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# Kramas

## 200 HR Yoga Teacher Training Catalog

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## Mission

Kramas Yoga (a Yoga Alliance 200 hour School) teacher training honors the diversity of students and aligns the coursework to meet the needs of these students. The sanskrit term *krama* signifies the evolution on a pathway, the gradual steps that are taken on a progression. Kramas refers to the multiple steps students take toward self-knowledge. Our tagline, *Stepping Inward*, is the journey that we take to deepen our understanding of our inner selves and how we relate to the world. This training is for practitioners of yoga who want to deepen their personal practice of yoga and to extend their knowledge of yoga philosophy. This is also for those who would like to eventually teach yoga to adults and potentially within a studio setting. A student's ability for success in this program is based on their discipline and integrity while working within the scope of the system of yoga both in their daily lives and during the modulated weekends. The program will cover the history of yoga as well as intensive work and breakdown of over one hundred asanas (postures). This course, certified by the Yoga Alliance and the Wisconsin Education Approval Board, will explore many facets of the philosophy of yoga and the different types and styles of yoga. In addition, participants will be able to create yoga sequences based on principles of asana family relationships and body area relationships. There will also be an extensive anatomy and physiology component to the training. Completion of the training will qualify participants to register as a RYT 200 (Registered Yoga Teacher 200 hour certified) with Yoga Alliance.



## Schedule and Facilities

**Location:** Hosted at Kingfisher Yoga, Lodi Wisconsin. School headquarters 5459 Patriot Drive Madison Wisconsin. Kingfisher Yoga is located in Lodi Wisconsin, 30 minutes from Madison. There are a few restaurants and a cafe. There is also lodging near the studio.

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Please bring your own water bottle and mat. Bolsters, blocks, straps and blankets will be provided by the studio. There will be tea provided daily. There is access to multiple bathrooms for your convenience. There is plenty of free parking around the studio.

**Schedule:**

January 9,10 & 23,24

February 6,7 & 20,21

March 6,7 & 20,21

April 10,11

May 1,2 & 22,23

June 5,6 & 19,20

**Contact Information:**

Website: [www.kramasyoga.com](http://www.kramasyoga.com)

Owner Kramas Yoga LLC and Lead Trainer: Jessica Noche phone 608-213-0900

Owner and Trainer: Alvin Noche 608-444-5473

Email: [info@kramasyoga.com](mailto:info@kramasyoga.com)

## Jessica Noche

E-RYT 500. Practicing yoga since 2000, Jessica received her 200 hr. teaching teaching certification in 2006 at the Yandara Yoga Institute in Todo Santos, Mexico. Later that same year Jessica traveled to Koh Phangan, Thailand and studied at Pyramid Yoga Center (to continue work on her 500 hr. level). She continued her yogic path by completing her 500 hr. certification in 2015 with Erika Faith and Cloud Nine Yoga. In 2015-16 Jessica completed her Children's Yoga certification with Mira Binzen and Global Family Yoga in cooperation with Moksha Yoga Center in Chicago IL. In addition to yoga, Jessica has deep roots in Vipassana Meditation tradition and volunteers at the Illinois Vipassana Meditation Center in Pecatonica IL. She also works as an EL teacher/Program Coordinator for the Lake Mills Area School District. Jessica abundantly loves art, literature, language, cultural studies and travel.

## Alvin Noche

E-RYT 200. Al took his first step on his yoga journey in 2008 by attending a class led by Angela Gargano, Owner/Founder of Bliss Flow Yoga and Wellness in Madison WI. From that singular class, he was immediately hooked. After several years of cultivating a daily practice, Al enrolled in the 200 hr. teacher training led by Meg Galarza at Yoga One Studio in Cedarburg WI, in partnership with Bliss Flow Yoga. Initially, Al's only motivation was to deepen his practice and learn more about the history and philosophy of yoga. However, upon

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completion of the training he felt compelled to share what he learned with others. Al completed his certification in the fall of 2015 and teaches classes in and around the Madison area. Al maintains a lifelong (albeit healthy) obsession with music, film, calligraphy, sports statistics and biking.

