

Enrollment Agreement



This document explains various aspects of the program and its requirements.

Admission Requirements

1. Submit application
2. Sign Enrollment Agreement
3. Sign Liability and Waiver
4. Include \$250 Application deposit.

Course Description

- This training will include the many yogic practices and philosophy. Upon completing this program, trainees will understand the Eight Limbs of yoga, how to create and teach an effective and safe class and understand the responsibilities of being a yoga teacher. In addition, you will have exposure to Ayurveda, chakras, and other subtle energy systems, basic anatomy, and much more!
- This program is a 200-hour Yoga Alliance approved curriculum, Lotus Legend Yoga School
- Each weekend includes yoga asana, meditation, and pranayama practices. There will be time when students will begin to teach and work with each other to develop voice and style.
- Trainees will start to build a toolbox of meditations, asana sequences, and other resources during the training.
- During your active training time, you will have access to all yoga classes at Lotus Moon and in store discounts. If you miss training time, this privilege will cease until the next training attended.
- January 2020 is Cohort 3. This training consists of 12 weekends a several Saturday only trainings. If you miss more than the allowed time, see lead teacher for contact hour make -up options.

General agenda- Text is grouped in the following way- we will flow through with some variation in timing, some weekends might change topics, if guest speakers are available.

- Yoga History

- Who was Patanjali?
- What is meant by classical yoga and the timeline of Yoga's history
- What are the origins of yoga?
- Introduction to the Yoga Sutras and how they relate to the Eight Limbs of Yoga
- Trainees will read Desikachar, Iyenger, and Bachman texts to gain a deeper understanding of the philosophy and history. As this module can be studied for years to gain true understanding, the textbooks will continue to be a valuable resource for the support of great yoga teachers.
- Who are some of the great masters of contemporary yoga?

- Yoga Philosophy

- What are the different types of yoga: Hatha, Raja, Bhakti, Jhana and Karma
- Western vs. Classical yoga
- What are the Eight Limbs of Yoga?
- What are the various forms of Hatha Yoga? Ashtanga, Bikram, Iyenger, Kundalini, Kripalu
- The language of Sanskrit

-Meditation

- There are many forms of meditation: breathing, mantra, movement, transcendental, Buddhist forms, prayer, mindfulness, guided imagery, body scans, and creative visualization- we will explore these forms and any others that may have interest
- What is the difference between meditation and relaxation and how it effects the brain/mind?
- What are the benefits of meditation?
- What are mala beads? What is the meaning of 108? What are mudras used for?

-Pranayama-

- The difference between prana and air, prana and how it is found in everything
- What are gunas? And how do they relate to yoga?
- Discussion on importance of breath, and how can it impact the nervous system. A quick look at stress and how it impacts the body.
- How can breathing practices create change?
- What are common breathing patterns and how to see them?
- Explore different exercises in breath control
- What is Ujjayi breath?
- What are Nadis and how do they relate to breath work?
- What are bandhas? How are they integrated into a yoga practice and why are they used?
- What are the prana vayus?

-Asana

- The study of the poses (over 100)
- What makes up a pose?
- Adjustments vs. assists
- Sequencing classes
- Be aware of contraindications of poses
- Categories of poses
- Alignment is essential to safety
- Asana manual- independent practice getting to know each pose in detail. Group Worksheet completed during the workshop of poses
- Sanskrit and English names of asana
- Teaching the poses
- Learn the different kinds of poses that make up a rounded sequence
- Components of a pose
- Cueing a pose
- Objective of a pose
- Focal point of a pose
- Levels of poses
- Preparation for more challenging poses
- Variations, modifications, creating mixed and fun classes
- Adjustments, learn how and know when

-Class Creation

- Sequencing and construction of poses
- How do I think about the progression of a class?
- What are the 3 elements of a pose?
- Why do creative transitions make a better class?
- How do I develop a class?
- How do I create a style that is an expression of myself?
- What logic is there to the sequence of a class?
- How do I build a class to a “peak pose?”
- How do I create a theme class?
- Developing opening and closing sequences

-Creating Space for Self-Transformation

- What qualities make a good yoga teacher?
- Boundaries in the classroom
- Discuss YA Code of Ethics
- What are your personal parameters on your teaching?
- Teacher/Student relationship
- Role play questions and answers you may get as a teacher

- Anatomy and review of the poses

- Poses and Yoga Anatomy- commonly used poses and connecting anatomy to alignment and physical issues that clients may have
- Anatomy of the body in the coloring and layering of anatomical features
- Cueing that works and is anatomically correct and cueing that cannot physically work
- Using the books as we work through the poses throughout the course
- Common physical issues that clients might present with and how we can adapt to maintain safety

-Wellness

- Self-care- what it means to take care of ourselves as yoga teachers

-Subtle energy work, Ayurveda, the Chakras, Crystals and other alternative health care options

- Ayurveda- basic history and understanding. Reviewing some resources that can be used in order to learn more.
- Doshas- what is your dosha? What does yoga have to do with it? The Yoga Toolbox by LePage and LePage is a great resource for all things yoga.
- Ayurvedic practices
- Chakras- What are they?
- How can we use our yoga practice to balance our chakras? LePage and LePage
- Crystals, Reiki, others?

