



2026-2027  
West Chester University  
&  
Cage Free Yoga  
200-Hour Yoga Teacher Training  
Community Pathway

The West Chester University (WCU) and Cage Free Yoga (CFY) 200-hour Community Pathway program is for anyone seeking a deeper understanding of Yoga theory and practice. Since 2011, this program has only been available to full-time undergraduate students, but thanks to the College of Health Sciences and Conference Services, this training is now open to the greater community through a collaboration with Cage Free Yoga, LLC.

After successful completion, trainees will receive a certificate of achievement that will allow registration through the nationally and internationally recognized organization, Yoga Alliance.

Our comprehensive training, rich with philosophy and methodology, will propel those who desire to move into teaching yoga to others to do so with confidence. Our mission is to guide each trainee to cultivate a strong, consistent home practice which is the essence of, and basis for being able to share Yoga with purpose and authenticity.

Our 200-hour Yoga Teacher Training Program is a 7-month curriculum to be completed through weekend seminars. Only one training will be held per year with a minimum of ten participants. Space is limited to sixteen. Supplementary reading and writing assignments are to be completed throughout the program. 1

## **Faculty:**

Alison Donley, ERYT-500, YACEP [adonley@wcupa.edu](mailto:adonley@wcupa.edu) or [aliuncaged2017@gmail.com](mailto:aliuncaged2017@gmail.com) (Lead teacher) Lakshmi Usha Thoniyil, ERYT-500, RCYT, YACEP [LThoniyil@wcupa.edu](mailto:LThoniyil@wcupa.edu) or [yogabhyasa.kalari@gmail.com](mailto:yogabhyasa.kalari@gmail.com) (Lead teacher) Kate Simmons-Souell, ERYT-500, YACEP [ksimmons2@wcupa.edu](mailto:ksimmons2@wcupa.edu) or [katesimmons66@gmail.com](mailto:katesimmons66@gmail.com)  
Emily Duckett, EdD, MS, LAT, ATC, RYT-200 [educkett@wcupa.edu](mailto:educkett@wcupa.edu)  
Guest lecturers- Dr. Meghan Ramick, Dr. Selen Razon

## **2026-2027 WCU & CFY 200-hour Yoga Teacher Training**

**September 18th, 2026- April 24th, 2027**

Syllabi for each module is posted in the Google Classroom for our group. Once we have ten students enrolled, you will receive a notice allowing you the opportunity to receive the link early upon receipt of your application and first payment. The Google Classroom link goes to everyone (with first payment) on September 1st.

## **Weekend Seminar Dates:**

**Module 1/Yoga I & Seminar 1 - September 18th -November 8th** For all weekend sessions in the program, please bring a bagged lunch, water, and snacks for our Saturday and Sunday sessions. There will be a 30-minute lunch each day. Itineraries will be posted on the Google Classroom a week in advance of most sessions.

### **❖ Weekend 1-**

-Friday night, September 18th - Online Meet & Greet and program review 6:00-7:30 p.m.  
-Saturday, September 19th 9:00 a.m.-5:00 p.m. & Sunday, September 20th 9:00 a.m.-4:00 p.m. in Goshen 108A

### **❖ Weekend 2-**

-Friday night, October 2nd - Online 6:00-7:30 p.m.  
-Saturday, October 3rd 9:00 a.m.-5:00 p.m & Sunday, October 4th- 9:00 a.m.-4:00 p.m. in Goshen 108A

### **❖ Weekend 3-**

-Friday night, October 16th - Online 6:00-7:30 p.m.  
-Saturday, October 17th 9:00 a.m.-5:00 p.m & Sunday, October 18th- 9:00 a.m.-4:00 p.m. in Goshen 108A

### **❖ Weekend 4- combined seminars with WCU Undergraduate Program ~Friday,**

**November 6th (online) - 2 hours of Asynchronous Anatomy material that must be completed by Sunday, the 9th**

**-Saturday & Sunday (7th and 8th) in person-Goshen 108A 9:00 a.m.- 4:00**

p.m. 2

## Module 2 -Meditation for Yoga teachers -1 weekend only- No Friday session.

### ❖ Weekend 5-

Saturday & Sunday, December (5th and 6th) - 9:00 a.m.-4:00 p.m. in Goshen 108A (30 min silent lunch each day).

