

Policies of the 2010 – 2011 Sunrise Yoga Studio Yoga Teacher Training program

ENROLLMENT DEADLINE = FRIDAY, FEBRUARY 19, 2010

No-Risk Promise

You will receive a full, no-questions-asked refund of your unused tuition if you withdraw for any reason on or before Saturday, 5/8/2010.

Simply submit your written withdrawal notification to Valerie Kiser.

After this date, no refunds will be available. However, if for some reason you can't complete this year's program, you may participate in next year's program at no additional charge for the weekends missed.

Pricing

Register on or before Sunday, 1/31/2010:

- Pay in full on or before 1/31/2010
 - Application fee \$150 – waived!
 - Program fee \$1995
 - Total due: \$1995
 - ***You save: \$505 - 20% savings***

Register on or after Monday, 2/1/2010

- Pay in full on or after 2/1/2010
 - Application fee \$150
 - Program fee \$2350
 - Total due \$2500

Six-month payment plan

- Due by Friday, 2/19/2010
 - Application fee \$150
 - Initial enrollment fee \$550
- Monthly payment of \$350 due on each of the following dates:
 - 3/5/10
 - 4/9/10
 - 5/7/10
 - 6/4/10
 - 7/16/10
 - 8/20/10
- Total due: \$2800

Payment options

We accept cash, check, MasterCard, Visa, and Discover.

Books

Please budget approximately \$200 (at full price) for the required books. Please purchase your books (new or used) at your favorite book retailer; we do not sell books.

Certification

Upon successful completion of the program, you will receive a certificate of completion from the Sunrise Yoga Studio Teacher Training Program. You will also be eligible to apply for Yoga Alliance's 200 Hour "RYT" – Registered Yoga Teacher. See below for definition of successful completion / graduation requirements.

Graduation Requirements

Graduates will meet the program requirements as outlined here.

180 contact hours are required and a minimum of 20 non-contact hours are required.

If progress is not satisfactory at any point during the training, students will be notified to schedule a meeting with the Director to discuss ways to improve performance and complete past requirements.

Certification will not occur if:

- The student fails to demonstrate safe instruction.
- The student fails to demonstrate understanding of the material presented.
- The student fails to complete required hours.
- The student violates the Code of Ethics.

Students must pass all tests, complete all assignments satisfactorily, and have 100% attendance to receive certification.

Replacement Certificates

Upon completion of the program, a certificate of completion will be provided to the student. Replacement certificates may be obtained via written request to the Director for a \$25 fee.

Attendance

Attendance in all sessions is mandatory.

If you anticipate missing any class session, please discuss this with the Director.

In the event of an absence other than a full weekend, the participant must meet with the Director to agree on a plan to learn the missed content and fulfill the required hours. Meetings, conferences, reviews and any other occurrences resulting from absences will be charged \$75/hour.

Tardiness

Punctuality is required. If the student is more than 10 minutes late to a session, one hour will be deducted from his/her total contact hours. This hour must be made up as described in "Attendance" section and will be charged at \$75/hour.

Curriculum

- Techniques of asana, pranayama, meditation, and other traditional yoga techniques
- Teaching methodology: principles of demonstration, observing, assisting, modifications, instruction, conducting a class, sequencing, qualities of a teacher, business aspects of teaching
- Anatomy & physiology: human body and energetic body
- Yoga philosophy, lifestyle, ethics, Sanskrit, Ayurveda
- Practice teaching, assisting, observing, giving & receiving feedback, ethics

Contact hours

Techniques = 95

Teaching methodology = 30

Anatomy & Physiology = 20

Philosophy, lifestyle, ethics = 20

Practicum = 15

Non-contact hours

At least 20 hours include reading, answering homework questions, creating lesson plans, home practice & journaling of it, attendance to classes, observing/assisting classes and documentation of such, and unobserving teaching.