-Business plan

- What is your plan? What do you envision?
- You are a business- how are you going to promote yourself?
- What steps can I take to market myself? Where do I start?
- How do taxes work? (PA)
- Look at Yoga Alliance and what membership means
- Insurance

Required reading and additional helpful resources

- These resources will be of value to you for the rest of your life. They are amazing resources to turn to when you need inspiration or direction.
- *The Heart of Yoga* -T.K.V. Desikachar
- *The Yamas and the NiYamas* – Deborah Adele
- *Teaching Yoga*- Mark Stephens
- *Yoga Sequencing* -Mark Stephens
- *Yoga. Spirit and Practice of Moving Into Stillness* – Erich Schiffman
- *Teaching Yoga*- Donna Fahri
- *Science of Yoga* – Ann Swanson
- *The Yoga Anatomy Coloring Book* – Kelly Solloway
- *The Yoga Sutras of Patanjali* – Sri Swami Satchidananda
- *Practice You. A Journal*- Elena Brower

You will be required to read one of the following and write a reflection on what you learned from the text and how it can be applied to your yoga practice and your life.

- *The Living Gita*- Swami Satchananda
- *The Upanishads*- Eknath Easwaran
- **Or a similar text approved by the lead teacher.**

Books that I recommend and I will refer to frequently as they helped me get started as a yoga teacher.

- *The Path of the Yoga Sutras*- Nicoli Bachman
- *Yoga as Medicine* – Timothy McCall
- *Light on Yoga* - Iyengar
- *Yoga Adjustments*- Mark Stephens

Agreement to Expectations of the Program

- ✓ Class time is 16 hours per weekend that we meet, or 8-hour days
- ✓ Outside time commitment is about 10-12 hours per week.
- ✓ 1 time per week- review a yoga class online from a professional source such as OmStars, Yoga International, Glo, etc. Find a class that works with the content of the poses we are working with

- prior. You will submit 10 entries to lead teacher by the end of training. At times, these classes will be assigned by topic of study
- ✓ Daily meditation/personal practice- keep a log of your practices to be turned in by the end of training
 - ✓ Write in *Practice You* journal 2x per week- we will discuss at times, but it will not be collected, this is your journal
 - ✓ Find a workshop to attend that will offer you something you are interested in learning more about. Be prepared to share what you liked, didn't like, what you learned, and any other insight. It must be at least 5 hours. You can put two together to complete the 5 hours.
 - ✓ Teach 10 classes- you can do a Karma class where you offer a free class, you can use the studio space, or find your own space. Arrangements to use the studio will have to be made so that Lauren or Mike can be here to work quietly in the store. Submit details a total of 10 by the end of training. 2 of your classes taught can be with one person as a private session.
 - ✓ Read your required books and write notes that will be useful in your toolbox.
 - ✓ Various writing assignments will be required and collected
 - ✓ No more than 2 (days) or 16 hours absence are permitted. If you must be absent, you will still need to pay for the module, read all the material and spend time with the lead teacher to discuss learning. This includes illnesses, work conflict, or family issues.
 - ✓ All manuals are to be used for your learning only. Please do not use this work in other yoga teacher programs.

Academic requirements

Grading

This is a pass/fail program. Attendance, assignments, any tests or quizzes, participation, outside requirements, reading assignments, and practical hours are required to be completed. Communication will be maintained so that it is clear if concern arises. As the program progresses, we will set due dates for certain benchmarks so that time management is maintained. If you need help at any time, please seek it, either with the teacher(s) or another source.

Academic Probation

If homework is not completed 2 times or student has been absent 2 times, chronically late, the student will be placed on academic probation. Once all work is caught up and a meeting with the teacher is held, the student can be taken off academic probation.

Termination

If student is on academic probation for longer than two modules, or continual failure to complete work is an issue, the student will be terminated from the program in writing.

Graduation requirements

To obtain your RYT Certificate you must meet all the requirements-

1. Must have completed ALL work in class and out of class.
2. Paid for the program in full
3. Make-up contact hours may require extra tuition payments

Attendance

No more than 2 (days) or 16 hours absence are permitted. If you must be absent, you will still need to pay for the module, read all the material and spend time with the lead teacher to discuss learning. This includes illnesses, work conflict, or family issues. If we need to address extenuating circumstances, we will meet to discuss how to best handle the issues at hand.

Tuition and Fees

Payment can be made by cash, check, or credit card. There is a discount for cash or check as it saves from fees charged by the credit card companies. That savings goes back to you. Payment arrangements must be made prior to the start of the program. If paying by check, there is a 35.00 fee for NSF should that happen.

Tuition includes

- Student and asana manuals
- All weekend modules
- Free yoga classes at Lotus Moon while current and in training
- Discount on items in the store including books needed for the program

Tuition does not include

- Other needed books and materials
- Journal book, binder, etc.
- Additional workshop requirements
- Props other than those to use in the training program

Tuition payment options

- Cash discount if paid in full 2,750.00
- Credit card if paid in full 3,000
- 10 payments of 325.00 due prior to the weekend training
- Deposit of 250.00 due with application

Refund policy

- 30 days before start of training – 100% less the 250.00 deposit
- Once training starts
 - After week 1 training 75%*
 - After week 2 training 50%
 - No refund after the 2nd weekend of training
 - * All subject to non-refundable 250.00 application fee

Notice of Disclaimer

Studio reserves the right to change, edit, amend, add and delete requirements, subjects, programs and policies with or without prior notice. Classes and programs can be cancelled due to low enrollments and refunds will be issued.

I have read and accepted the terms and conditions of the Expectations of the Program and the Enrollment Agreement

Yes _____

No _____

Signed _____ Date _____

Lotus Legend Rep. _____ Date _____