## Module 3 /Yoga II & Seminar 2 (4 weekends) December 11th- February 7th

Fridays online 6:00-7:30 p.m. and Saturdays & Sundays 9:00 a.m.-4:00 p.m. in Goshen 108A ( 30 min lunch each day) on:

### ❖ Weekend 6-

-Friday night, December 11th - 6:00-7:30 p.m.

-Saturday, December 12th & Sunday, December 13th - 9:00 a.m.-4:00 p.m. in Goshen 108A

### ❖ Weekend 7-

-Friday night, January 8th, 2025 6:00-7:30 p.m.

-Saturday, January 9th & Sunday, January 10th - 9:00 a.m.-4:00 p.m. in Goshen 108A -

### ❖ Weekend 8-

-Friday night, January 22nd - 6:00-7:30 p.m.

-Saturday, January 23rd & Sunday, January 24th - 9:00 a.m.-4:00 p.m. in Goshen 108A

### ❖ Weekend 9- combined seminars with WCU Undergraduate Program

-Friday night, February 5th- Online asynchronous Anatomy

-Saturday, February 6th & Sunday, February 7th - 9:00 a.m.-4:00 p.m. in Goshen 108A

## Module 4/Yoga III- (4 weekends) February 21st-April 13th, 2027

### ❖ Weekend 10-

-Friday night, February 19th - 6:00-7:30 p.m.

-Saturday, February 20th 9:00 a.m.-5:00 p.m. & Sunday, February 21st - 9:00 a.m.-4:00 p.m. in Goshen 108A

### ❖ Weekend 11-

-Friday night, March 19th - 6:00-7:30 p.m.

-Saturday, March 20th 9:00 a.m.-5:00 p.m. & Sunday, March 21st - 9:00 a.m.-4:00 p.m. in Goshen 108A

### ❖ Weekend 12-

-Friday night, April 9th - 6:00-7:30 p.m.

-Saturday, April 10th 9:00 a.m.-5:00 p.m. & Sunday, April 11th- 9:00 a.m.-4:00 p.m. in Goshen

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**Module 5-Assignments for program completion & Graduation Day** -Have your teaching binder ready for your exit interview on the last day. It should contain all assignments from all modules along with:

-3 OBSERVATIONS-(1 is completed during Module 3 and 2 are completed during Module 4)

-2 ASANA LABS- (2 completed in Module 3) You may do as many of these as you wish. -

BOOK REFLECTIONS (questions below for required readings)

❖ **Weekend 13- Saturday, April 24th, 2027**

Practical “exam”, Exit interviews, and Certificate Ceremony to be held in Goshen 108A from 9:00 a.m.-2:00 p.m.

## **Program Requirements**

- **Students must attend all training sessions**

Any missed session(s) due to illness or emergency must be made up prior to the next session of the module. Make ups are extremely difficult due to the schedules of each instructor. If a session is missed, you can schedule with the instructor(s) who covered the missed content. These are charged as private sessions at the rate of \$70 per hour. We do our best to present missed material in both asynchronous (no cost) and synchronous (\$70 per hour) formats to reduce total cost to participants needing to make-up missed content. The cost to complete missed hours in person is \$80 per hour. In the event that a student must miss a full weekend, or has repeated absences, the option to complete the content with the next cohort (the following year) is available. In the case of hazardous weather on a scheduled weekend, content is moved online.