## Course of Study

Kramas Yoga Teacher Training meets the standards of Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT 200). The course of study includes the following:

### **Asana Techniques, Training and Practice:**

- Asana intensives: breakdowns with alignment, sequencing and assisting
- Asana families: arm balances, standing, inversions, backbends, etc.
- Pranayama: the study of breath work
- Mantra: chanting and mantras
- Sanskrit: language and pronunciation
- Meditation: techniques and their purpose
- Bandhas: practice and philosophy
- Mudras: practice and significance

### **Teaching Methodology:**

- Communication: mindful communication
- Teaching Styles: explore different styles (yin, restorative, etc.)
- Student/Teacher Learning: ethics and relationships
- Teaching to Diverse Populations: Children and Prenatal

### **Anatomy and Physiology:**

- The physical components of the body and their relationship to yoga
- The subtle body, i.e. chakras and nadis and their relationship to yoga

### **Yoga Philosophy and Lifestyle:**

- Eight Limbs of Yoga: Tree of Yoga
- Historical texts of yoga: Patanjali's Yoga Sutras, The Vedas and Upanishads
- Yamas and Niyamas: Ethical principles of yoga
- Ayurveda: Sister science of yoga

### **Business of Yoga:**

- Study in regards to the practicalities of starting a yoga career. This section includes what to expect from studio employment as well as the basics on starting a studio
- The ethics of business within the structure of yoga

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**Practicum:**

- Practice Teacher/Peer Teaching: within the program and final presentations
- Community Teaching: classes taught within local community
- To graduate students will need to pass homework, written exams and practicum

**Daily Syllabus:**

Participants will receive a weekend module syllabus at the start of each weekend that the training meets. This is an overview of what that schedule may potentially look like. In addition, Kramas partners local experts within the community to teach different areas of yoga philosophy, technique and practice.

**Saturday (9:30-6:00)**

9:30-10:45 Practice

11:00-1:00 Asana Intensives

1:00-1:30 Break

1:30-3:30 Content (Philosophy, History, etc.)

3:30-5:30 Peer Teach

5:30-6:00 Closing / Restore / Meditation

**Sunday (9:00-6:00)**

9:00-10:30 Practice

10:30-12:30 Asana Intensives

12:30-1:00 Break

1:00-3:30 Content (Philosophy, History, etc.)

3:30-5:30 Peer Teach

5:30-6:00 Practice

**Required Reading Resources:** *(These resources are all available for purchase on Amazon)*

- Teaching Yoga: Essential Foundations and Techniques by Mark Stephens
- Functional Anatomy of Yoga by David Keil
- Modulated Online Anatomy Course by David Keil
- The Yamas and Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele
- The Yoga Sutras of Patanjali: by **Author of your choosing**

**Optional Reading Resources:**

- The Language of Yoga by Nicolai Bachman
- The Heart of Yoga: Developing a Personal Practice by T.K.V Desikachar
- Yoga Mind, Body and Spirit by Donna Farhi
- Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi
- Light on Life by B.K.S. Iyengar
- The Sacred Tradition of Yoga by Dr. Shankaranarayana Jois



## Training Curriculum

These required five areas of study are aligned with Yoga Alliance and defined my Yoga Alliance, Kramas Yoga Teacher Training meets these requirements.

### **Techniques, Training and Practice~ 100 Hours:**

Topics in this section include (but are not limited to) asana, pranayama, chanting, mantra, meditation, Yoga Nidra and assisting. These hours will include specific teaching techniques and cueing that students will use to lead vinyasa-based yoga classes..

### **Teaching Methodology~ 25 Hours:**

This section will include the principles of demonstration, peer observation, assisting and adjusting, different teaching styles, effective communication, teaching to diverse populations, student learning needs, and the business of yoga.

### **Anatomy and Physiology~ 20 Hours:**

Students will obtain significant information about the anatomy and physiology of the human body and how it relates to yoga asana. This includes the systems of the muscles, bones and joints. This will also include the subtle energy systems of the chakras and nadis. This obtained information will be applied to the yoga practice along with modifications, benefits and contraindications, to promote injury free teaching and a wholesome practice.

### **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers~ 30 Hours**

Students will learn about the philosophy that encompasses the yoga practice. This includes the Eight Limbs of Yoga through research on Patanjali's Yoga Sutras and other historical yoga texts (Vedas and Upanishads). Students will develop an understanding the philosophy of the Yamas an Niyamas an analyze how these connect to their daily lives.

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**Practicum~ 10 Hours:**

Students will participate in practice teaching, giving and receiving of feedback, and the peer observation of other students.

