



The West Chester University (WCU) and Cage Free Yoga (CFY) 200-hour Community Pathway program is for anyone seeking a deeper understanding of Yoga theory and practice. Since 2011, this program has only been available to full-time undergraduate students, but thanks to the College of Health Sciences and Conference Services, this training is now open to the greater community through a collaboration with Cage Free Yoga, LLC.

After successful completion, trainees will receive a certificate of achievement that will allow registration through the nationally and internationally recognized organization, Yoga Alliance.

Our comprehensive training, rich with philosophy and methodology, will propel those who desire to move into teaching yoga to others to do so with confidence. Our mission is to guide each trainee to cultivate a strong, consistent home practice which is the essence of, and basis for being able to share Yoga with purpose and authenticity.

Our 200-hour Yoga Teacher Training Program is an 7-month curriculum to be completed through weekend seminars. Only one training will be held per year and space is limited to sixteen. Supplementary reading and writing assignments are to be completed throughout the program.

Faculty:

Alison Donley, ERYT-500, YACEP adonley@wcupa.edu or aliuncaged2017@gmail.com (Lead teacher) Lakshmi Usha Thoniyil, ERYT-500, RCYT, YACEP LThoniyil@wcupa.edu or yogabhyasa.kalari@gmail.com (Lead teacher) Kate Simmons-Souell, ERYT-500, YACEP ksimmons2@wcupa.edu or katesimmons66@gmail.com Emily Duckett, EdD, MS, LAT, ATC, RYT-200 educkett@wcupa.edu
Guest lecturers-Julie Strittmatter, ERTY-200, Dr. Meghan Ramick, Dr. Selen Razon, and Dr. Lori Klein

2024-2025 WCU & CFY 200-hour Yoga Teacher Training

September 20th, 2024- April 27th, 2025

Syllabi for each Module is posted in the Google Classroom for our group. You will receive an invitation link upon receipt of your application and payment.

Weekend Seminar Dates:

Module 1 & Seminar 1 - September 20th -November 10th

For all weekend sessions in the program, please bring a bagged lunch, water, and snacks for our Saturday and Sunday sessions. There will be a 30-minute lunch each day.

❖ Weekend 1-

- Friday night, September 20th - Online Meet & Greet and program review 6:00-8:00 p.m.
- Saturday, September 21st & Sunday, September 22nd 9:00 a.m.-5:00 p.m. in Goshen 108A -

❖ Weekend 2-

- Friday night, October 4th - Online 6:00-8:00 p.m.
- Saturday, October 5th & Sunday, October 6th- 9:00 a.m.-5:00 p.m. in Goshen 108A

❖ Weekend 3-

- Friday night, October 18th - Online 6:00-8:00 p.m.
- Saturday, October 19th & Sunday, October 20th- 9:00 a.m.-5:00 p.m. in Goshen 108A

❖ Weekend 4- combined seminars with WCU Undergraduate Program

- Friday, November 8th (online) 4:00-6:00 p.m. - Asynchronous Anatomy
- Saturday & Sunday (9th and 10th) in person-Goshen 108A 9:00 a.m.- 4:00 p.m.

Module 2 -Meditation for Yoga teachers -1 weekend only- No Friday session.

❖ Weekend 5-

Saturday & Sunday, December (7th and 8th) - 9:00 a.m.-5:00 p.m. in Goshen 108A (30 min silent lunch each day).

Module 3 & Seminar 2 (4 weekends) December 13th- February 9th

Fridays online 6:00-7:30 p.m. and Saturdays & Sundays 9:00 a.m.-4:00 p.m. in Goshen 108A (30 min lunch each day) on:

- ❖ Weekend 6-
 - Friday night, December 13th - 6:00-7:30 p.m.
 - Saturday, December 14th & Sunday, December 15th - 9:00 a.m.-4:00 p.m. in Goshen 108A
- ❖ Weekend 7-
 - No Friday night session on January 3rd, 2025
 - Saturday, January 4th & Sunday, January 5th - 9:00 a.m.-4:00 p.m. in Goshen 108A -
- ❖ Weekend 8-
 - Friday night, January 17th - 6:00-7:30 p.m.
 - Saturday, January 18th & Sunday, January 19th - 9:00 a.m.-4:00 p.m. in Goshen 108A
- ❖ Weekend 9- combined seminars with WCU Undergraduate Program
 - Friday night, February 7th- Online asynchronous Anatomy
 - Saturday, February 8th & Sunday, February 9th - 9:00 a.m.-4:00 p.m. in Goshen 108A