- **Students must complete all assignments**

## **Required Material (additional expense)**

Yoga: A Path to Wellness A Workbook for Students, by Alison Donley

Please purchase the hard copy at: [Yoga: A Path to Wellness: A Workbook for Students | Higher Education](https://he.kendallhunt.com/product/yoga-path-wellness-workbook-students)

<https://he.kendallhunt.com/product/yoga-path-wellness-workbook-students>

Yamas and Niyamas, by Deborah Adele and A Yoga Mat

**Enrollment in the WCU & CFY 200 hour Yoga Teacher Training Program will include 195 in-person hours with experts.**

- **Class and seminar hours with Alison Donley**, ERYT-500, YACEP, BSEd, and creator of the WCU Yoga program and the 200-hour YTT at WCU, where she taught for 24 years. She is the former Wellness Advisor, and now a current Provider for Unite for Her: [www.uniteforHER.org](http://www.uniteforHER.org) and also teaches for [Nudj Health](http://NudjHealth.com) as a Cardiac Yoga instructor. Alison is a former Yoga studio owner, and currently owns Cage Free Yoga, LLC, [www.cagefree.yoga](http://www.cagefree.yoga)

teaching private therapeutic yoga, group classes, and continuing education for Yoga teachers. She has been practicing yoga since 1977 and teaching since 1982. She was a nationally competitive athlete during her undergraduate studies at WCU, and was recently honored as one of the “150 Most Influential Women of West Chester University.” <sup>4</sup>

• **Class and seminar hours** with **Lakshmi U Thonyil** aka Usha Lakshmi, MSc., ERYT-500, RCYT, YACEP and Yoga Professor, Kinesiology Department, WCU. She is a lifelong learner of yoga and the owner of [Yogabhyasa Kalari LLC](https://yogabhyasakalari.com/) teaching Yoga and Meditation full time in the Philadelphia area since 2010. She often runs yoga and wellness retreats to India. Currently she is a program director for several 300-hour level programs for a non-profit called Pranakriya, which includes one of the modules for their 95-hour Children’s YTT program. You can learn more about her at <https://yogabhyasakalari.com/>.

• **Class and seminar hours** with **Kate Simmons-Souell**, M.Ed., E-RYT 500, YACEP, and Yoga Professor, Kinesiology Department, WCU. Kate discovered yoga in 2007, and the practice has since played a vital role in her recovery from a life-threatening eating disorder. Her initial quest for a sweaty workout evolved into a practice of appreciating and caring for her body after many years at war with it. Through her teaching, Kate strives to share the power of breath and movement in healing and strengthening from the inside out.

• **Seminar hours** with **Dr. Emily Duckett**, PhD, LAT, ATC, CYT200, an assistant professor and athletic trainer for the Sports Medicine Department at West Chester University, where she has served in a dual role as a course instructor and athletic trainer for 8 years. She is grateful for the opportunity to combine her passion for yoga and human anatomy by teaching in the YTT program. In her personal time, she enjoys making memories with her family, husband Jonathan, daughter Charlotte, son Bryce, and therapy dog Ace.

• **Lectures with guest faculty:**

**Dr. Meghan Ramick-** Meghan is an Associate Professor in the Exercise Science division of the Kinesiology Department at West Chester University. She teaches undergraduate and graduate classes in Exercise Testing and Prescription, Cardiopulmonary Physiology, and Exercise Physiology. She received her PhD in Applied Physiology from the University of Delaware in 2017 and started her Yoga Teacher Training through WCU in the Fall of 2020. In 2022, she completed a certificate in Cardiac Yoga to merge two of her interests and bring a more holistic approach to the prevention of and healing from cardiovascular disease.

[Meghan Ramick - West Chester University](#)

**Dr. Selen Razon-** Dr. Razon is an Associate Professor of Exercise Science at WCU. She teaches courses in Kinesiology. In her research, Dr. Razon looks into the effects of exercise including yoga on mood, cognition, general well-being, and exercise adherence in clinical and nonclinical samples. Dr. Razon has recently earned her YTT-200 and teaches gentle yoga in the community.-[Selen Razon - West Chester University](#)

- A binder for all class material
- Individual mentoring and labs with program teachers
- A certificate of 200 hour course completion allowing eligibility for application to register with Yoga Alliance

Our program exceeds the standards of Yoga Alliance with 190 contact hours.

