



# dragonfly HOT YOGA

**200 HOUR TEACHER  
TRAINING CATALOG**

**June 16th – July 10th, 2025**



# dragonfly HOT YOGA

## TEACHER TRAINING PROGRAM

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The Dragonfly Teacher Training program (RYT-200) offers a unique education. In this training, you will get hands-on experience beginning day one. You will be taught and supported by a team of highly trained and certified educators. Our teachers are dedicated, experienced, and passionate about yoga.

Our teacher training program will enable you to teach a dynamic, unique, and challenging yoga class, one appropriate for all levels. Our focus will be on Vinyasa (Flow), but you

will also be exposed to all the styles of classes that Dragonfly has to offer (Yin, Fusion, Fire, Fit, and more). You will receive lots of practical teaching experience, along with learning anatomy, physiology, philosophy, ethics, and so much more.

We guarantee that you will graduate from the program confident in your abilities. It is our mission to help you find your true yoga teacher self and voice. We will facilitate and support you as you begin this exciting adventure!





# MISSION STATEMENT

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The mission of our RYT-200 Teacher Training Program is to develop high quality yoga teachers and practitioners, firmly grounded in our philosophy that yoga be accessible for “every shape, every size and every person.” Our program intends for graduates to be well rounded, confident, compassionate, and ready to serve the needs of diverse individuals and groups of students.

# THE DRAGONFLY DIFFERENCE

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Dragonfly Hot Yoga is a warm and welcoming studio that is committed to serving the needs of a variety of students. With over 100 classes offered weekly, we strive to help you find your niche, and will foster opportunities for growth. We are firmly rooted in vinyasa style yoga, with these classes making up the majority of our weekly offerings. We regularly offer free classes, donation based classes, and workshops. Our aim is to make each one of our classes accessible to each and every student. Our instructors and staff are kind, welcoming and encouraging. You will see and feel the Dragonfly difference the moment you walk through our doors.





# SCHEDULE AND FACILITIES

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## Locations

**DRAGONFLY HOT YOGA - FITCHBURG**  
6227 McKee Road, Fitchburg WI 53719

**DRAGONFLY HOT YOGA - MIDDLETON**  
610 Junction Road, Madison WI 53717

**DRAGONFLY HOT YOGA - VERONA**  
841 W Verona Ave, Verona WI 53593

**DRAGONFLY HOT YOGA - DOWNTOWN**  
309 W Johnson St, Madison WI 53703

## Dates & Times

June 16th – July 10th, 2025

4 days PER WEEK

FRIDAYS & WEEKENDS OFF

8am – 8pm ON TRAINING DAYS

**WEEK 1** Monday 6/16 – Thursday 6/19

**WEEK 2** Monday 6/23 – Thursday 6/26

**WEEK 3** Monday 6/30 – Thursday 7/3

**WEEK 4** Monday 7/7 – Thursday 7/10

\* Dates subject to change, will give advanced notice\*

## Contact Information

[www.dragonflyhotyoga.com](http://www.dragonflyhotyoga.com)

(608) 203-9000

**MEGAN T., OWNER**

[megan@dragonflyhotyoga.com](mailto:megan@dragonflyhotyoga.com)

**TIFFANY G., DIRECTOR OF INSTRUCTION**

[tiffanygeier@dragonflyhotyoga.com](mailto:tiffanygeier@dragonflyhotyoga.com)

## Facilities

Madison, Wisconsin is a beautiful city with many conveniences, if you are traveling from out of town. All four of our locations are conveniently located near a variety of restaurants and lodging facilities. Please bring your own yoga mat, towel, and water bottle. Yoga blocks, bolsters, blankets, and chairs for lectures, will be provided. You will have access to a refrigerator and microwave.





# COURSE OF STUDY

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The Dragonfly Teacher Training Program meets the standards set by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Following are topics of study.

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

Sun salutations, poses, alignment principles, hands on assists, and modifications will be studied and practiced, (beginning on day one). Students will receive a lot of practical teaching experience in this training.