**Seva Practice~ 10 Hours:**

Students will teach a total of 5 one hour community classes and assist and/or observe 5 one hour classes.

## Requirements for Graduation

**Attendance:**

Students will attend and/or participate (per the practicum and Seva practice) the entire 200+ hours of the training.

**Teaching Skills:**

Students will demonstrate competence in presentation, communication and sequencing skills. They will also reflect on their teaching to show growth in their ability to produce an engaging and creative class.

**Reading and Assignments:**

Students will be required to complete all required reading assignments and any written homework assignments. There are also two book reports required.

**Anatomy Work:**

Students are required to complete all online anatomy modules as homework. Students are also required to participate in anatomy discussion classes during training hours.

**Final Exam:**

Students will be required to complete a final take home written exam. They will need to achieve a 75% or higher to pass this exam.

**Final Practicum:**

Students will be required to plan, sequence, teach and assist a final one hour class.

**Full Payment:**

Payment of tuition and any other fees that are needed must be received to meet program requirements.



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### **Additional Information About Requirements:**

Grades for assignments will be given as pass/ fail except for the final written exam. This exam will need the score of 75% or higher to pass. Trainers will give students feedback on the status of their assignments within one day of completing and turn in. Students may rewrite the final exam one time (for a total of two times as a take home exam) if the student does not pass the final written exam (they will have to retake it within one week after training) they will be required to retake the full teacher training. If a student does not pass the one hour practicum class they will be allowed an additional attempt to teach a class. They will be required to schedule this final practicum for one week after the training, at a rate of \$50 per hour. If the student still does not pass the final practicum they will be required to retake the full training. Trainers will monitor student progress through anecdotal notes and verbal feedback, this observation and feedback will take place through the duration of the training. If for some reason their growth is not satisfactory the student will immediately be asked to meet with the owner to discuss the challenges and to collaborate on an improvement plan. A certification of completion (through Kramas Yoga) will be given to each student upon the full completion of the training and these requirements. With this certification, students will then be eligible to register with Yoga Alliance for the Registered Yoga Teacher certification at the 200 hour level (RYT-200)



## **Training Participant Expectations**



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**Attendance:**

Students are expected to attend the entire training, 100% of the 200 hours are required for graduation. If a student is unable to attend a portion of the training, student will be expected to set up a meeting with the Owner to schedule make up hours for the time missed. Make up interacting hour due to absences will be charged \$50 per hour. If there is an emergency and the student will be missing one full day (or more) of the training, the student will be expected to arrange a meeting with the Owner to clarify a plan for making up the hours (Note: Leave of Absence procedures below). If for some reason the student misses a full day (or more) for a non-emergency reason, and does not schedule a meeting with the Owner to arrange a plan for make up the student will be dismissed from the training. Owner/trainer will take attendance each day of training (students will be required to sign in at the beginning of the training day). The attendance roster will be kept on file by the Owner.

**Tardiness:**

Students are expected to be on time and ready for the training at the starting time. If a student is 15 minutes or more late, it will be considered and marked tardy on the attendance roster. Thirty minutes will then be deducted from the total (200 hour requirement) of the course. Students will be required to make up this time by arranging a meeting with the Owner. Make up time will be \$50 per hour (\$25 per 30 minutes).

**Leave of Absence:**

If it is necessary for a student to refrain from participation in the training due to circumstances beyond their control, the refund policy will apply. Kramas Yoga will make every attempt to facilitate the accommodation of a student in completing the training whether it be through make-up during and after the current training (at \$50 per hour) or through a future training.

**Conduct of Student:**

The Eight Limbs of yoga are based on the ethical foundation of the Yamas and Niyamas, therefore, ethical conduct of the student is thought to be mandatory during the training. This will be validated by signing the Agreement and Liability Waiver at the end of this catalog.

**Probation, Dismissal and Re-Admittance:**

If for some reason a student needs differentiated/additional instruction, is behind in the completion of coursework, or has incomplete assignments they will be considered on probation. As mentioned, Kramas Yoga will do everything possible to assure this student has the opportunity to make up work. If a student does not receive a passing grade on the written exam, or is in the failing side of the pass/fail formative assessment of the Owner, the student will be put on probation. Probation length will vary depending on what the student's need are. Re-admittance from probation will be decided by the Owner, the student

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will be required to show growth within the training, and will be subjective to the Owner's approval. If a student fails to make improvements, growth, or passing grades it will result in the dismissal of the student from the training (refunds will apply per the refund policy).

