



OSHKOSH YMCA YOGA TEACHER TRAINING DISCLAIMER

Teacher Training at the 200hr level is extensive but also limited. The goal of this initial teacher training is to set you up so that you can *begin* your yoga teaching journey.

Yoga is a vast subject. It is syncretic meaning it pulls in *many* lineages, ideologies, and cultural aspects. Some aspects are ancient but it is continuously evolving. Yoga is a living practice and life is a happening thing. You will not be expected or even encouraged to follow a singular idea or style. You will be encouraged to engage, think, and speak for yourself.

This is not a course like you have taken in school - it is adult learning and you will be treated as such. You will choose your level of participation and engagement with the program. You will be encouraged and invited to practice, meditate, reflect through journaling, complete coursework and reading, attend calls, clinics, and classes, and engage with your YTT class and teachers in person and online. You will be asked questions and encouraged to ask questions. It is your responsibility to reach out for support and take proactive and necessary steps to stay current. The more you engage the more you will receive from this program.

A note about advanced poses and performance. First, there is no such thing as advanced poses. There are postures that are physically more demanding than others and potentially inaccessible for many reasons. However every posture has a function and a form - there are many ways to receive the same function within different forms. Forms are subject to deform. Bodies are subject to entropy - you do not want to wrap all of your practice up in the physical, because what happens then when you are unable due to injury, illness, etc., you have the potential to become unstable. Similarly, you do not want your practice to be all metaphysical. Therefore, the aim of practice is to be holistic, harmonious, and balancing in nature. You can teach a perfect class with only a few postures. You can practice yoga without any postures at all. This course will teach you the fundamentals of postures and how to apply these fundamentals so that you can take students safely in and out of postures and be prepared to offer options through the spectrum of possibility. If you want to learn how to do what we sometimes call "advanced" or "fancy" postures please consider supplementing with workshops specific to your areas of interest such as hand/arm-balancing postures or inversions. That being said, there will be time to play with postures that require more effort.

Many come into this program with a desire to please and perform. It can feel disarming or even confronting when what is (sometimes subconsciously) desired is not received in the imagined way. In this program, we allow struggle and with that, vulnerability; it is not the aim to fix, heal, or even help but to serve and in that allow for each individual's power (or medicine) to emerge as they find and make connections. Everyone is invited to continually trust the unfolding process. The mysteries of which can never be known in advance and are often revealed in time not our own.

Finally, the path is the practice and the practice is the teacher. You will be asked again and again to return to your practice, center, and self. *Atha Yoga Anushasanam* Now begins the teaching of yoga.