BA & One FA__ before attending*

TN

Teaching Skills : Seat of the Teacher

April 16th – 18th	**2027**	*Winter of Odd Years*
February 9th – 11th	**2029**	

Prerequisite: *FF2* **Recommend Taking:** *BR & One FR__ before attending*

TU

Teaching Skills : Cueing (Language & Voice)

June 25th – 27th	**2027**	*Summer of Odd Years*
June 29th – July 1st	**2029**	*THRs & FRIs are Evenings*

Prerequisite: *FF2* **Recommend Taking:** *Two BW__ modules first*

TP

Teaching Skills : Holding Space & Ethics

February 4th – 6th	**2028**	*Winter of Even Years*
February 22nd – 24th	**2030**	

Prerequisite: *FF2* **Recommend Taking:** *Two BE__ before attending*

Integration Module Schedule

Prerequisittes for all Integrations (except IMP_, ISNET_, and I_X modules) are the corresponding (color coded) T_ module above. (IMP_, ISNET_, and I_X modules require a T_ or I__ module is taken close to it)

Completion of Three is Required

IQN : April 16 – 18, 2027
IPX : June 29 & 30 daytime
IGX : July 1 & 2 daytime
IGN : July 2 & 3, 2027
IQU : Sept 22 – 24, 2027
IQP : Feb 25 – 27, 2028
IGP : June 23 – 25, 2028
IQS : Oct 6 – 8, 2028
IQN : Feb 23 – 25, 2029
IGN : June 22 – 24, 2029
IQU : Oct 12 – 14, 2029
IQP : March 8 – 10, 2030
IGP : June 28 – 30, 2030
IQS : Oct 11 – 13, 2030
IQN : March 7 – 9, 2031
IGN : June 20 – 20, 2031
IQU : Oct 17 – 19, 2031
IQP : Feb 20 – 22, 2032
IGP : June 24 – 26, 2032

Integration is also available during the June Immersion (talk to Alex) and IMP partitioned modules twice per year (see page 32)

Electives Modules Schedule

None Required, but all modules contribute to total modules requirement.

Module *(prereq)*	**Title**	**Date**
EFLOWPWR	Power Flow	Dec 4 – 6, 2026
EHOT	Hot Yoga	Jan 8 – 10, 2027
HGSG	Spiritual Growth	Feb 5 – 7, 2027
EPMED	Posture of Meditation	Feb 19 – 21, 2027
EATSG	Anatomy Test Study Guide Weekend	March 19 – 21
EAAL-7B	Adaptive Asana Lab	Sept 24 – 26, 2027
EYMED	Yogic Meditation	Oct 8 – 10, 2027
EREST	Restorative Yoga	Nov 5 – 7, 2027
EBEG	Teaching Beginners	Dec 3 – 5, 2027
EAAL-8A	Adaptive Asana Lab	Jan 28 – 30, 2028
HKCRC	Circling	March 10 – 12
EATSG	Anatomy Test Study Guide Weekend	April 7 – 9, 2028
EFLOWVIN	Vinyasa Flow	May 5 – 7, 2028
EPRN	Pranayama	May 19 – 21, 2028
HSAL *(TS)*	Adjustments Lab	Aug 10 – 12, 2028
EAAL-8B	Adaptive Asana Lab	Sept 7 – 9, 2028
AKCBM *(HKCRC)*	Big Mind	Oct 20 – 22, 2028
ESAV	Savasanah	Nov 17 – 19, 2028
EAAL-9A	Adaptive Asana Lab	Jan 26 – 28, 2029
EYIN	Yin Yoga	March 9 – 11
EATSG	Anatomy Test Study Guide Weekend	April 6 – 8, 2029
EAAL-9B	Adaptive Asana Lab	Sept 21 – 23, 2029
ENIDC	Yoga Nidra Creation	Sept 28 – 30, 2029
EMNTR	Mantra Meditation & Kirtan	Oct 26 – 28, 2029
ESG	Spiritual Growth	Nov 30 – Dec 2
HSW	Shadow Work	TBA Winter 2030
EAAL-0A	Adaptive Asana Lab	Feb 1 – 3, 2030
FLOWGNTL	Gentle Flow	March 22 – 24
EATSG	Anatomy Test Study Guide Weekend	April 12 – 14, 2030
HKCRC	Circling	May 10 – 12, 2030
AKCBM *(HKCRC)*	Big Mind	May 24 – 26, 2030
HCD	Chakra Development	May 31 – June 2
EAAL-0B	Adaptive Asana Lab	Sept 13 – 15, 2030
HSAL *(TS)*	Adjustments Lab	Sept 27 – 29, 2030
ENIDP	Yoga Nidra Perspectives	Oct 25 – 27, 2030