## **The Art of Sequencing**

Students will learn how to create their own strong, creative, and powerful sequences based on a variety of methods.

## **Anatomy and Physiology**

Functional anatomy as it relates to teaching yoga poses, including precautions and safety.

## **Soft Anatomy**

The chakra system and the energetic body.

## **Pranayama**

Breathing techniques

## **Yoga Philosophy and Lifestyle**

The study of the Yoga Sutras of Patanjali. Personal practice as a foundation for teaching.

## **Business of Yoga and Ethics**

How to become a successful yoga teacher, and how to market oneself. Code of conduct of yoga teachers. Common ethical predicaments faced by yoga teachers.

## **Ayurveda**

Science of life, yoga as medicine.

## **Dragonfly Difference**

Vinyasa (Flow) is at the core of this training, but students will be exposed to all the offerings that sets Dragonfly apart. Trainees will experience Chakra Flow, Yin, Fire (26), the Dragonfly Fusion sequence, Meditation, Barre, Yoga Up, Power Up and Circuit Up.

## **Homework/Final Exams/ Practicum and Workshops**

To graduate, students will need to complete and pass homework, exams, practicums and student-led workshops.

## **Required Readings**

Students will need to purchase the following required titles on their own:

**Journey into Power** by Baron Baptiste  
AMAZON PRICE: \$11.99

**The Key Muscles of Yoga: Scientific Keys, Vol 1** by Ray Long  
AMAZON PRICE: \$21.75

**The Key Poses of Yoga: Scientific Keys, Vol 2** by Ray Long  
AMAZON PRICE: \$21.49

## **Suggested Readings**

The following are recommended readings:

**Yoga Sutras of Patanjali** (Any translation)  
AMAZON PRICE: \$13.70

**Meditations from the Mat** by Rolf Gates and Katrina Kenison  
AMAZON PRICE: \$15.99

**Loving What is: Four Questions That Can Change Your Life** by Byron Katie and Stephen Mitchell  
AMAZON PRICE: \$13.29



# PROGRAM CURRICULUM

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The Dragonfly Teacher Training Program includes 5 areas of focus that is required and defined by Yoga Alliance. Our full program consists of 200 hours and meets the standards set by the Yoga Alliance to become a Registered Yoga Teacher (RYT-200).

## Techniques/Training/Practice

Topics in this category include, but are not limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. Hours will include training on how to teach and practice these techniques, with emphasis on language, demonstration, observation and the use of props.

**100  
HOURS**

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## Teaching Methodology

The principles of demonstration, observation, assisting, teaching styles, communication skills, teaching to special populations, qualities of a teacher, the student learning process, and business aspects of teaching yoga will be covered.

**25  
HOURS**

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## Anatomy and Physiology

Students will learn anatomy and physiology of the human body. This will include learning, bones, muscles, joints and bodily systems. Yogic energy anatomy and physiology (chakras and nadis) will also be included in this section. The anatomy and physiology learnings of the human body and subtle body will be applied to knowledge of yoga asana and practice (benefits, contraindications, healthy movement patterns, etc).

**20  
HOURS**

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## Yoga Philosophy Lifestyle and Ethics for Yoga Teachers

In this section of the training, students will study yoga philosophies, yoga lifestyle, and ethics for yoga teachers. Students will explore the Yoga Sutras of Patanjali through readings and group discussions, and how they can be applied to everyday life. Students will be encouraged to explore their own connection to these teachings and how they can relate these findings to their own personal practice and teachings.

**30  
HOURS**

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## Practicum

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback.

**10  
HOURS**

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## Electives

These hours will be allocated among the 5 categories listed above. Focus hours will include practice, teaching, study, and assignments.

**15  
HOURS**

# REQUIREMENTS FOR GRADUATION

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## **Attendance**

Attend all 200 hours

## **Presentation skills**

Students will demonstrate competence in communication and organizational skills. They will indicate a willingness to evolve, prove dependability, show compassion, be engaging, creative, and dedicated to the teachings of yoga.

