



Letter of Intent

We are driven by the desire to share the wisdom of yoga in a way that is accessible, welcoming, and free from judgement or restrictions. As the owners of this school, we used our experience as teachers and yoga therapists to guide students on a journey of self discovery and lifelong learning, firm in the believe that one cannot be a successful yoga teacher without being firm in one's own yoga practice We feel it is our mission as trainers to not only teach others the basics of guiding a yoga practice, but also to instill in our students a love and respect for the vast practice of yoga.

In our curriculum, we draw off our unique backgrounds and interest in many different styles of yoga. We are strongly influenced by the tradition and values of ashtanga vinyasa yoga, power yoga, viniyoga, and tantra, and draw from all of them to introduce students to the rich history and tradition that we all belong to. The purpose of 200-hour training is not to simply teach one style or one lineage, but to introduce students to a wide range of practice to promote diversity, inclusiveness, and the goal of finding the practice that is best suited for each student. We see 200-hour training as a necessary part of finding one's own personal practice so that new teachers are firmly established in caring for their own health and committed to teaching from a place of authentic practice. We include adaptations and other tools as an integral part of our 200-hour program because we feel that all teachers should be ready to teach a variety of students. We take our roles as yoga therapists very seriously, however, and are very clear on the scope of practice and responsibility of teachers trained at the 200-hour level, adhering to practice and ethical standards from Yoga Alliance. We know advanced training and continuing education is key for any teacher who wants to teach specific styles of yoga or serve specific populations.

Our students have unique interests and needs, and therefore we have built elective education into our 200-hour program. Our students are required to attend 15 hours of elective workshops, but we offer over twice that many hours over the course of their training, allowing them to begin immediately exploring topics that interest them. Our elective hours always cover topics in more detail that have been

introduced in the mandatory classroom portions, allowing all students to receive a good introduction to a topic and allowing students who wish to explore those topics more fully.

We hold high expectations for yoga professionals, and our course structure supports this. Our training consists of lecture and discussion, applied practice and assignments, and a large portion of training committed to practice teaching, receiving feedback from trainers and peers. We know that a combination of classroom time, public class practice, home practice, and written assignments provide opportunities for students to learn and apply information from a variety of sources and perspectives. We believe that every teacher should be certified only after receiving a personal evaluation, and so we have a written exam and one-on-one time with trainers built into our program to assure that every one of our students gets the support and attention they need.

It is with great passion and sense of purpose that we commit to training yoga teachers. We understand the responsibility that we hold and are committed to offering quality education of the highest standard. We commit to lifelong learning ourselves, knowing humility to be a vital quality in every teacher, and that there is always more to be learned from our teachers and our students.

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Owners,
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