Partitioned Modules

In addition to Weekend Modules and Immersion (Multi-Modules), this training also offers Partitioned Modules. Partitioned Modules meet for a few hours on multiple dates spread through a period of time. Note that availability for partitioned modules is completely unnecessary for certification; however, if you find the topic intriguing and the date/times fit, feel welcome to join us for one of your electives!

Module	**Meeting Dates ***
2027	
IMP Mentorship Integration	Jan 10 & weekend dates set by student
How to Teach Beginners	Jan 17, March 20, & (Established at 1st meeting) select: MONs 4 – 5pm, TUEs 4 – 5pm, SATs N – 1:30
PB: Embodiment: Yin & Yang	Sundays Jan 3 – March 28 : 8am – 9:30am
PMUSIC – Music For Class	*1 hr meetings:* 3/14 11a, 4/4 11a, 4/18 9a, 5/2 10a, 8/5 8p, 9/2 8p, 9/12 10a, 10/10 11a, 11/7 10a, 12/5 11a
PB: Shakti & Forward Bends	Saturdays: April 10 – May 15 : Noon – 1:30pm Fridays: June 4 – July 9 : 3:30 – 5pm
PB: Somatics	TBA Summer 2027
IMP Mentorship Integration	September TBA & weekend dates set by student
PB: Twists & Backbends	TBA End of 2027
2028	
IMP Mentorship Integration	Jan TBA & weekend dates set by student
Yoga Nidra Blue Book	Winter TBA
Practice Builder TBA	Winter TBA
Practice Builder TBA	Spring TBA
Practice Builder TBA	Summer TBA
IMP Mentorship Integration	September TBA & weekend dates set by student

2029+ Mentorship Integrations Every Fall & Winter, Practice Builder Modules every Season. Specific Schedules announced within one year.

Additional Training Requirements

There is no extra charge for these requirements. Each one is required for Certification. Alex or another trainer will help you map these out at your first and second module. If you are not meeting these requirements in their listed module(s), you are required to declare to the Training Director that you will be finishing them outside of module.

Reading Requirements

The 4 books listed on page 36 under "required texts" are required reading for certification and are discussed in the core modules. You can complete these at any time before or during your training. If we cover a book in a module you attend (and you fully participate in the discussion & forum posts), you do ***not*** need to write a report for that book, otherwise you'll need to write a report for the book as follows….

If you do **NOT** take Module(s)	…. you must complete a written report for the book(s)
TP	The Power of Focusing
TU	Getting Real
TN	Teaching People, Not Poses
TS	Functional Anatomy of Yoga

Each Report shall consist of 6 Topics from the book that impacted you. With each topic write at least 300 words about how the topic will impact or has impacted your teaching / practice / life.

Extra Integration Requirements

You may not be taking all the basics modules – particularly if you are taking one of the quicker certification paths. To make sure you get an adequate chance to learn all of the yoga teaching skills, there will be extra (usually video content watching) to do during or for your 2nd integration module to get any missed skills. Please budget extra time for these as follows:

- If you are not taking **BE_** modules before TP, budget an extra **3** hours for homework.
- If you are not taking **BR/FR_** modules before TN, budget an extra **3** hours for homework
- If you are not taking **BA_** module before TS, budget an extra **3** hours for homework.
- If you are not taking **BW_** modules before TU, budget an extra **3** hours for homework.

