GRACE UNDER FIRE Yoga LLC

200 Hour Yoga Teacher Training

January through May 2026

Appleton, WI

Imagine where you will take yourself devoting 200 hours of practice to you!

~ "The practice itself is the teacher, guiding us to ourselves...and in this mystery, we create a temple inside of our hearts, a place of refuge, a place of love, a place of being, a place of sanctity...whatever we need." ~ Jai Uttal

We are a Registered Yoga School with Yoga Alliance and the lead training teacher, Lauren Quella is an E-RYT 500 yoga teacher, holding high standards for our teaching programs.

Grace Under Fire Yoga, LLC

201 S. Riverheath Way, Suite #1200

Appleton, WI 54915

200 Hour Yoga Teacher Training

January through May 2026

Mission Statement:

Upon completion of this 200 Hour Yoga Teacher Training, you will become confident and well educated on how to lead a powerful and inspirational vinyasa style yoga class to a diversity of individuals. This in itself is quite a gift; however, what you will learn from within yourself throughout your yoga teacher training journey will be priceless!

The Vinyasa Style Practice:

Vinyasa is a harmonious and intelligent flow of breath and movement synchronized to enhance your mind, body, and soul. The word "vinyasa" is derived from the Sanskrit term *nyasa*, which means "to place," and the prefix *vi*, "in a special way." Vinyasa yoga is an influential practice you will feel on your mat, and an artful approach to living… a way of applying the tools you learned in your practice off your mat. This style will teach you how to apply the skills and awareness from your yoga practice to all the rhythms and sequences of life, including your relationship with yourself as well as others, work ethic, and your personal evolution.

What Students can Expect to Gain:

Students who complete the training program will be able to:

- Learn about the ancient practice of yoga and how it has modernized
- Discover the lineage of vinyasa power yoga founding teachers including: Baron Baptiste, Bryan Kest, Pattabhi Jois, and B.K.S. Iyengar as well as other types of yoga
- Gain an understanding of anatomy, how it relates in a yoga practice, and how to avoid injury or overuse
- Understand the difference between the Sympathetic & Parasympathetic nervous system, how they are activated, and how to calm them
- Learn to cue with purpose and safety including breath and alignment
- Understand all English terminology for poses and learn the Sanskrit names as well
- Teach to different populations and needs
- Understand modifications and enhancements for asanas and know how to decipher between tension and compression
- Philosophy of Yoga: Knowledge of the Eight Limbs of Yoga, the Yamas & Niyamas, and the Sutras
- Explore the energy of the body through the Chakras
- Discover Ayurveda, the sister science of yoga, and how what you eat can affect your body's energy, sleep, digestion, skin and overall health
- Teach an hour long sequenced vinyasa style yoga class with inspiration
- Lead meditations & incorporate it into your daily life
- Design and lead an hour long workshop
- Discover your inner power and evolve with more confidence in yourself through reaching your personal power
- A retreat like experience with indoor & outdoor meditations, yoga classes, and discussions along the river in warmer months of training
- See the bigger picture in life, find clarity...and so much more!
- Meet the standards set by the Yoga Alliance to become a Registered Yoga Teacher at the 200 hour level (RYT-200)

Lead Teacher for the 200 Hour Yoga Teacher Training:
Lauren Quella E-RYT 500, YACEP,
and Co-Founder of Grace Under Fire Yoga

As with any class I teach, my goal for this teacher training is to guide you towards what you may not have known you needed...

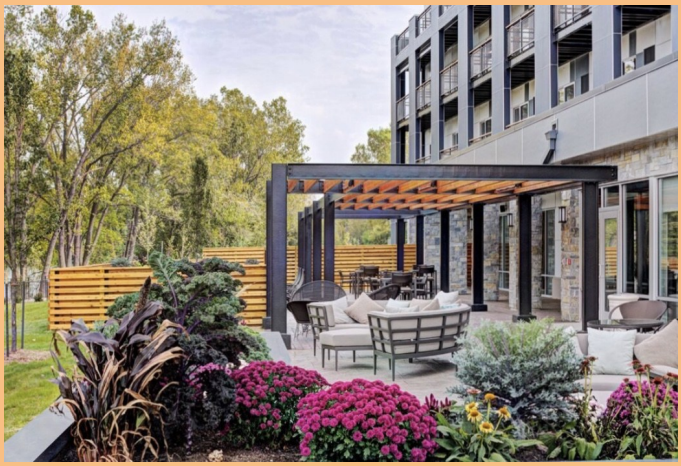
My Yoga Story:

