



# Highest Self - Live Your Truth 200 Hr YTT

MYCAA & Yoga Alliance (200 hr & 300 hr) approved Registered Yoga School

WILD SUKHA (PREVIOUSLY YOGA SHALA EWJC), CHAPMAN, KS, LEAD TRAINER - CHARMION HARRIS

## In Person Weekend Days, most 8am-5pm (with lunch break)

If you cannot attend in person in Milford or Chapman, Kansas,  
you may attend via live Zoom - but final weekend in-person IS required

3/4/23	Lineage, History, Ganesh & Ashtanga Sun Salutations
3/5/23	8 Limbs, Hanuman & Ashtanga Sun Salutations B
3/18/23	Chakras Part 1, Rama & Ashtanga Standing Series Part I
3/19/23	Chakras Part 2, Sita & Ashtanga Standing Series Part 2
4/1/23	Edge, Krishna, Assisting & Ashtanga Inspired Seated Series
4/2/23	Truth, Shiva, Shakti & Ashtanga Inspired Finishing Series
4/22/23	Brahma, Health Conditions & Other Balancing Poses
4/23/23	Saraswati, Sequencing Part 1 & Other Backbends
5/6/23	Nervous System Part 1, Seva & Kundalini
5/7/23	Nervous System Part 2 & Yin, Restorative, Nidra
TBD	Dharma Talks (one on one with lead teacher)
5/19/23	Retreat - Master Distraction (Pratyahara)
5/20/23	Retreat - Laser Focus (Dharana)
5/21/23	Retreat - State of Being (Dhyana)

### Past Student Reviews

"Your life will change beyond anything you could have expected."

"Far exceeded any expectations I had & provided me with a wealth of knowledge that enables me to offer yoga to others."

"Transformative. I feel confident as a whole due to embracing my authenticity."

"The training allowed me to find peace within myself and to live my truth, both of which, for me, were the most challenging part."

"The entire training had just the right amount amount of growing space, getting out of comfort zones emotionally and physically, love, enlightenment, and exposure."

## Zoom Live Wednesday Nights, 5pm-9pm

5-9pm on these Wednesdays - 30 min dinner break  
If you cannot attend live, watch recorded session & turn in homework

3/8/23	Yamas Study & Reflection (Universal Principles)
3/15/23	Niyamas Study & Reflection (Self-Disciplines)
3/29/23	5 Layers of Healing (Koshas)
4/19/23	Ayurveda - The Knowledge of Life
5/3/23	Sutras Come to Life, Book 3
5/17/23	Intentions, Business & Ethics

**Register by 2/20/2023**  
**Closes after 7 people registered**

\$2200 - Full YTT

## Pre-Recorded (do anytime during week)

OR Payment Plan totaling \$2500  
\$1000 by 2/20, \$500 by 3/10, \$500 by 4/10, \$500 by 5/10

3/5-3/10	Sutras Come to Life, Book 1
3/20 - 3/25	Sutras Come to Life, Book 2
3/20 - 4/6	Self-Paced Practice Hours Part 1
4/3 - 4/8	Ayurvedic Doshas & Wonders of the Enneagram
4/20 - 5/5	Self-Paced Practice Hours Part 2
5/8 - 5/13	Sequencing Part 2

Karma Discount Tuition Available  
(essay & karma statement required)  
Same Price for previous EWYJC/Wild Sukha YTTers  
\$1500 by 2/20

Go to [wildsukha.com](http://wildsukha.com) to register and/or call/tex 785-307-1901 and/or email [extremekansas@yahoo.com](mailto:extremekansas@yahoo.com) with questions

# FAQ - Frequently Asked Questions

## Highest Self / Live Your Truth 200 Hr YTT

### Who and what is this 200 hour YTT (Yoga Teacher Training) for?

It is for anyone that is willing to show up and take the hard path to the easy life. There are many people who teach yoga to others after YTT and many who teach simply by more fully being an example of true authenticity, self-love, compassion and individual purpose in their own lives. Our comprehensive approach to yoga is very simple actually; however most of it is new to people when they begin this program, no matter how much experience with poses they may have. While it will feel hard at times, it eventually makes everything else easier & more joyful.

