
YOGA SCHOOL 200 HOUR TRAINING CATALOG

DIRECTOR

YogaSport Yoga School (YSYS) is led by YogaSport owner Angela Wagner who has been teaching yoga for over seven years. She has studied with many yoga masters including Shiva Rea, Rodney Yee and Sean Corne but her true passion has always been with Baron Baptiste. Angela is a certified Baptiste Power Vinyasa Yoga Instructor, and YogaSport is an official Baptiste Affiliate Studio. Although this training will not provide you with a Baptiste certification, it will provide you with the principles, sequencing and comprehensive knowledge of the Baptiste Power Vinyasa Yoga Method. Upon successful completion and graduation, you will receive a 200 hour certification of completion.

NOTE FROM THE DIRECTOR

It is important to note that this is not a typical training or classroom setting. The YSYS Training will challenge you to emerge from your comfort zones, shift your boundaries and face your fears. It will provide a supportive environment for everyone to make this shift and uphold our strict confidentiality policies so you feel empowered to explore your potential! If you show up with a willingness to commit to the process and stay the course through tough times, you will emerge with a new confidence and a stronger connection to others.

I personally look forward to working with you during this amazing process. Yoga has truly changed my life and helped me to become a person I love. I hope you will join me on this incredible path to sharing the yogic journey with others.

Much love and light,
Angela Wagner – Director YSYS

MISSION

YSYS is committed to helping each student broaden his/her knowledge of yoga and take his/her personal yoga practice to a new level.

PROGRAM CURRICULUM – 216 HOURS

Techniques - 78 hours

Methodology – 27.5 hours

Anatomy and Physiology – 17 hours

Philosophy, Ethics and Lifestyle – 22.5 hours

Practicum – 35 hours

Homework and Exams – 36 hours

ADDITIONAL BENEFITS

Students in the training program will receive

1. Complimentary classes and workshops at YogaSport for the duration of the program.
Current YS members please contact Angela about your membership.
2. 20% off retail purchases for the duration of the program.

ADMISSION REQUIREMENTS

1. Be at least 18 years old.
2. Hold a high school diploma or equivalent.
3. Submit a \$100 non-refundable application fee.
4. Complete application. Application to the program does not guarantee acceptance.
5. Have practiced yoga for at least a year and specifically Power Vinyasa Yoga for at least 3 months.
6. Completed admission interview with Director, Angela Wagner.

Admission requirements must be completed prior to the first day of the program. Accepted applicants will be notified by email.

TO GRADUATE

In order to graduate, students must complete all requirements. Grading criteria includes hands-on techniques, attendance, and timely completion of all written and practical assignments. Students receiving a 74% or below for more than two written or practical exams will be placed on probation. If grades do not improve to above 75% or better after two weeks of probation, the student will be dismissed from the program. Students must complete all individual practicum hours before graduation is considered. Final approval is at the sole discretion of the YSYS Director, Angela Wagner.

STUDENT'S RECORDS

Student's records will be kept for seven years. A student must provide a written request to obtain these records as well as a \$15.00 processing fee. Any student who is dismissed from the program may not reapply for one year and full tuition is required at the time of re-application.

STUDENT CONDUCT

Students are required to follow the school rules and procedures. Students are expected to be professional at all times. Policies include but are not limited to (see complete YS Code of Ethics):

1. No sexual harassment.
2. No substance use or abuse during school hours.
3. No smoking allowed on school property.
4. No breach of confidentiality.

LOCATION AND FIELD TRIPS

The majority of training will be held at the YS location on Lemmon Ave. On occasion, the class may take field trips to other Baptiste studios. Students will be notified of these events in advance and may carpool to the location.

LEAVES OF ABSENCE

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition. No refunds will be issued once the program has started.



ATTENDANCE AND TARDINESS

100% attendance is required. YogaSport will provide a weekend where students can make-up missed hours. However, if the instructor must spend additional time with the student to make-up missed time, the student will be charged a fee of \$45 per hour due at the time of the makeup session. Students who fail to keep make up times and/or who fail to pay the fee will be dismissed from the program.

Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready with presentations, homework and assigned reading.

Students must notify Angela Wagner if they intend to withdraw. Any student who fails to attend a weekend intensive without communication is assumed withdrawn and will not receive a refund.

Cancellation of classes due to weather is rare but if it does occur, it is the student's responsibility to check the website for cancellations. Additional time will be made up at the end, as needed.

TUITION, FEES AND REFUNDS

Application Fee: \$100 non-refundable fee due at time of application.

Discount Payment: \$2500 (includes application fee):

Payment in full prior to four weeks before class starts. (Savings of \$400)

Regular Payment: \$2900 (includes application fee):

Payment in full four weeks prior to first day of class.

All fees are payable by cash, check or credit card. Payment plans are available.

Please email yogasport@gmail.com for a payment plan form.

ADMINISTRATION CHARGES

Application Fee: \$100

Transcript Request: \$15

Check Return: \$25

Make up Sessions: \$45/hour

Mat Rental: \$2

Towel Rental: \$1-\$3

Water: \$1-\$2



4140 Lemmon Ave.

Ste. 280

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www.yogasportdallas.com

YOGASPORT TRAINING REFUND POLICY

- All payments must be paid when due.
- \$100 application fee is non-refundable unless you are not accepted into the program.
- If you cancel up to one month before the training starts, you will receive a full refund, minus the \$100 application fee.
- If you cancel less than one month prior to the start of training, you will receive a credit towards future training if you provide documentation that an emergency occurred, resulting in absence.
- After the start of training, no refunds will be given for the training.
- YSYS reserves the right to terminate any student from the training program.
- If YSYS cancels the training, a full refund will be issued.
- YSYS reserves the right to amend this policy.
- If you are on a payment plan and withdraw from the program, the remaining tuition will still be charged.

Thank you for your interest in the YogaSport Yoga School Training. We hope you will join us for this life changing journey. Please contact us (yogasport@gmail.com) with any questions you have about the program!