Since my first life-changing yoga class to where I have journeyed now, it is evident the impact yoga has had on my life! For me, yoga is an outlet of creativity, enlightenment, and clarity. It continues to inspire me, and I bring that inspiration into my teaching by providing you the tools for achieving better energy, balance, awareness, and release in your body.

I have been a student of yoga for over 20 years and had the pleasure of teaching yoga for more than a decade with over 4,000 teaching experiences. I am grateful to be able to share my passion & excited to pass this honor to others. I hold a 500 hour yoga teacher certification through Deborah Williamson, a master student of Baron Baptiste and creator of Yoga Body Bootcamp. More certifications with Deborah Williamson include: Yoga Life Coaching, Restorative & Yin Yoga, Yoga Personal Training, & Yoga Body Bootcamp. Other certifications include: Sound Healing with Wild Abundant Life, Total Transformation Yoga Teacher Training with Sadie Nardini & Handstand Progressions with Patrick Beach.

About the Studio Location:

Grace Under Fire Yoga is located within the vibrant Riverheath community located in Appleton, WI along the Fox River. It is home to residents and businesses including Tempest Coffee Collective, Broken Tree Pizza, & the Courtyard by Marriott Riverheath. It is the perfect mix of convenience and serenity with it's eateries, modern river view accommodations, and river walk. Soaring eagles and sweeping pelicans along with the flowing river make the boardwalk a delight for outdoor yoga in warmer months!



There is a restroom located within the studio for convenience.

The Riverheath Development is centrally located between the southeast side of Appleton, just 1.5 miles from Hwy 441 where you can find a variety of restaurants and accommodations, and is also located near the heart of Appleton's downtown district which boasts numerous shops, restaurants, and more choices for accommodations.

Program Description:

Grace Under Fire Yoga is a certified and Registered Yoga School (RYS) by Yoga Alliance, which is a national credentialing organization for yoga teachers. This 200 Hour Yoga Teacher Training meets the high standards set by Yoga Alliance and has also been approved by Yoga Alliance to train students to become a Registered Yoga Teacher at the 200 hour level (RYT-200). We are also approved by the state of Wisconsin as a school.

Techniques, Training & Practice: 100 Hours

Includes asana pose breakdown with a firm understanding of commonly taught poses in a vinyasa style class, understanding the format and arc of a sixty minute class, This portion will also encompass the classes taught by the lead teacher to the students to inspire them to grow within their practice through experiencing different activations within the body, breath-work, yin vs. yang, drishti, bandhas, modifications, and mudras.

Teaching Methodology: 25 Hours

Includes an umbrella of methods for creating an effective class by using verbal cues, good speech tone, speaking vs. silence, creating emotion, movement of the teacher, effort vs. intensity, Sanskrit terminology, connecting poses, music use, and props.

Anatomy & Physiology: 25 Hours

Includes a firm knowledge of muscular vs. skeletal systems, connective tissues, organs, nervous system and senses. Differentiating between the sympathetic and parasympathetic nervous systems, planes of the body, tension vs. compression, and extension vs. flexion. Teaching to avoid injury, overuse, and learning modifications for different needs.

Yoga Philosophy, Lifestyle, and Ethics: 40 Hours

Includes the Yoga Alliance Code of Ethic and parameters of professionalism and respect for others. Types of yoga and their origins/founders will be discussed as well as the lineage of the lead teacher's yoga training. We will also fully explore the Eight Limbs of Yoga and the Yoga Sutras.

