

WHAT TO EXPECT FROM THE U OF U YTT PROGRAM

The U of U YTT program will primarily give you two things; worthwhile applicability towards deepening your personal practice and the capacity to create and teach safe, sequenced classes incorporating foundational principles of alignment and creativity.

PLEASE NOTE: Students' who successfully attend class and fulfill the requirements of YTT should not expect to be immediately given the teaching certificate! We want to make sure you feel confident applying what you have learned toward your teaching abilities and will work with you accordingly when it comes time to teach your final.

WHAT TO CONSIDER WHEN ENROLLING FOR CERTIFICATION

Anyone is welcome to enroll in the U's YTT for learning purposes other than certification!

Attendance and participation is critical to *any* program and the U's YTT program is no different. Should receiving college credit and/or teaching certification be your goal, being able to attend 100% should be as well. Please know the program's instructors and staff expect you to be committed and responsible to your time in and out of class since we want students to get as much as possible out of the program.

It is intended for those willing and able to give 100% to each class. **Please consider things such as job demands, class work load, family matters, challenging health issues, etc., when enrolling.** If you have any of these potential concerns, please enroll when you know you are able to be attentive to the program.

PERSONAL YOGA EXPERIENCE

Whether you have years or little to no experience practicing yoga, anyone is welcome to enroll simply to learn from what our program offers.

Should you wish to receive your YTT certificate, if you have 3 months or less of personal practice under your belt, you may be asked to collect a few more months of personal practice in addition to training before teaching your final.

Those with 6 months or more personal practice behind them, will be automatically allowed to teach a final if they feel ready to do so. Details about the final are explained further below.

ATTENDANCE BREAKDOWN*

COLLEGE CREDIT (NO YTT CERTIFICATE AWARDED)

- 4 absences allowed per enrolled YTT Courses 1 & 2
- Fall 2019 Course 3 (1802) allows only 1 absence due to half semester schedule
- *Summer semester allows 2 absences per enrolled YTT Courses 1, 2, & 3*

YTT CERTIFICATE

- 2 absences allowed per YTT Courses 1 & 2 to qualify for certificate
- Fall 2019 Course 3 (1802/802) allows only 1 absence due to half semester schedule
- *Summer semester allows 1 absence for YTT Courses 1, 2, & 3*

CREDIT AND CERTIFICATE

- YTT Certificate Attendance Requirements apply

MAKEUPS

- No Makeups Allowed! Missing 5 or more classes per course will result in receiving no college credit.

- Allowed to make up 1 absence beyond allotted YTT absences per enrolled course over another semester
- If 4 or more YTT absences happen per course, a student will need to re-enroll in the course for YTT certificate qualification

- YTT Certificate Attendance Requirements apply

TARDIES

Good yoga etiquette asks you to be considerate of the teacher and the other students ready to practice. All students participating in the YTT whether for credit, certification, or personal growth must be on their mats, ready to practice, at the start of class time!

The **doors will be closed and locked 5 minutes after the start of class!** Those seeking college credit and/or YTT certification, you will need to wait until the practice has concluded before joining and will receive a tardy. *Two tardies equal one absence.*

OBSERVE/ASSIST/TEACH HOURS

Part of any 200 hour program requires students to collect a certain number of observation, assisting and teaching hours. An enrolled YTT is responsible for collecting these hours on their own, but there are opportunities to observe and assist yoga classes offered at the U. More information will be shared on this aspect of the program at the start of the semester.

MIDTERMS & FINAL

Starting Fall 2019, **all credit and/or YTT certificate seeking students** will be expected to participate in midterms and finals. Students enrolled only for personal growth are exempt from this.

MIDTERMS - Quiz and Teaching

- **WRITTEN:** This will be a quiz covering what has been taught up to Midterm; all courses will be expected to take a mid-term quiz covering what has been discussed up to that point. So, if enrolled in all 3, expect 3 mid-terms.
- **TEACHING:** For those wishing to receive the YTT certificate, you will sign-up and instruct an intro of a U of U yoga class that Jendar or Rebecca teach that semester. *Whether you feel ready or not, you will be expected to do this!* A sign-up sheet will be available by mid-September with more details regarding teaching to follow in class.

FINALS - Attending and Teaching

There are two ways Finals are “given” in the U’s YTT program each semester; attending one or teaching one. If there are no students ready to teach their final by end of a semester, a written exam will be given instead.

Should you want your certificate but do not feel ready to teach at the end of the semester, you may schedule to teach your final *up to one year from your initial enrollment of Course 1 (1800/800)*. In this area of the program, we want to make sure you feel ready to deliver confidently what you have learned.

- **ATTENDING:** If not teaching a final, you are expected to attend a final taught by one of your peers, otherwise **you will not receive the credit you are seeking.** *You cannot make up attending this final during another semester!* Be responsible to the credit you wish to earn, and attend.
- **TEACHING:** Your Yoga Class teaching Final will be an hour long. Once we get a head count of how many students plan to teach, a list of times to choose from will be sent out towards end of the semester. Remember, teaching your final *does not guarantee* you will receive the YTT certificate afterwards. A student may also be asked to schedule and instruct a secondary final in an upcoming semester if there are glaring concerns noticed while teaching your final.

U OF U YTT COURSES

College of Health - Credit

Continuing Education - Noncredit

Continuing Education - Professional Learning Noncredit

Course 1 ESSF 1800 (Tues)
Course 2 ESSF 1801 (Thur)
Course 3 ESSF 1802 (Wed)

Course 1 ESSF 800 (Tues)
Course 2 ESSF 801 (Thur)
Course 3 ESSF 802 (Wed)

Course 1 PEPEC 800 (Tues)
Course 2 PEPEC 801 (Thur)
Course 3 PEPEC 802 (Wed)

FALL/SPRING 2019-20

**It's not uncommon for students enrolling just for credit or personal enrichment to decide later on they would like to complete all 3 courses for a YTT certificate. Should this be the case for you, make sure at the beginning of YTT to stay on top of your attendance, just in case; should you have missed X number of classes that would disqualify you, the same attendance rules apply and you will need to re-enroll.*