## **Reading and Assignments**

Complete required readings and short written homework assignments

## **Anatomy Exam**

Must pass with 75% or higher

## **Final Written Exam**

The final exam will be a comprehensive test, that students will take at the studio. It will be available for the student to take throughout the training, however it is up to the student to find time to take it (lunch, dinner, before or after a session, etc.). Students may take their own test all at one time, or it may be taken in parts or sections. Students must pass with 75% or higher.

## **Practicum Exam**

Sequencing and teaching a full one hour class

## **Workshop Presentation**

Creating and teaching a one hour workshop. Topics will be of student choice, with guidance from the Director.

## **Full Payment**

Payment of application fee, tuition, and any other make-up hours and fees that are needed to meet completion requirements.

All assignments will be graded on a Pass/Fail basis, except for the exams which as stated above, students need to pass with 75% or higher. Students will receive feedback on their status of assignments within one day.

Students may retake the exams one time, and re-write written assignments one time, for a total of two attempts per exam or assignment. If a student does not pass an assignment or exam on their second attempt, students will be required to schedule retakes within one week after training at a rate of \$75/hour. If passing grades are still not achieved, students will be required to retake the entire teacher training.

If a student does not pass the one hour practicum exam, he or she will be required to make up to two additional attempts. If a student is still not passing at this point, he or she must schedule one additional attempt within one week after training, at a rate of \$75/hour. If a passing grade is not achieved, students will be required to retake the entire teacher training.

Student progress will be monitored and communicated both through written and verbal feedback throughout the training. If at any point progress is not satisfactory, students will be notified immediately to schedule a meeting with the Director to draft an improvement plan.

Upon satisfactory completion of this training, students will receive a certificate of completion. Students will then be able to register with Yoga Alliance to become RYT-200.



# STUDENT EXPECTATIONS

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## Attendance

100% attendance is required for graduation. If a student needs to miss a portion of the training, he or she must meet with the Director of Teacher Training to develop a plan to make up lost hours. Make up instruction resulting from absences will be charged \$75/hour.

If a student has an emergency that causes him or her to miss an entire day or more of training, the student and director will arrange a plan to make up the hours. See Leave of Absence policy below. If the student misses for non-emergency reasons, and does not communicate and develop a plan with the Director, the student will be dismissed from the program, and the refund policy will apply.

Attendance will be taken each day on the school calendar, and will be kept on file.

## Tardiness

Students will need to arrive on time, and be prepared for the start of each class/session. If a student is more than 15 minutes late for a session, they will be considered tardy. One hour will then be deducted from the total contact hours.

## Leave of Absence

In the event a student must discontinue participation due to circumstances beyond the student's control, the refund policy will be applied. All attempts will be made to assist the student in completing their training either through a future training, if available, or at the make-up rate of \$75/hour.

## Student Conduct

Ethics are an essential aspect of yoga, and will be stressed and firmly enforced throughout the Dragonfly Teacher Training Program. Please review and sign our Agreement and Liability Release Form located at the back of this catalog.

## Probation/Dismissal/Re-admittance

A student will be considered on probation if he or she needs additional instruction, has fallen behind, or is incomplete with assignments. All efforts will be made to work with the student. A student may also be placed on probation if he or she is not receiving a passing grade. See Student Completion Requirements/Assessments section. The length of the probationary period will be dependent on what the student's needs are. Re-admittance from probation will be at the discretion of the Director. A student will need to show improvement and progress, subjective to the Director's approval. Failure to make improvements, progress, or satisfactory grades, will result in dismissal, refunds per the refund policy will apply.

Any criminal activity associated with this training will result in immediate dismissal.

Students who violate our student conduct code of ethics policy, will receive a written notification or warning. Dismissal from the program may result. Refunds will apply per the refund policy.

A student who has been dismissed may apply for readmission to a future training, but acceptance is not guaranteed.





# TUITION AND FEES

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## Tuition

Paid in full by May 16, 2025	\$2999
Paid on or after May 17, 2025	\$3499

## Deposit

\$500

Due two weeks after acceptance into the program, no later than June 9, 2025. Applied towards tuition.

