

WAE Class & Teacher Specifications

Why is this information important?

Warriors at Ease (WAE) strives to remain at the forefront of industry standards and excellence in training and services related to trauma-informed, trauma-sensitive and adaptive yoga serving military service members, veterans and the entire military family community.

What Classifies a Yoga Class as a WAE Style?

The WAE Network operates with the intent and capacity to create a safe container that anticipates the myths and misunderstandings that veterans and service members often bring to class while gently deconstructing misunderstandings that clarify the science and purpose of yoga and meditation in a way that is relevant and accessible for the military. WAE teachers are trained to modify and adapt the practice for a wide variety of physical and mental conditions, address emotional material when it arises in classes that are safe, non-stigmatizing and increase inclusive acceptance and compassion.

A. Classes Taught by a Warriors at Ease Teacher

These are classes that are not sponsored and/or paid for by Warriors at Ease and therefore should not be called "Warriors at Ease Classes." These classes are taught by a teacher who has completed training with WAE but in no way entitles or obligates WAE to the benefits or the liabilities of the class offering. WAE has the largest legal liability and brand liability in this situation so this distinction and understanding are of high importance.

1. **Warriors at Ease Level 1 Trained Teachers** are able to professionally note their Level 1 education, however, they have not been authorized to market their class as a "Warriors at Ease Class" but instead designate the class as a "**Warriors at Ease-style**" class. Teachers will need to complete the [Warriors at Ease Teacher Code of Conduct & Ethics](#) Form. Student liability must be taken care of, either by the studio/entity or by using the [Warriors at Ease New Student Registration Form](#).
2. **Certified Warriors at Ease Teachers (WAET)** are able to professionally note their certification designation, however, they are not authorized to market their class as "**Warriors at Ease**" class unless their certification, insurance, and CPR certificate are up-to-date and until they have completed the [Warriors at Ease Teacher Code of Conduct & Ethics](#) Form.
3. Student liability must be taken care of, either by the studio/entity or by using the [Warriors at Ease New Student Registration Form](#).

B. Warriors at Ease Style Classes

1. Taught by a Warriors at Ease Level 1 Teacher or a Certified Warriors at Ease Teacher (WAET).
2. Class is offered for free or donation-based military community.
3. Class is offered for a fee to the military, first responder and/or civilian community.
4. Available to be marketed as such after teachers have completed the [Warriors at Ease Teacher Code of Conduct & Ethics](#) Form.
5. Requested Attendance Tracking: We request our teachers track attendance for their classes because the information will help secure current and future funding to compensate teachers/studios to ensure long-term accessibility and sustainability for service members and veterans.
6. Student liability must be taken care of, either by the studio/entity or by using the [Warriors at Ease New Student Registration Form](#).

C. Warriors at Ease Class (Certified WAE Teachers - WAET)

1. Taught by a Certified Warriors at Ease Teacher (WAET).
2. Offered for free or donation-based to the military community.
3. If there is a fee charged for the class a portion of the proceeds are donated back to WAE to further the mission.
4. Available to be marketed as such after teachers have completed the [Warriors at Ease Teacher Code of Conduct & Ethics](#) Form.
5. Available to be sponsored by WAE after contract and quality processes are completed.
6. Requested Attendance Tracking: We request our teachers track attendance for their classes because the information will help secure current and future funding to compensate teachers/studios to ensure long-term accessibility and sustainability for service members and veterans.
7. Student liability must be taken care of, either by the studio/entity or by using the [Warriors at Ease New Student Registration Form](#).

D. Sponsored Warriors at Ease Class

1. Taught by a Certified Warriors at Ease Teacher (WAET).
2. Offered for free to the military community.
3. Available to be marketed as such after teachers have completed the [Warriors at Ease Teacher Code of Conduct & Ethics](#) Form and the WAE Compensated Teacher Agreement.
4. Mandatory Attendance Tracking: We require attendance tracking because the information will help secure current and future funding to compensate teachers/studios to ensure long term accessibility and sustainability for service members and veterans.
5. Student liability must be taken care of, either by the studio/entity or by using the [Warriors at Ease New Student Registration Form](#).

F. Warriors at Ease Level 1 Trained Teacher Designation

These teachers have successfully completed the Warriors at Ease Level 1 Training.

G. Certified Warriors at Ease Teacher (WAET) Teacher Designation

These teachers hold a minimum requirement of 200 Hour RYT or CYT (200 hours yoga teacher training program) and have successfully completed the Warriors at Ease Level 1 training, Level 2 training and the certification process.

*WAETs within the Warriors at Ease Teacher Network maintain the annual requirements within the industry credentialing requirement.

H. WAE Definition of Serving the “Military Community” Includes

1. Veterans
2. Service-Members
 - a. Active
 - b. Guard
 - c. Reserve
3. Family Members of Veterans and/or Service-Members
 - a. Spouses
 - b. Partners
 - c. Parents
 - d. Children
 - e. Siblings
 - f. Grandparents
 - g. etc.
4. Friends of Veterans and/or Service Members
5. Military Community Health-Care Professionals
6. Care-Givers of Veterans and/or Service Members