Module 4- (4 weekends) February 21st-April 13th, 2025

- ❖ Weekend 10-
 - Friday night, February 21st - 6:00-8:00 p.m.
 - Saturday, February 22nd & Sunday, February 23rd - 9:00 a.m.-5:00 p.m. in Goshen 108A
- ❖ Weekend 11-
 - Friday night, March 21st - 6:00-8:00 p.m.
 - Saturday, March 22nd & Sunday, March 23rd - 9:00 a.m.-5:00 p.m. in Goshen 108A
- ❖ Weekend 12-
 - Friday night, April 11th - 6:00-8:00 p.m.
 - Saturday, April 12th & Sunday, April 13th - 9:00 a.m.-5:00 p.m. in Goshen 108A

Module 5-Assignments for program completion & Graduation Day

-5 OBSERVATIONS-(2 are completed during Module 4)

-4 ASANA LABS- (one completed in Module I, 1 completed in Module 3, and 2 to be completed on your own

❖ Weekend 13- Saturday, April 27th, 2025

Practical “exam”, Exit interviews, and Certificate Ceremony to be held in Goshen 108A from 9:00 a.m.-2:00 p.m.

Program Requirements

- Attend all training sessions

Any missed session(s) due to illness or emergency must be made up when the same seminar is held the following year or can be scheduled with the instructor(s) as private sessions at the rate of \$50 per hour. In case of any unforeseen changes to the schedule (eg. weather related issues), an alternate plan will be implemented, with a different date and time, after discussion with the whole class where the majority of the YTT cohort can participate.

- Completion of all assignments

Required Material (additional expense)

Yoga: A Path to Wellness A Workbook for Students, by Alison Donley

Please purchase the hard copy at: [Yoga: A Path to Wellness: A Workbook for Students | Higher Education](#)

Yamas and Niyamas, by Deborah Adele

A Yoga Mat

Enrollment in the WCU & CFY 200 hour Yoga Teacher Training Program will include:

• **60-70 class and seminar hours** with **Alison Donley**, ERYT-500, YACEP, BSEd, and creator of the WCU yoga program and the 200-hour YTT at WCU, where she taught for 24 years. She is the former Wellness Advisor, and now a current Provider for Unite for Her: www.uniteforHER.org and <https://www.nudjhealth.com/> as a Cardiac Yoga instructor.

Alison is a former Yoga studio owner, and currently owns Cage Free Yoga, LLC, www.cagefree.yoga teaching private therapeutic yoga, group classes, and continuing education for Yoga teachers. She has been practicing yoga since 1977 and teaching since 1982. She was a nationally competitive athlete during her undergraduate studies at WCU, and was recently honored as one of the “150 Most Influential Women of West Chester University.”

• **60-70 class and seminar hours** with **Lakshmi U Thoniyil** aka Usha Lakshmi, MSc., ERYT-500, RCYT, YACEP and Yoga Professor, Kinesiology Department, WCU. She is a lifelong learner of yoga and the owner of [Yogabhyasa Kalari LLC](https://yogabhyasakalari.com/) teaching Yoga and Meditation full time in the Philadelphia area since 2010. She often runs yoga and wellness retreats to India. Currently she is a program director for several 300-hour level programs for a non-profit called Pranakriya, which includes one of the modules for their 95-hour Children's YTT program. You can learn more about her at <https://yogabhyasakalari.com/>.

• **40-50 class and seminar hours** with **Kate Simmons-Souell**, M.Ed., E-RYT 500, YACEP, and Yoga Professor, Kinesiology Department, WCU. Kate discovered yoga in 2007, and the practice has since played a vital role in her recovery from a life-threatening eating disorder. Her initial quest for a sweaty workout evolved into a practice of appreciating and caring for her body after many years at war with it. Through her teaching, Kate strives to share the power of breath and movement in healing and strengthening from the inside out.

• **10 seminar hours** with **Dr. Emily Duckett**, PhD, LAT, ATC, CYT200, an assistant professor and athletic trainer for the Sports Medicine Department at West Chester University, where she has served in a dual role as a course instructor and athletic trainer for 7 years. She is grateful for the opportunity to combine her passion for yoga and human anatomy by teaching in the YTT program. In her personal time, she enjoys making memories with her family, husband Jonathan, daughter Charlotte, son Bryce, and therapy dog Ace.

• **5-10 class hours with guest faculty:**

Julie Strittmatter-MS, E-RYT 200, RCYT <https://www.linkedin.com/in/julie-strittmatter-88854a50/>
Julie is an educator, author, yoga and mindfulness instructor, and passionate learner in life. She shares her gifts of wellness, authenticity, and heart through Sun + Soul Shine Yoga <https://www.sunandsoulshine.com/>.

Dr. Meghan Ramick- Meghan is an Associate Professor in the Exercise Science division of the Kinesiology Department at West Chester University. She teaches undergraduate and graduate classes in Exercise Testing and Prescription, Cardiopulmonary Physiology, and Exercise Physiology. She received her PhD in Applied Physiology from the University of Delaware in 2017 and started her Yoga Teacher Training through WCU in the Fall of 2020. In 2022, she completed a certificate in Cardiac Yoga to merge two of her interests and bring a more holistic approach to the prevention of and healing from cardiovascular disease.