Payments may be made by check or credit card to Dragonfly Hot Yoga.

Total tuition due by June 16, 2025, unless a payment plan has been set up with Tiffany.

## Payment Plans

We offer payment plans to make our Teacher Training more accessible. Contact Tiffany for details.

## Scholarships

Dragonfly is committed to bring yoga to anyone who seeks it—every shape, every size, every person—regardless of background or financial status. Giving back to the community is a vital part of Dragonfly’s mission and to reflect that we have created a Teacher Training Scholarship program.

We have two \$300 scholarships available for this teacher training session.

### SCHOLARSHIP REQUIREMENTS

- \* Complete a scholarship application: [www.dragonflyhotyoga.com/yoga-teacher-training/teacher-training-scholarships/](http://www.dragonflyhotyoga.com/yoga-teacher-training/teacher-training-scholarships/)
- \* Annual income of less than \$30,000
- \* Practice yoga for at least 6 months (please get a signature from a certified teacher)
- \* Display a passion for yoga and a strong ability to guide/lead a class
- \* All finalists must meet with Tiffany Geier for a final interview







# TIFFANY GEIER E-RYT 200

## Director of Teacher Training

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### Certifications

E-RYT

CYT

RYT

CTA

YACEP

ACE GFI

ACE CEP

### My Teaching Style

I love bringing a playful and challenging approach to my yoga classes. The sequences I create and the opportunities you will have to explore within a pose, will challenge you to find your very own edge. You will leave class feeling re-energized and empowered!

### Experience

Fitness and Yoga have been two of my passions for as long as I can remember. I have a Bachelors Degree in Physical Education and Adapted Physical Education, and a Masters Degree in Curriculum and Instruction. I was a Physical Education Teacher for 30 years in the Madison Metropolitan School District, a Social Emotional Learning Coach for an Alternative H.S. in MMSD, and an Adult Fitness and Yoga Specialist for Madison Community and Recreation. I completed my 200 hour

Yoga Teacher Training in 2012 with Deborah Williamson. I developed and started Dragonfly's 200 Yoga Teacher Training and Yoga Up Training beginning in 2014. I love having a space where I am able to blend all of my passions together. I am currently the Director of Instruction and Teacher Training for Dragonfly Hot Yoga.

### Favorite Pose

Warrior 2 – It feels so fierce, and love the energy of a class full of Warriors.

### Favorite Quote

“Character is best defined by how you act when you think nobody is watching.”

### Why I Love Dragonfly

Seriously, Dragonfly is where it's at! There is no other studio like it. Upon taking my first class here, I felt a sense of warmth (besides the 100 degree heat – hee hee), community, and connection to the whole environment. The instructors, staff, and physical space just feels like a second home to me.

### Which Actress Would Play Me In a Movie?

Amy Poehler



# BRENDA AUTZ

E-RYT 200

## Teacher Trainer

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### Certifications

CYT

E RYT 500

RYT 500

YACEP

### My Teaching Style

I love working with people and have a passion for wellness and education. I was a Registered Nurse for many years and then became an elementary school teacher. My students experienced mindfulness, breathing exercises and yoga as part of our school day. My goals are to help others find joy and to inspire life-long learning. I try to incorporate aspects of yoga beyond the asanas (poses) in my teaching.

### Experience

Yoga has been a part of my life for many years. I have learned from a variety of teachers in different places and spaces, from the bank down the street to a silent studio in Thailand. I started exploring classes at Dragonfly in 2012. It didn't take long for me to recognize the positive benefits found with regular yoga practice. I have gained strength, flexibility, and balance, not only physically, but mentally and emotionally. I realize we are on a journey and that each day brings challenges and reasons to be grateful. I was a member of an amazing 200 hour Dragonfly Teacher Training team in

June 2015. Our group was quick to bond and support one another. I was able to strengthen my personal practice while expanding my knowledge of many aspects of yoga. I completed my 300 hour advanced teacher training in June 2021.