Practicum: 20 Hours

Includes students teaching one or more sixty minute vinyasa style classes with feedback from lead teacher and other students. Students will also teach a sixty minute workshop (a specific objective such as Yoga for Beginners). Other students will attend the classes and workshops, providing feedback for the workshop as well with the lead teacher.

Direct Contact Hours Total: 180 Hours

The direct contact hours are mainly with the lead teacher, Lauren Quella E-RYT 500, YACEP. Some integration practices may be taught by RYT-200 teachers at the studio certified in vinyasa yoga.

Non-Contact Hours Total: 20 Hours

Includes home study for exam and assignments from readings.

Total Hours: 200

Structure of the 200 Hour Yoga Teacher Training:

This training will be divided into nine weekends. You will start practice teaching early on in the training and continue to grow your teaching skills as the training progresses. You will have time to prepare, study, absorb, and evolve between training weekends as well as find many opportunities for diving into deeper inspiration of your personal practice and see the "bigger picture" off your mat as well. This training will help you to shift your perspective on a whole new level!

"Yoga is the Journey of the Self,

through the Self,

to the Self."

~ The Bhagavad Gita

Sample Format of a Day in the Life of this Yoga Teacher Training:

9-10am: Enjoy an All Levels Vinyasa yoga class

10-am-noon: Asana Pose Breakdown Discussion

12-1pm: Lunch Break

1-3:30pm: Exploring the Energy Centers of the Seven Chakras, How to Activate them, and Design a Class Focusing on the Chakra of Your Choice

3:30-4:30pm: Meditation Walk Along the River

4:30-5:30pm Relax with a Chakra Balancing Restorative Yoga Class

5:30-6:30pm Energy Card Readings/Daily Reflection/Journaling

(You may enjoy a snack during discussion times as desired)

200 Hour Training Dates and Times

Dates	Times	Topics
January 10th & 11th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Yoga Philosophy, Lifestyle, & Ethics
January 17th & 18th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Asana Pose Breakdown
February 7th & 8th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Understanding the Arc of the Class
February 21st & 22nd	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Teaching Methodology
March 7th & 8th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Anatomy & Physiology
March 21st & 22nd	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Techniques, Teaching & Practice (Includes Assists)
April 11th & 12th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Restorative & Yin Asanas to Incorporate into a Class & Teaching Meth-odology
April 25th & 26th	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Delving Deeper into Yoga Philosophy, Lifestyle & Ethics including Subtle Body Energy
May 2nd & 3rd	9am to 5:30 or 6:30pm with breaks (end time may vary depending on breaks)	Practicals, Yoga Opportunities Beyond your YTT, and Graduation!

How the Program Works and How We Will Assess Your Progress:

Scheduled Modules

Each weekend will include a combination of lectures, discussions, and integration practices in key content areas. The format of each weekend is designed to progress the student's knowledge and growth in the best order to grow within their own practice and understand the practice as a teacher. Since the days of the training are carefully sequenced, attendance for every day is mandatory.

If you have a pre-existing circumstance or an unexpected circumstance were to arise that prohibits you from attending any of the training, you will be required to make up direct contact hours with the lead teacher at an additional expense of $50/hour or during the next training. If you anticipate missing any training, please contact Lauren Quella at lauren@graceunderfireyoga.com before applying for the program.

If you miss any training time and do not notify the lead teacher, you will be dismissed from the training and will be refunded per the refund policy.

Personal Practice

Our expectation is that you will have a consistent, personal vinyasa style yoga practice already established before applying/entering this training. This will be your greatest asset throughout the experience! You will reflect on your personal practice as a learning tool to deepen a further understanding of:

- The arc of a vinyasa style yoga class
- Sequences within the class
- Alignment in the poses
- Transitions between poses
- Breath with movement
- The anatomy and biomechanics of the body
- Intention setting and speaking towards inspiration

Home Study

There will be 20 non-contact training hours that require homework assignments and study time for an anatomy test as well as for the final exam. The modules are structured in a manner that some preparation including reading, assignments, and study will be specified to complete before a given day. This schedule will be provided approximately one month in advance to the start of the training, or if less than a month to start of training, then shortly after acceptance to the program. A training manual for the course will also be provided at the start of the training.