### Are there any prerequisites?

None beyond your investment and commitment. Everyone's definition of yoga practice is relative to their own experience and that hasn't provided a true qualifier in my experience. While some aspects will be more challenging without having an established yoga practice, you will get what you put into and what you need out of this.

### What might be different in this program than the other 200 hr trainings that are available?

This program is designed to elevate the benefits of a small group where the interaction with others and student teacher relationship more closely align with yoga's lineage and empower individuals to discover ways to continue their own path authentically. Our focus on ancient lineage, cultural APPRECIATION and modern application related to emotional and physical needs is also far more intense than many other 200 hr programs - you will learn the roots in the way they were intended.

### If we are learning ancient approaches to yoga, is there anything that may conflict with my religion?

No. Of course, if one is inclined they could certainly find conflict with anything. However, there is enormous lack of knowledge regarding this. Yoga predates ALL religions and is meant as a way even closer to that with which you align with spiritually. "Yoga should stand for and exemplify respect for all different paths and sincere seekers should realize common spirit and universality of their goal" - Sri Swami Satchidananda, pioneer of the interfaith movement in the West (1966).

### What if I have a condition that could potentially create challenges for aspects of this training?

The greatest power of Yoga is NOT in the pose or in doing anything that looks like someone else's form or delivery. You will get more out of adaptations and give more to fellow students in perspective. You are safe here. Challenges are opportunities.

### If I complete a 200 hour RYT (Registered Yoga Teacher), can I register as a yoga teacher with Yoga Alliance??

Yes, and this designation can be especially important if you wish to add credentials to your resume, teach yoga in larger cities where this is often required to get an interview (and many places will not accept 100% online training certificates), AND if you wish to offer yoga or wellness programs to municipal, county, state and federal programs.

### What does Yoga Alliance (YA) training or teaching registration have anything to do with this?

Yoga Alliance is the largest organizing body of standards in yoga in the U.S. and programs that have registered with YA have been vetted to ensure that the training includes all of what is yoga. It is not easy or inexpensive to register a school with Yoga Alliance, so many programs do not. Graduating from a registered school with Yoga Alliance means that your program met very high and comprehensive standards and will be recognized anywhere you go.

### Why is this so expensive in comparison to 100% on-line YTTs?

This is as low of a cost as possible for an intensive experience in a small group setting. Our hybrid model delivers the best combination of training we know of to provide the most benefits. We don't exist for profit, we exist for wild and lasting joy.

### Can someone who suffers from anxiety around groups get benefit from this?

Resounding yes. The best way for you to know for sure is to ask someone who has attended previously. Please let us know if you would like to contact some previous students.

### Will I need to buy books or have other supplies?

You need The Yamas & Niyamas by Deborah Adele, a journal, yoga mat and meditation bolster. You will receive 2 manuals.

### What is the Final Retreat?

Location is at Acorns Resort or Acorns Wild, one overnight (not mandatory), 4 Ayurvedic meals provided & culmination of it all.

### Can I get a MYCAA Scholarship or Karma Discount or Grant for tuition?

MYCAA is a program for military dependents to receive tuition assistance (usually full cost) for training towards a certificate or degree that is easily transferable to the workforce no matter the location of assignment. Registered yoga schools with YA can also apply to be recognized by MYCAA, which is also not an easy process. Our programs are registered with MYCAA. To apply, send us an email at [extremekansas@yahoo.com](mailto:extremekansas@yahoo.com) for the documentation needed to submit to MYCAA for approval. Inclusivity is essential to yoga and our programs. If you are not a military spouse and are not able to pay the full price or payment plan, please email [extremekansas@yahoo.com](mailto:extremekansas@yahoo.com) to request the Essay and Karma Statement forms for you to complete.

### What happens if I can't show up or complete the training?

There are no refunds after training begins (outside of death or life threatening condition). You may choose to receive a credit toward the next training if one is offered and pick up where you left off.

### Do you have a 300 hour program I can extend my studies with?

The next 300 hour program is tentatively September 2023 (6 months hybrid combination of in-person and virtual training). Our 300 hour focuses on Ayurveda, Kundalini, Koshas, The Upanishads, Endocrine/Circulatory/Digestive Systems & more.