## Tuition

**Tuition:**

\$2875 (*flexible individualized payment plans available*)

**Deposit:**

\$500 due upon application/acceptance. The deposit amount will be applied to tuition for total program.

**Payment:**

All payments will be made to Kramas Yoga

## School Policy

**Advanced Standing:**

Kramas Yoga does not offer advanced standing from any previous training or coursework.

**Non-Discrimination Policy:**

Kramas Yoga School does not discriminate anyone based on age, gender, sexual orientation, race, ethnic origin, national origin, or religious preference.

**Housing:**

Kramas Yoga School does not provide housing for the training. You can however contact Jessica for information about available options in the Madison area.

**Employment Services:**

Kramas Yoga School does not offer assistance with employment or any services for employment. We do not guarantee placement after finishing the training.

**Student Records:**

Kramas will permanently maintain a copy of the certification the student will receive at the end of the training. In addition Kramas will keep records of the progress of the student

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through the training (any notes, feedback, written work). These records will be maintained by Kramas for 6 years. The records will be kept private and may be obtained only by request to the Owner. For a \$15 fee Kramas will mail a duplicate certification if needed. An email certification can be sent to the student upon request.

### **Student Complaints:**

In the event that a student has a complaint, the student should bring the complaint directly to the Owner. If it is impossible to resolve the issue, the student may contact the Wisconsin Education Approval Board for assistance by calling (608) 266-1996, via the web at [www.eab.wisconsin.gov](http://www.eab.wisconsin.gov), by email: [EABMail@eab.wisconsin.gov](mailto:EABMail@eab.wisconsin.gov) or at the physical address of 431 Charmany Drive, Suite 102 Madison Wisconsin 53719.

### **Cancellation and Refund Policy:**

If a student chooses to cancel within 3 business days of acceptance into the training they will receive a full refund of all money paid. This refund will be received within ten business days.

If a student withdraws or is dismissed after attending one weekend session, but before completing two weekend sessions, they will receive a prorated refund of tuition in the following format:

- If a student withdraws prior to their first class of the first weekend session, 100% of the tuition will be refunded.
- If a student withdraws after one full weekend session (i.e. before the participation in the second weekend session), 80% of the tuition will be returned.
- If a student withdraws after two full weekend sessions, 70% of the tuition will be refunded.
- If a student withdraws after three full weekend sessions, 60% of the tuition will be refunded.
- If a student withdraws after four full weekend sessions, 50% of the tuition will be refunded.
- If a student withdraws after five full weekend sessions, there is no refund.

*\* If a student is dismissed from the training, they will receive a refund within 40 days from dismissal date.*

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## Application Process

### **Admission Policy and Entrance Requirements:**

All applicants must be at least 18 years of age. Applicants should have a yoga practice established and have been practicing for at least one year.

### **How to Apply:**

Prospective students can apply by contacting Jessica Noche [info@kramasyoga.com](mailto:info@kramasyoga.com) Upon completion of the application the Owner will contact prospective student for a short phone interview.

### **Deadline:**

All prospective students must apply by December 31st, 2020 to be considered for the January 2021 cohort.

### **Acceptance:**

The Owner will then contact prospective student by phone or email to notify if they have been accepted into the training. It is important to note that application into the training does not guarantee acceptance into the training.



## Yoga Waiver and Release of Liability for 200-Hour Teacher Training Program

### STUDENT INFORMATION

Name:

Age:

Address:

Telephone:

Email:

Emergency contact name and relationship:

Emergency contact telephone:

### WAIVER AND RELEASE

In exchange for being invited to participate in the yoga instruction described herein ("Yoga"), I provide the following legal waivers and releases of liability:

I am going to participate in a yoga teacher training program and yoga classes taught by Jessica Noche and/or Alvin Noche of Kramas Yoga LLC ("Instructor"). I agree and acknowledge that yoga involves physical movements and activity and can be physically and mentally challenging, and therefore bears risk of injury, illness, and even disability and/or death.