Required reading materials (about $55 total):

Journey Into Power by Baron Baptiste

Light on the Yoga Sutras of Patanjali by B.K.S. Iyengar

Yoga Anatomy by Leslie Kaminoff (latest edition)

Tuition & Fees:

Application Fee: There is a $100 application fee that is submitted with your application to the program. The application fee shows good earnest and is refunded if not accepted to the program.

Tuition rates are as follows:

Super Early Bird: $2,595 (If paid in full by 9/1/25)

Early Bird: $2.795 (If paid in full by 11/1/25)

Full Price: $2,995 (If paid in full until 12/10/25,

full price applies to installment payments as well)

*** Application deadline is one month before training starts on 12/10/25 ***

* Tuition must be paid in full to Grace Under Fire Yoga in the form of a check before the start of the training and may be paid in any installment amount (for full price only) if desired leading up to the training.

Late Completion:

In the event of extenuating circumstances causing missed training hours, you will have one month from the end date of the last module to complete missed hours. Failure to do so will result in a $100 re-submit fee. This also applies for unsatisfactory grades during the training.

Admission Policies & Requirements:

1. Applicants must be 18 years of age or older. Exceptions will be considered if the applicant has written permission from their parent or guardian and a letter of recommendation from a school counselor, teacher or other community leader who can attest to their ability to apply themselves in an educational or cooperative learning community environment.
2. Applicants must have an established personal yoga practice and a desire to grow their practice and/or a passion to share their love for yoga.
3. Applicants must have access to a computer, printer, and be accountable with email correspondence to receive communication for the training.
4. Must complete and submit a 200 hour yoga teacher training application which details your educational background, professional background and current employment, yoga educational background/certifications, any teaching experience, and your interests and goals and include a $100 application fee. No prior yoga certifications required for this training. No advanced standing will be awarded or recognized for any prior yoga certifications or coursework.

Refund & Cancellation Policy

Per state of Wisconsin Educational Approval Program policies, Grace Under Fire Yoga will use the following refund policies:

A student will receive a full refund of all money paid (including application fees) if the student:

1. Cancels within a 3-business-day cancellation period after acceptance.
2. Acceptance was unqualified and the school did not secure a disclaimer under SPS 409.04
3. Enrollment was procured as the result of any misrepresentation in the written material used by the school or in oral representations made by or on behalf of the school.

These refunds will be made within 10 business days of cancellation.

Refunds for Withdrawal or Dismissal

Alternatively, a student who withdraws or is dismissed after attending at least one class, but before completing 60% of instruction in the current enrollment period, is entitled to a pro rata refund of tuition as listed below.

At Least	But Less Than	Refund of Tuition
Prior to start	But after 3-day cancellation period	Full refund minus $100 application fee
1 class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	100%	No refund

As part of the withdrawal or dismissal policy, the school may retain a one-time application fee of no more than $100. The school will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro-rated amount.

These refunds will be made within 10 business days of cancellation.

Alternatively, a student who withdraws or is dismissed after attending at least one class, but before completing 60% of instruction in the current enrollment period, is entitled to a pro rata refund of tuition as listed above.

Constructive Notice of Withdrawal:

In the event a student would like to withdraw from the training, students are encouraged to withdraw by sending a written notice to lauren@graceunderfireyoga.com; however, a written notice of withdrawal is not required and any mode of withdrawal will be recognized. Students will be administratively withdrawn after missing two consecutive sessions. Refunds will be based on the student's last date of attendance pursuant to the chart above.

Student Concerns:

If a student has a complaint about a teacher, another student or about the program, the complaint should be brought to the lead instructor for discussion and resolution. The school will work with the student to achieve a resolution to the issue. If resolution cannot be reached with the lead teacher, students may contact the Wisconsin Educational Approval Program for assistance at (608) 266-1996.

If the student is dismissed or withdraws AFTER 60% of the training is complete, no refund will be due as per the Wisconsin EAP refund policy.