### Favorite Pose

Bird of Paradise – This pose has been, and continues to be, a challenge for me. Over time I have gained confidence and feel like a strong yogi as I evolve in my expression of this beautiful posture.

### Favorite Quote

“Hope is the thing with feathers that perches in the soul...and sings the tune without words, and never stops... at all.”

– Emily Dickinson

### Why I Love Dragonfly

Dragonfly offers a warm, welcoming and accepting environment. The variety of classes and instructors allow each of us to honor our bodies and spirits, depending on what we need at the time.

### Little Known Fact About Me

My love for experiencing cultures has taken me to Fiji, Australia, New Zealand, China, Thailand, Mexico, Canada, Europe and many states. When I travel I explore yoga studios. I visited India on a yoga retreat in 2018 and hope to return in 2023.



# NICHOLE VEGA

E-RYT 200

## Teacher Trainer

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### Certifications

E-RYT

RYT

CYT

Yoga Up

NASM personal trainer

ACE Group Fitness

### My Teaching Style

I strive to create a creative fun class that will be enjoyed by all levels. I want you to find what you need out of every class. If it's strength, stretch, or peace you can find it in my class.

### Experience

I have a passion for fitness. I love it!!! I began teaching in 2007. I teach a little bit of everything from spinning to TRX. They are all great and variety is key.

I fell in love with Dragonfly in August 2011 while doing a 2 week trial. I knew after my very first class that I wanted to teach yoga too and it had to be at Dragonfly. I began my 200 hour teach training program with YogaFit in March 2011 and finished in May 2014.

### Favorite Pose

Wheel – I feel energized and strong in this powerful back bend. I love the endless possibilities of challenge.

### Favorite Quote

“The pain you feel today is the strength you feel tomorrow. For every challenge encountered there is an opportunity for growth.”

–Unknown

### Why I Love Dragonfly

The staff, teachers, and members are all very welcoming. There is truly no judgement or competition at Dfly. It's a great community where I feel most at home.

### Little Known Fact About Me

I have twin 4 year old boys that were born 3 months early (they weighed 2 lbs) and are doing fantastic!!!



# SCHOOL POLICIES

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## Advanced Standing

Dragonfly does not offer advanced standing for any previous training or coursework.

## Non-Discrimination Policy

Dragonfly's Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

## Housing

Dragonfly Hot Yoga does not provide housing, however please feel free to email [tiffanygeier@dragonflyhotyoga.com](mailto:tiffanygeier@dragonflyhotyoga.com) for recommendations.

## Employment Services

Dragonfly Hot Yoga does not offer employment services. We will help and guide students in pursuing a career in yoga as they are progressing through our program. We do not guarantee employment placement.

## Student Records

Dragonfly Hot Yoga will keep a copy of students' 200 hour completion certificate and progress records on file for 6 years. Records are private and available upon request only to the teacher trainee. Duplicate 200 hour certificates can be emailed or a paper replacement can be obtained for a \$25 fee.

## Student Complaints

If a student has a complaint about an instructor, the program or another student, the complaint should be brought to the attention of the Director. If a resolution can not be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996 or at [www.eab.wisconsin.gov](http://www.eab.wisconsin.gov) or 201 West Washington Avenue, Madison, WI 53703

## Cancellation/Refund Policy

Students will receive a full refund of all money paid if the student cancels within a three business day cancellation period after acceptance. The student will receive the refund within 10 business days.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a prorated refund of tuition as follows:

COMPLETED	BUT PRIOR TO	YOUR REFUND
	1st class	100%
1st class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60% or more		No refund

A student who is dismissed from the program will receive a refund within 40 days after dismissal.

# APPLICATION PROCEDURE

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## **Admission Policies and Entrance Requirements**

Applicants must be 18 years of age to be considered for this program. Most program correspondence will occur electronically, applicants should have access to a computer and email. Applicants must have a willingness to develop a regular practice that is appropriate for their own health and needs.