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**Program Investment** - The \*tuition for The WCU & CFY Yoga Teacher Training Program can be paid in full for a reduced rate of \$2,900 if paid by September 1st, 2026. A tuition fee of \$3000 can also be paid in 2 installments:

**\$1,500 by September 1st, 2026 & \$1,500 fee by January 1st, 2027**

Additional expenses will be incurred for Required Reading material. Application fees for 200 hour RYT status will be required to complete your registry with Yoga Alliance. You will submit your Certificate of Course Completion from the WCU & CFY YTT Program with application fees by following the instructions on the Yoga Alliance website ([www.yoga alliance.org](http://www.yoga alliance.org)).

To enroll, please fill out an application through Conference Services. Link on page 7.

**Cancellation Policy** -The WCU & CFY 200-hour YTT Certificate Program will refund all money paid if the applicant is not accepted or if the program is canceled for any reason.

If the student completes this amount of training:	The WCU 200-hour YTT Certificate Program may keep this percentage of the full tuition cost:
*One Module	50% (\$1,500)
*Two Modules	100% (\$3,000)

\*Any portion of the Module The program must be completed within 2 years of the submission of your application.

### **Required Reading:**

OPTIONAL-A Gradual Awakening - by Steven Levine

\*Yamas and Niyamas, by Deborah Adele

\*Yoga: A Path to Wellness by Alison Donley

Peace is Every Step Thich Nhat Hanh

Wherever You Go, There You Are by Jon Kabat-Zinn

As you read the selections above, please take any notes from the texts that will allow you to further your exploration and understanding of the practice of Yoga. For each title, please provide a minimum of 1 paragraph per question below and place in your binder. These will be reviewed at your exit interview. **\*No written review of is required. Both of these texts are covered in Module 1, 3, and 4.**

1. What impact did the material have on you?

2. How do you feel the knowledge gained from reading this material has affected you personally?
3. How do you feel this material will influence you professionally?
4. How do you envision using the material in your practice and teaching of yoga?

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**Step 1-**

To apply for WCU & CFY Yoga Teacher Training Program, please click the link: [200 Hour Yoga Teacher Training - WCU of PA](#)  
You will receive an email to set up a Zoom interview with one or more of the lead teachers.

**Step 2-**

Please read all the information below. Print, sign, and mail page 8 with payment to:  
Alison Donley- Cage Free Yoga  
310 Valley Road  
West Grove, PA 19390

<sup>7</sup>  
**Contract for Yoga Teacher Training Program**

Please circle the tuition option for The WCU & CFY 200 Hour Yoga Teacher Training Program that you agree to pay:

Option #1: \$2,900 - paid in full on or by September 1st, 2026

Option #2: \$1,500 fee on September 1st, 2026 & \$1,500 fee by January 1st, 2027

I, \_\_\_\_\_, on \_\_\_\_\_ have chosen to fulfill tuition requirements by choosing option # \_\_\_ above and agree to the terms as described above. I have read all information regarding the 200 Yoga Teacher Training Program at West Chester University through collaboration with Cage Free Yoga. I have read and agree to abide by all requirements regarding the [Code of Conduct | Yoga Alliance](#), and the additional standards set forth by West Chester University and Cage Free Yoga's YTT program below.

## WCU & CFY YTT Code of Ethics

The following requirements apply to current students of the WCU & CFY Yoga Teacher Training Program. Any violation of these standards warrants remediation of the issue or dismissal from our program.

1. I will maintain the highest standards of integrity as presented in the Yoga Alliance Code of Conduct (p 9) during the teacher training and upon completion of the course. -----
2. I will honor and respect the privilege of learning and teaching this amazing system of self-care, and science of life that we call Yoga. -----
3. I will refrain from teaching classes outside of WCU approved venues until I complete the program and receive my 200-hour Certificate. -----
4. I will only post yoga-related videos or pictures on social media or the internet that convey that yoga is a mindful breath and movement practice for all bodies, skin colors, and ages. Proper clothing, camera angles, lighting, sound, and intention of content. -----
5. Please sign and date here to confirm that you agree to follow all of the guidelines.

----- Signature of Program Director/lead teacher

Signature of Yoga Teacher Trainee ----- Date ----- 8