Teaching Yoga Classes

You will need to teach full yoga classes outside of yoga teacher training hours before your first Integration Module (module that starts with an "I"). If your schedule, has you completing only one Teaching Skills Module (module that starts with a "T"), then you'll need to teach 8 classes on your own time. If 2 T_ modules, then you'll need to teach 4 classes. Only one class if 3 T_ modules. A "class" can simply be you instructing your roommate, friend, or spouse.

You will be reminded of all requirements above during the training once you get to your first Integration Module.

Additional Requirements Details:

- Practice Log: Maintain a Regular Practice (3+ per week). Each practice log entry shall contain:
    - Date, Time, and Length of Practice
    - Practice Intention (Assigned in Module)
    - Teacher of class, DVD or CD practiced with, or if a self practice, the focus of your practice (ie. Intention, backbends, to de-stress, to practice Side Body Long, etc.)
    - Motivation Level
    - One to Six Sentence recap on any insights, physical progress, or new experiences in mind-body-spirit relationship. Can be as simple as: "Maintained Side Body Long through 90% of poses. My highest ever!"
    - Practice logs will be checked at the beginning of each module.
- Teaching / Life Practice Log: Must teach a number of full yoga classes. The number depends upon your experience with Teaching Skill Modules. See page 33 for the number. These yoga classes may be taught anywhere. There will be Teaching Log Assignments given included in the modules. (plus optional Life Practices)
- Training Journal. Kept for module exercises and is never collected.
- Take Notes on the videos provided on Teacher Training Website.
- Must Agree to Ethics Standard on pp 37-39

Books, Other materials, & Supplies

May be purchased anywhere. The teacher training website will provide links to purchasing locations of the books for the student's convenience. Teacher Training Students will need five notebooks or notebook divisions (one practice log, one teaching log, one journal, and three notebooks (Practice, Teaching, Lifestyle)), pens/pencils (multi-color recommended for visual learners), required books (listed below), and a yoga mat. All other props, manuals, and materials will be provided.

Complete Cost of the Training *(only Tuition is due to The Studio)*

Tuition (early bird - pay as you go)	$4186	
Tuition (pay in advance)	$3250	
Books	$110	
Notebooks/Pen/Pencil	$24	
Yoga Mat	$20	
Detox Bath Mix	$50	
Teacher Training Manual	$90	
Total	$3544 (in advance)	$3780 (pay as you go)

Yoga Teacher Training Primary Faculty

Alex Pfeiffer eRYT500 – Primary Teacher & Director, Asana, Pranayama, Teaching Methodology
Valerie Hesslink eRYT500 – Props, Accessibility, Yin, and Basic Techniques

Yoga Teacher Training Adjunct Faculty

Sarah Higgins, RYT - Asana, Pranayama, Teaching Methodology
Autumn Bonner, RYT – Working w/ Injury, Physiology, Body Mechanics
Matt Lerner eRYT – Philosophy, Lifestyle, Special Yoga Topics, & Teaching Methodology

Training Textbooks

Required Texts

Getting Real **:** 10 Truth Skills You Need to Live an Authentic Life *by Susan Campbell, PH.D.*
The Power of Focusing : Guide to Emotional Self-Healing *by Ann Weiser Cornell, PH.D.*
Teaching People Not Poses : 12 Principles for Teaching Yoga with Integrity *by Jay Fields*
Functional Anatomy of Yoga : A Guide for Practitioners and Teachers by *David Keil*

See page 33 for completing the readings.

Provided Text

21st Century Yoga on the Mat Training Manual *by Alex Pfeiffer***,** Provided in modules bits at a time in pdf format in total 100 - 300 pages of presentation slides depending on modules attended. We will go through the manual together or in web video format. Provided via online website. It is your responsibility to print it yourself or bring it with you in another (electronic) format to training modules.