## **How to Apply**

In order to be accepted into the program, applicants must submit an online application. Applicants must also complete an interview in person or over the phone. Applications and payment can be found at the following link: <https://www.dragonflyhotyoga.com/yoga-teacher-training/200-hour-certification/>

## **Deadline**

Application deadline is June 9, 2025. Spots are limited, apply early.

## **Acceptance**

Once your application and fee are received, you will be contacted by the Director via phone or in person for an interview, within 2 weeks.

Upon completing the application, submitting the application fee, and completing the interview process, the Director will then notify you via phone or in person if you have been accepted into the program.

Please note that application to the program does not guarantee acceptance.

# DRAGONFLY HOT YOGA TEACHER CODE OF ETHICS

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Yoga teachers understand and appreciate that teaching Yoga is a noble and ennobling endeavor, which aligns them with a long line of honorable teachers.

Yoga teachers are committed to practicing Yoga as a way of life.

Yoga teachers are committed to maintaining impeccable standards of professional competence and integrity.

Yoga teachers dedicate themselves to a thorough and continuing study and practice of Yoga, in particular the theoretical and practical aspects of the branch or type of Yoga that they teach others.

Yoga teachers are committed to avoiding substance abuse and, if for some reason, they succumb to chemical dependency will stop teaching until they are free again from drug and alcohol abuse. In that case, they will do everything in their power to stay free, including full accountability to a support group.

Yoga teachers will accurately represent their education, training, and experience relevant to their teaching of Yoga.

Yoga teachers are committed to promoting the physical, mental, and spiritual well-being of their students.

Yoga teachers, especially those teaching Hatha Yoga, will abstain from giving medical advice, or advice that could be interpreted as such, unless they have the necessary medical qualifications.

Yoga teachers particularly embrace the ideal of truthfulness in dealing with students and others.

Yoga teachers are open to instructing all students irrespective race, nationality, gender, sexual orientation, and social or financial status.

Yoga teachers are willing to accept students with physical disabilities, providing they have the skill to teach those students properly.

Yoga teachers will treat their students with respect.

Yoga teachers will never force their own opinions on students but appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs. At the same time, however, Yoga teachers must communicate to their students that Yoga seeks to achieve a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then the Yoga teacher is free to refuse to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.

Yoga teachers will avoid any form of sexual harassment of students.

Yoga teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action.

Yoga teachers will make every effort to avoid exploiting the trust and potential dependency of students and instead encourage them to find greater inner freedom.

Yoga teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, which includes observing proper decorum inside and outside of class.

Yoga teachers strive to practice tolerance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts.

These Ethical Guidelines are not exhaustive, and the fact that a given conduct is not specifically covered by these Guidelines does not say anything about the ethical or unethical nature of that conduct. Yoga teachers always endeavor to respect and, to the best of their abilities, adhere to the traditional yogic code of conduct as well as to the law current in their country or state.



# RELEASES AND WAIVERS

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## Photo-Video Guidelines and Release

Dragonfly Hot Yoga staff may take photographs and or video for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed, please advise the Director of Teacher Training. Students are allowed to take photographs, as long as it is not distracting to the flow of the class. Students may not distribute photos or videos outside of class without permission of the participants who appear in the images.

## Catalog Release

I have read and agree to the terms and conditions of application, admission, participation in, and completion of the 200 hours Dragonfly Hot Yoga Teacher Training Program.

## Liability Waiver

I understand that the practice of yoga includes physical movements as well as the opportunity for relaxation, and relief from muscular tension. As with any form of physical exercise, there is always the possibility and risk of injury. If I experience any pain or injury, I will listen to my body, stop or adjust as necessary, and look for support from the instructor. I affirm that I alone am responsible to decide whether or not to practice yoga. I release and waive any claims that I have now or may have against Tiffany Geier of Dragonfly Hot Yoga, and the business and staff of Dragonfly Hot Yoga.

I agree to the following:

- Dragonfly Hot Yoga Teacher Code of Ethics
- Photo-Video Guidelines and Release
- Catalog Release
- Liability Waiver

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