If the student wishes to file a complaint with the EAP, the contact info. is:

Wisconsin Educational Approval Program

4822 Madison Yards Way

Madison, WI 53705

(608) 266-1996

DSPSEAP@wisconsin.gov

Grace Under Fire Yoga Continued Education:

Grace Under Fire Yoga, LLC is dedicated to it's students who attend trainings, and will continue to be up to date and well diversified with trainings offered. Grace Under Fire Yoga, LLC is a Yoga Alliance approved YACEP and Registered Yoga School that adheres to high standards to offer high quality trainings at 200 hour and 300 hour levels.

School Policies

Non–discrimination:

Grace Under Fire Yoga LLC does not discriminate on the basis of age, gender, physical ability, marital status, sexual orientation, race or religion.

Attendance & Tardiness:

- Attendance of all dates and training hours are 100% required and documented and filed for each student
- If you are more than 15 minutes late for a date/time/session, one hour will be deducted from your contact hours
- If the lead teacher must spend extra time (outside of regularly scheduled training) with a student for make-up hours, the student will be assessed a $50/hour fee due at the time of make up. Students who fail to keep make-up times and/or who fail to pay the fee will be dismissed.
- Tardiness (specifically more than three) will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time.
- Please see Probation, Dismissal and Re-Admittance policy for how unexcused absences are handled on the next page.

Student Conduct and Code of Ethics:

Students are expected to behave in a professional manner. Standards of conduct policies include, but are not limited to:

- No sexual harassment of any type or form will be allowed.
- No substance use or smoking during school hours will be accepted.
- No breach of confidentiality will be tolerated.
- No bullying, targeting, verbal or written abuse or exclusion of fellow teacher training students of any kind will be tolerated. This includes in person interactions as well as comments made in social media & emails (private or public).

Please review the code of ethics, liability, and media release form.

Probation, Dismissal, and Re-admittance

In regards to conduct:

Students who engage in inappropriate or unsafe conduct in the manner described above are subject to warning, suspension and/or program dismissal. Students with unexplained absences will be dismissed from the program and tuition will be refunded on a pro-rated basis. Students who are re-admitted to another training will be responsible for paying any difference in tuition if applicable.

In regards to academic:

Students who have an average grade below C or 75% will be considered to be on academic probation. Students will be notified by lead teacher as needed throughout the training if the lead teacher recognizes a delay in the quality of their teaching ability from practice teaching early on. Lead teacher will provide additional teaching objectives if needed to help the student improve their skills, such as teaching an extra yet simple yoga sequence to the other trainees or the lead teacher until comfortable. A student will also be notified of their homework and quiz grades in a timely manner throughout the training in order for the student to know how they are doing from an academic standpoint. The lead teacher will notify any student with teaching or academic deficiencies as soon as it is aware and before 40% of the training is complete so the student has an opportunity to better themselves before reaching a refund at 60% of training completion. In addition, students may submit an additional essay assigned by the lead teacher to be lifted from probation. Students who are on academic probation and continue to fail will be dismissed from the program.

Grading Scale

The following grades are given for work completed at Grace Under Fire Yoga:

Excellent: 93-100% = A

Very Good: 85-92% = B

Satisfactory: 75-84% = C

Unsatisfactory: Below 75% = F

Leave 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, or any remaining tuition.

School Information

Grace Under Fire Yoga LLC

201 S. Riverheath Way, Suite 1200

Appleton, WI 54915

920-785-8300

www.graceunderfireyoga.com

Email: lauren@graceunderfireyoga.com

Student Records

Student records and certifications are kept confidential and will be kept on record indefinitely. Records are accessible to students by appointment only. The school maintains confidentiality by keeping records locked. Students may obtain transcripts by sending $25 with a request in writing. Any student who is dismissed may not reapply for one year. Following one year, students may reapply for the next term.

Fees will apply.

Graduation Requirements

*** Paying for/attending teacher training does not guarantee a final certificate.** To graduate, a student must successfully complete all requirements with a cumulative grade of 75% or above. Grading criteria includes: class participation, exams, hands on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments. Students who are not meeting the standards of practical experience will be notified and given opportunity to explore methods for improvement.

