



Cascade  
SCHOOL OF YOGA

## Informational Packet

Teliah Gienger – Lead Trainer – ERYT 200

# About Teliah

I'm a lover of nature, clean, healthy food, running, crossfit training, yoga and business! I'm 28, live in the Pacific Northwest and am married to the most handsome and inspiring man I know, Kylon. We love to backpack, snowboard, and workout together, as well as read and build businesses together. We also love our dog, Sif.

Having a health conscious mom while growing up, I have always had a pre-disposition to focus on healthy living. While I didn't always follow through, it was always present in my life. Since being married, it has really become a priority and I guess you could say, my life. I have tried many different paths to becoming healthy and live a well life, but through my journey, I have really discovered and firmly believe in creating habits that last long term, over a quick fix or short term solution. Since practicing this myself, I have lost over 40lbs and am the strongest I have ever been in my life. I feel better and am confident in my body and what I am capable of.

I have my Bachelor's of Science in Health and Wellness with an emphasis on nutrition counseling as well as my 200 E-RYT Yoga Teacher Certification, with focusing on training other yogis through Cascade School of Yoga. I own two brick and mortar business; Renu Hot Yoga and NUYU Juice Bar.

Cascade School of Yoga came about after I moved up to the mountains full-time and realized that this place is such an inspiring and healing place to learn and teach. I have hosted yoga retreats that have turned into very special moments in my heart. I am now very excited to take my passion for living a well-balanced life and teaching others to do so through the practice of yoga and my school of training future yoga instructors.

I'm glad that you dropped by and I hope that we can connect further.

Teliah

## Facilities

Our family lodge in the Cascade Mountains will be your dedicated training facilities and your home for the duration of your journey. They feature light and spacious practice spaces, bedrooms, and kitchen, bathroom and shower facilities.

**Location:** The Lodge. 950 Via Kachess Rd. Easton, Washington. This is just a 20 minute drive to Cle Elum where you can get snacks, take yoga classes at The Studio or just enjoy the town.

## Community

Cascade School of Yoga and Renu Hot Yoga is home to a richly diverse community of local and international students, and a passionate team of staff and teachers who come from around the world to practice, learn and teach.

Our training provides a very special opportunity for you to connect, create lasting friendships and form a professional network with your fellow students and teachers, a support system that will nurture and inspire you on your journey through yoga and life.

## Mission Statement

To inspire and empower a new wave of yoga instructors that build up students, embody integrity, love and joy through their voice, leaving a positive impact in the world.

# 200 HR Teacher Training

Cascade School of Yoga has a history of educating and empowering individuals in the practice and art of teaching yoga. This training will provide you with the knowledge and skills to teach with confidence and poise, awakening a deep self-awareness and life-long curiosity for learning and teaching others.

## With our 200 Hour Teacher Training you will:

- Become a certified yoga teacher, accredited by Yoga Alliance
- Build your teaching skills with personal feedback and coaching
- Understand how to intelligently sequence and lead a class
- Explore yoga history and philosophy
- Learn the safe and classical alignment of the poses
- Strengthen your personal physical, mental and emotional practice
- Practice breathing and meditation techniques to help manage stress and anxiety
- Study the principles and application of anatomy and physiology
- Learn to observe bodies and give safe hands-on adjustments
- Dive into the business of yoga and find out how to thrive as a teacher
- Receive support and guidance through teachers' practices, assisting programs, guest teachers and ongoing education through a private FB group

[Apply for 200 Hour Teacher Training Now](#)



# Course Facilitators

Teliah Gienger – 200 E-RYT, YACEP

## Guest Teachers:

Lachelle O'Connell – 200RYT

# Modules and Immersion

There are 3 online modules with quizzes as well as required reading that must be completed before the 7-day hands-on immersion.

This form of training is ideal as you get to accommodate your life schedule with the online modules, reading and studying when you can. Then, with the immersion, working in a condensed format, you immerse yourself fully into yoga. Focusing solely on what is in front of you, ensuring you're fully-equipped to teach yoga or live with a deeper understanding of yoga if not teaching.

# Dates and Tuition

For course dates, course descriptions and tuition, please visit: [teliahgienger.com](http://teliahgienger.com)

# The Small Print

**200 Hour Teacher Training:** Upon acceptance into the training a \$500 deposit must be paid online to secure your place. Full payment is required one month prior to the commencement of the hands-on course.

**Early Bird Prices:** Must be paid in full by the due date to receive the discount.

**Refund/Withdrawal Policy:**

25% of the full course fee is non-refundable up to two weeks before the beginning of the hands-on training.

50% of the course fee is non-refundable 7 days before the beginning of the hands-on training.

There is no refund for cancellations once the training has commenced.

The transfer of Cascade School of Yoga credit, to another training program that takes place within two years of the original course, is at our discretion. We are under no obligation to do so.

If a course offered at an off-site venue is cancelled, the Cascade School of Yoga cancellation fees outlined above are in addition to any fees outlined by the off-site venue.

Cascade School of Yoga reserves the right to cancel any course without notice. In this instance, a full refund will be given.

**Attendance Policy:** 100% attendance is expected, with a minimum of 95% required to gain certification. All planned absences must be pre-approved by the course director and arrangements made to complete the missed amount of classroom time at your own expense.

## Homework & Reading

Trainees will receive a teacher training manual and assignments will be outlined at the beginning of the course. Students can expect to keep a journal and be assigned weekly reading from the manual and/or compulsory text books.

It will be outlined in each module, which books need to be finished by the completion of the module quiz.

## Final Assessments

Assessments must be completed within the time frame specified for the course. Any request for extensions or special considerations must be made in writing and emailed to [teliahgienger@gmail.com](mailto:teliahgienger@gmail.com) with the subject line: YTT extension

## Graduation Requirements

In order to graduate from teacher training, a student must:

- Have recorded no less than 95% attendance
- Complete all designated assignment work
- Demonstrate competency in teaching a 60-minute yoga class, according to the criteria given in the assignment package

## What's Next

Cascade School of Yoga aims to create a safe, nurturing atmosphere for the study of yoga, to enable students to deepen their personal practice and find their voice as skilled, competent and compassionate yoga teachers.

We commit to providing a high-quality educational experience that prepares graduates to operate with the highest professional and ethical standards.

Find out more about upcoming trainings [here](#) or email Teliah at [teliahgienger@gmail.com](mailto:teliahgienger@gmail.com)

**Love and light,**

Teliah Gienger  
Lead Trainer