[Meghan Ramick - West Chester University](#)

Dr. Selen Razon- Dr. Razon is an Associate Professor of Exercise Science at WCU. She teaches courses in Kinesiology. In her research, Dr. Razon looks into the effects of exercise including yoga on mood, cognition, general well-being, and exercise adherence in clinical and nonclinical samples. Dr. Razon has recently earned her YTT-200 and teaches gentle yoga in the community.-[Selen Razon - West Chester University](#)

- A binder for all class material
- Individual mentoring and labs with program teachers
- A certificate of 200 hour course completion allowing eligibility for application to register with Yoga Alliance

Program Investment - The *tuition for The WCU & CFY Yoga Teacher Training Program can be paid in full for a reduced rate of \$2,800 if paid by September 1st, 2024. A tuition fee of \$2,900 can also be paid in 2 installments:

- \$1,500 by September 1st, 2024 & \$1,400 fee by January 1st, 2025

Additional expenses will be incurred for Required Reading material. Application fees for 200 hour RYT status will be required to complete your registry with Yoga Alliance. You will submit your Certificate of Course Completion from the WCU & CFY YTT Program with application fees by following the instructions on the Yoga Alliance website (www.yogaalliance.org).

To enroll, please fill out an application through Conference Services. Link on page 7.

Cancellation Policy -The WCU & CFY 200-hour YTT Certificate Program will refund all money paid if the applicant is not accepted or if the program is canceled for any reason.

If the student completes this amount of training:	The WCU 200-hour YTT Certificate Program may keep this percentage of the full tuition cost:
*One Module	50% (\$1,400)
*Two Modules	100% (\$2,800)

*Any portion of the Module The program must be completed within 2 years of the submission of your application.

Required Reading:

- Yamas and Niyamas, by Deborah Adele
- *Yoga: A Path to Wellness by Alison Donley
- Peace is Every Step Thich Nhat Hanh
- Wherever You Go, There You Are by Jon Kabat-Zinn
- A Gradual Awakening - by Steven Levine

As you read the selections above, please take any notes from the texts that will allow you to further your exploration and understanding of the practice of Yoga. For each title, please provide a minimum of 1 paragraph per question below and place in your binder. These will be reviewed at your exit interview. *No review of the workbook is required as that material is covered in Module 1 and 2.

1. What impact did the material have on you?
2. How do you feel the knowledge gained from reading this material has affected you personally?
3. How do you feel this material will influence you professionally?
4. How do you envision using the material in your practice and teaching of yoga?

Step 1-

To apply for WCU & CFY Yoga Teacher Training Program, please click the link: [200 Hour Yoga Teacher Training - WCU of PA](#)

Step 2-

Please read all the information below. Print, sign, and mail page 8 with payment to:

Alison Donley- Cage Free Yoga
310 Valley Road
West Grove, PA 19390

Contract for Yoga Teacher Training Program

Please circle the tuition option for The WCU & CFY 200 Hour Yoga Teacher Training Program that you agree to pay:

Option #1: \$2,800 - paid in full on or by September 1st, 2024

Option #2: \$1,500 fee on September 1st, 2024 & \$1,400 fee by January 1st, 2025

I, _____, on _____ have chosen to fulfill tuition requirements by choosing option # ___ above and agree to the terms as described above. I have read all information regarding the 200 Yoga Teacher Training Program at West Chester University through collaboration with Cage Free Yoga. I have read and agree to abide by all requirements regarding the [Code of Conduct | Yoga Alliance](#), and the additional standards set forth by West Chester University and Cage Free Yoga's YTT program below.

WCU & CFY YTT Code of Ethics

The following requirements apply to current students of the WCU & CFY Yoga Teacher Training Program. Any violation of these standards warrants remediation of the issue or dismissal from our program.

1. I will maintain the highest standards of integrity as presented in the Yoga Alliance Code of Conduct (p 9) during the teacher training and upon completion of the course. _____
2. I will honor and respect the privilege of learning and teaching this amazing system of self-care, and science of life that we call Yoga. _____
3. I will refrain from teaching classes outside of WCU approved venues until I complete the program and receive my 200-hour Certificate. _____
4. I will only post yoga-related videos or pictures on social media or the internet that convey that yoga is a mindful breath and movement practice for *all* bodies, skin colors, and ages. Proper clothing, camera angles, lighting, sound, and intention of content. _____
5. Please sign and date here to confirm that you agree to follow all of the guidelines.

_____ Signature of Program Director/lead teacher

Signature of Yoga Teacher Trainee _____ Date _____