Optional Reference Books

Yogabody : Anatomy, Kinesiology, and Asana *by Judith Lasater, PH.D.*
Therapeutic Wisdom of Yoga Set — Both Volumes 1 and 2 *by Doug Keller ***
The Yoga Bible *by Christina Brown (helpful for Sequencing if new to Anatomy)*
Yoga Anatomy : by *Leslie Kaminoff & Amy Matthews*
Key Poses of Yoga *by Ray Long*
Key Muscles of Yoga *by Ray Long*
Anatomy Trains *by Thomas Myers ***
2,100 Asanas *by Daniel Lacerda*
Eastern Body, Western Mind: Psychology and Chakra System As a Path to the Self *by Anodea Judith*
Integral Meditation*:* Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life *by Ken Wilber ***
Nonviolent Communication : A Language of Life, *by Marshall Rosenberg Ph.D ***
Full Body Presence*:* Learning to Listen to Your Body's Wisdom *by Suzanne Scurlock-Durana ***
Yoga Sequencing*:* Designing Transformative Yoga Classes *by Mark Stephens ***
Teaching Yoga Beyond the Poses: Integrating Themes *by Sage Rountree & Alexandra Desiato ***
Getting Our Bodies Back: Recovering, Healing, and Transformation *by Christine Caldwell ***
Loving What Is : Four Questions that can Change Your Life *by Byron Katie ***
The Unfolding Now: Realizing Your True Nature through the Practice of Presence *by AH Almaas ***
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma *by Bessel van der Kolk ***

*** = book is used in the 500 hour Advanced "Alchemical" Training or/and Mastery Training*

Yoga Code of Ethics

Once certified as a yoga teacher, you represent not only The Studio Teacher Training, 21st Century Yoga on the Mat, its faculty, and the Program Director to your students, but the yogic lineage itself. Certified teachers are expected to uphold the following ethics standard. Please read the standard to be sure that it is consistent with your values as all certified teachers will be trained to follow this standard.

Ethics Standard

Purpose: As Yoga Instructors, each of us recognizes the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to create a sacred space in which a nurtured student can grow physically, mentally, emotionally, and spiritually.

Principles: In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers to provide an environment which encourages inner work. This environment will be somewhere on the spectrum between a safe space and encouraging leaning into an edge. The goal is to set clear context for the sake of nurturing growth. To this end, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
- To not use context to step over the line and trigger students on purpose when there are other methods available to bring the light of awareness.
- To not use context to step over the line and keep the safe space within its borders where there is distinction between therapeutic context and growth context.
- To stay abreast of new developments in the field of yoga through educational activities & study.
- To seek out and engage in collegial relationships and peer relationships, recognizing that isolation can lead to a loss of perspective and judgment.
- To manage our personal lives in a healthful fashion as to be resourced and to seek appropriate assistance for our own personal problems or conflicts. **A huge part of this is maintaining your personal yoga practice!**
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence and be honest when you are not sure if it is.
- To establish and maintain appropriate professional relationship boundaries founded upon the understanding of transference and countertransference.
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves, but completely within ourselves.

Practice: In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

- We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
- We may at times render service to individuals or groups in need without regard to financial remuneration.
- We neither receive nor pay a commission for referral of a student.
- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.
- Knowingly soliciting another teacher's students is unethical.

Practice Of Student Relationships: In recognition of the trust placed in us as teachers by our yoga students, it is our responsibility to maintain relationships with students on a professional basis that honors the unique and sensitive nature of this relationship.

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class and own them as foundational to yoga itself or us personally.
- We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
- Should we feel extraordinary circumstances to engage in such a dual relationship, it is our responsibility to consult our own teacher for advice before proceeding. We vow to represent the situation honestly, honor our teacher's advice, and follow up with the situation.
- We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement.
- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the

teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.

- We treat all communications from students with professional confidence.
- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
- We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
- We obtain written consent of students before audio and/or video tape recording.
- When current or former students are mentioned as an example in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

Practice Of Advertising: Any advertising, including announcements, public statements, and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

- We do not misrepresent our professional qualifications, affiliations, and functions, or falsely imply sponsorship or certification by any organization.
- Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions, and other agencies, but to prospective individual students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
- We do not make public statements which contain any of the following:
    - A false, fraudulent, misleading, deceptive or unfair statement.
    - A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
- Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training, and experience of the provider involved are to be appropriately specified.
- Should any participant of our services have reason (to a 3rd party) to conclude that they did not receive benefits promised or stated in our advertising, we will immediately give the participant's money back. (We recommend anyone who claims a misrepresentation from advertising be given full money back immediately with few exceptions.)

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