Credentials Awarded at Successful Program Completion

CYT– Grace Under Fire Yoga National Certified Yoga Teacher

RYT 200– Yoga Alliance National Registered Yoga Teacher (following registration of CYT certificate)

Certification, Registration & Online Teacher Profile

Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. On graduation day, students will be assisted in completing registration & building a personal teacher page with Yoga Alliance via the Yoga Alliance website at www.yogaalliance.org. The teacher profile available online at www.yogaalliance.org allows teachers to upload photos, class schedules, testimonials & more. We will support all graduating teachers in the creation of professional bio and marketing to display on this teacher page to ensure that instructors leave training with a complete & professional beginning web presence.

Beyond Graduation

The demand for well-trained and certified yoga teachers is growing! While we cannot guarantee employment after program completion, continuing education and employment postings will be offered as an ongoing service to all program graduates. Once a student has successfully completed Grace Under Fire Yoga's 200 Hour Yoga Teacher Training Program, we welcome you to revisit portions of our future 200 hour teacher trainings at no cost!

GRACE UNDER FIRE Yoga LLC

Application for 200 Hour Yoga Teacher Training

Appleton, WI

How to submit your application: Please print and complete this form, save a completed copy, and send to:

Attn: Lauren Quella

Grace Under Fire Yoga, LLC

201 S. Riverheath Way, Suite 1200

Appleton, WI 54915

Early application is highly recommended.

A non-refundable $100 application fee must be sent via form of check made to Grace Under Fire Yoga.

Personal Information:

Name:_____

Mailing Address: _____

_____

_____

Website/Social Accounts (optional): _____

_____

Email address you check regularly: _____

Mobile phone: _____

Home phone: _____

~The following information will help us to get to know you and guide your training~

Your Educational Background (Include institutions, degrees, and attendance/graduation years):

_____
_____
_____
_____
_____
_____

Professional Background and Current Employment:

_____
_____
_____
_____

Yoga Educational Background for Yoga Teachers:

_____
_____
_____
_____

Are you registered with Yoga Alliance: Yes ___ No ___ If yes, please specify the designation: (ex: RYT-200) _____

How did you learn about this training?

_____

Please complete any of the following sections that are applicable to your yoga educational background and experience:

School Program/ Name	Dates Attended	Number of Hours	Yoga Alliance Registered
			Yes ___ No ___
			Yes ___ No ___
			Yes ___ No ___
			Yes ___ No ___

Did you receive Yoga Teacher Training before Yoga Alliance registration of training programs? Yes ___ No ___

Yoga Practice & Teaching Experience

When did you start practicing yoga? What type of classes do you take? Have you had a consistent practice over the last year?

_____
_____
_____
_____

If applicable, how long have you been teaching yoga? What type(s) of classes do you teach? How many classes do you teach a week?

_____
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What are your yoga interests and goals? What do you hope to obtain from participating in the yoga teacher training? Are you interested in becoming a yoga teacher or are you choosing the training to enhance your yoga practice, or both!?

_____
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Please provide any additional information about you or your background, other professional credentials and experience, academic background, life experience, interests & hobbies, and accomplishments that you would like to share. We look forward to getting to know you well!

Thank you for your interest in the Grace Under Fire Yoga 200 Hour Yoga Teacher Training! Applications are reviewed regularly. No printer? No problem, just complete this document and attach to return via email to lauren@graceunderfireyoga.com and mail your $100 application check to: Grace Under Fire Yoga; 201 S. Riverheath Way Suite 1200 ; Appleton, WI 54915.

If you do not receive a confirmation email about receiving your application within 48 hours of submitting via email, please email lauren@graceunderfireyoga.com. Please email Lauren if you send your application in the mail as notification that you submitted. You will be notified of your acceptance into the program within 2 weeks. Once you are accepted to the program, you will receive registration information and pre-training study assignments.

Questions? Contact Lauren Quella, E-RYT 500, YACEP, & Lead Teacher for this training at lauren@graceunderfireyoga.com or call (920) 785-8300.