I accept all risks of participating in Yoga and assume full responsibility for any and all injury, illness, and/or damages caused by my participation in Yoga. During Yoga, if I experience any pain or significant discomfort, I agree to listen to and honor my body, discontinue the activity, notify the Instructor immediately, and seek medical attention from a licensed physician.

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This waiver and release shall apply to all trainings, classes, lessons, and workshops I take from the Instructor, and all instruction I receive from the Instructor, no matter where performed or given, and no matter what style of yoga instruction is taught (e.g., beginner, advanced, hot, Yin, Vinyasa, or Power Flow), including but not limited to teacher training, private lessons, studio classes, workshops, classes taught outdoors and/or in public spaces, and online classes (live or recorded).

I agree and acknowledge that Yoga is not a substitute for medical attention, examination, diagnosis, and treatment by a licensed physician. Yoga is not recommended and is not safe for those with certain medical conditions. By signing below, I affirm that I am in good physical and mental health and capable of participating in a Yoga class. If I am pregnant or become pregnant, or if I am post-natal or post-surgical, I hereby verify that I have my physician's approval to participate in a Yoga class. I am aware that it is advisable to consult a licensed physician prior to participating in Yoga. If I have consulted a physician, I affirm that I have taken the physician's advice.

I also affirm that I alone am responsible for deciding whether to practice Yoga and what poses I will do in a particular class or training module. I understand and agree that my participation in each class, module, and pose is voluntary, in my sole discretion, and at my own risk. I warrant that I understand my physical limitations and that I am sufficiently self-aware to stop or modify during a class before I become injured or ill or aggravate a pre-existing condition.

**I understand that during class and teacher training, the Instructor may touch me and may give me physical assistance from time to time, and that before class or a module of teacher training, it is my responsibility to let the Instructor know if I do not want to be touched or assisted.**

I further acknowledge that I have read the Kramas catalog for my teacher training program in full, and I understand and agree to all its terms and conditions regarding application, acceptance, payment, participation, and completion of the program. I understand that the Instructor and Kramas Yoga reserve the right to terminate my participation in the program, in their sole discretion, if I do not meet the requirements of the program as set forth in the catalog.

I hereby, on behalf of myself and my heirs, successors, and assigns, release and forever discharge the Instructor and Kramas Yoga LLC, and their representatives, agents, employees, heirs, successors, and assigns (collectively "Released Party"), from liability for any and all Claims (hereafter defined) I may have, now or in the future, against any Released Party



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relating to or caused by my participation in Yoga. The term “Claims” shall include any and all liabilities, claims, demands, actions, damages, rights of action, and causes of action, of whatever kind or nature, that may now or hereafter exist or arise, arising out of personal injuries, termination from the program, losses suffered, and damages of any kind, including those known and unknown, developed or undeveloped, and foreseen or unforeseen, relating to or caused by my participation in Yoga.

I acknowledge that the Instructor is not a physician and therefore will not and cannot give me medical advice. I agree that the Instructor and Kramas Yoga LLC have no duty to provide me with medical advice or care (including CPR) during Yoga. I also understand that nothing said by the Instructor should be construed as medical advice by me.

I understand that not every risk of participating in Yoga is set forth herein. I nevertheless release the Instructor and Kramas Yoga LLC from all liability, and I assume all risk of Yoga on my own.

This waiver and release shall remain in effect indefinitely, unless and until revoked by me in writing and actually delivered to the Instructor and Kramas Yoga LLC at [info@kramasyoga.com](mailto:info@kramasyoga.com).

Wisconsin law (and not its law of conflicts) shall govern the terms of this document and my participation in Yoga with the Instructor. Jurisdiction for any disputes arising from my participation in Yoga shall be in the Wisconsin federal courts or the Wisconsin Circuit Court, with venue in Dane County.

If any provision of this document is deemed invalid or unenforceable, such provision shall be deemed severable from the remainder of the document and will not cause the invalidity or unenforceability of the remainder of this document. If any provision is deemed invalid due to its scope or breadth, such provision shall be deemed valid to the full extent of the applicable law.

A photocopy or an electronic transmittal of this document shall have the same force and effect as the original.

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**By signing below, I warrant that:**

**-I have read this document in full.**

**-I understand its contents.**

**-I am acting voluntarily and knowledgeably.**

**-I understand that I am giving up significant legal rights, including the right to sue.**

**-I believe this document to be fair.**

Dated: \_\_\_\_\_

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Signature of student