



2018 – 2019 9-Month Advanced Yoga Studies & Yoga Teacher Training Program Catalog

MISSION

Green Lotus Group, LLC d/b/a Green Lotus Yoga & Healing Center is committed to the success of every student in its training program, encouraging self-reflection, self-inquiry and self-discovery culminating in personal transformation and the ability to express that transformation.

OVERVIEW

Green Lotus has been conducting teacher training classes, utilizing a "*life-friendly*" **modular advanced yoga studies and teacher training model** since 2008. This program, in the form of three independent, complementary study modules, fulfills the requirements of the Yoga Alliance 200-Hour RYT certification and allows students to complete their training at their own pace. This approach enhances student learning by dividing teacher training into distinct and manageable sections and allowing each student to create a program that fits best with the commitments of their personal lifestyle.

Green Lotus acknowledges both students whose motivation is to further their personal study and deepen their yoga practice, and the student whose ultimate goal lies in yoga teacher certification. It is for this reason that Green Lotus has developed training options for both advanced yoga studies and the yoga teacher program. Take one, two or all three modules - you choose what serves your objective and when it best fits your busy schedule.

Green Lotus' teacher training guarantees that you will receive personalized attention in a small-group setting where you will get to know the faculty well and form deep bonds with instructors and classmates alike. Our faculty includes both Green Lotus and visiting teachers, and also integrates the knowledge of experienced healers who practice at our facility and elsewhere. Our curriculum includes study of the asanas as well as anatomy, yoga philosophy and history, ethics, and business practices. When you complete this program, you will be equipped to teach an all-levels Hatha class, a Gentle Hatha class, and a Vinyasa 1 class.

Green Lotus is committed to the success of every student, encouraging self-reflection, self-inquiry and self-discovery culminating in personal transformation. We look forward to taking the journey with you. Download and complete the Application and either mail or email the Application Form with your \$300 deposit to Wellness@greenlotusyogactr.com to take that first step.

Created to fit each student's personal schedule, Green Lotus offers convenient, modular teacher training and advanced yoga study options:

- Students motivated to deepen their personal study and practice may register for one, two or three modules
- Students seeking to meet the requirements for Yoga Alliance 200-Hour RYT Certification will complete the full series of three modules within a two-year period. Students whose previous coursework is more than 2 years old, may apply to the Director of Training for credit, but it is not guaranteed.
- Students may choose when they wish to attend individual modules - *Modules One and Two can be taken in reverse order however Module Two is a required prerequisite to Module Three.*

Upon completion of all three modules, students will have completed **240 hours of study** -- this includes 180 hours of in-classroom training (contact hours) and 60 hours of out-of-class study (non-contact hours).

GREEN LOTUS TEACHER TRAINING AND ADVANCED YOGA STUDIES MODULES

Module One - The Beginning Foundation (80 Hours – 60 Contact | 20 Non-Contact)

- Basic evolution, history and philosophy of yoga
- Pranayama & the use of breath as a transformative tool
- Yoga lifestyle
- Art of meditation - developing deeper levels of awareness

Module Two - The Asanas (80 Hours – 60 Contact | 20 Non-Contact)

- Knowledge of basic & advanced asanas (postures)
- Basic human physical and energy-based anatomy & physiology
- The asanas: alignment, healthy and safe movement patterns, benefits, contraindications
- How to read bodies - physically & energetically
- Verbal & physical adjustments

Module Three - The Teacher (80 Hours – 60 Contact | 20 Non-Contact)

- Development of a safe and respectful community in your class
- Teaching techniques and learning styles
- Verbal & physical adjustments
- Development & communication of a balanced and well-sequenced class that teaches and inspires
- Ethics of the yoga teacher
- The business of yoga:
 - What does it mean to earn a living as a yoga teacher? Open your own studio? Invest in a studio? Marketing tools and models to assist you?
- Practice teaching:
 - Apprenticeship - learn by watching and assisting certified teachers
 - Peer Teaching - intensive teaching practice in a supportive environment

SCHEDULE – Hudson, WI Weekend Program

All classes will be held at Inspiring Actions Yoga Studio & Wellness Center

Module One - The Beginning Foundation <ul style="list-style-type: none">• September 8 –10, 2017• October 13 – 15, 2017• November 10 – 12, 2017	Module One - The Beginning Foundation <ul style="list-style-type: none">• September 13 –15, 2019• October 11 – 13, 2019• November 8 – 10, 2019
Module Two - The Asanas <ul style="list-style-type: none">• January 12 – 14, 2018• February 9 –11, 2018• March 9 –11, 2018	Module Two - The Asanas <ul style="list-style-type: none">• January 10 – 12, 2020• February 7 –9, 2020• March 6 –7, 2020
Module Three - The Teacher <ul style="list-style-type: none">• April 13 - 15, 2018• May 11 – 13, 2018• June 8 – 10, 2018	Module Three - The Teacher <ul style="list-style-type: none">• April 10 - 12, 2020• May 8 – 10, 2020• June 12 – 14, 2020

Scheduled Meeting Times for Each Module






1. Friday: 6:00 p.m. – 9:00 p.m.
2. Saturday: 9:30 a.m. – 9:00 p.m. (includes breaks for lunch and dinner)
3. Sunday: 8 a.m. – 3:30 p.m. (includes break for lunch)

Location and Equipment

This program will be held at Inspiring Actions Yoga and Wellness Center, located at 1370 Hosford Street, Hudson, WI 54016. This location is in a single level small business complex just off of highway 94 on the frontage road. It includes 2 yoga studios, a small retail space and a common area with an adjoining space offering healing services.

Students will check in at the front desk upon arrival, and be directed to the appropriate studio. All necessary equipment related to the course, such as blocks, blankets, straps, bolsters and other props, will be provided. Students should bring their own yoga mat.

GREEN LOTUS TEACHER TRAINING AND ADVANCED YOGA STUDIES FACULTY

	<p>Gwen Linden-Bruzek, E-RYT-500, has been practicing yoga for over 20 years and has been teaching yoga since 2004. She received her first certification in yoga from The White Lotus Foundation in Santa Barbara, California, with Ganga White and Tracey Rich. She received her 300-hour certification as a Yoga and Ayurveda Health Educator from Dr. David Frawley. Gwen teaches anatomy, pranayama and philosophy in the 200-hour program.</p>
	<p>Marcia Appel, E-RYT-500, has been practicing and studying yoga since 2000, and teaching since 2006. Yoga deepens her connection to herself, to others and the world around her. In May 2012, Marcia finished a 300-hour program –Mindfulness Yoga and Meditation Training – at Spirit Rock Meditation Center in California. Marcia co-founded Green Lotus, co-leads its 300-hour training program, and teaches meditation, ethics, and the asanas in the 200-hour program.</p>
	<p>Merry Beth Hovey, E-RYT-500, has been practicing yoga since 2000 and teaching since 2002. Prior to finding yoga, she taught classical ballet for over 15 years. A recently retired corporate marketing executive, Merry Beth now devotes herself full time to Green Lotus, is a partner, the Director of Training, and teaches the asanas, sequencing, and the business of yoga in the 200-hour program.</p>
	<p>Tracy Hovde, E-RYT-200, has been practicing yoga since 1998 and teaching since 2004. She has an acute awareness of the body from her many years as a dancer, personal trainer, and massage therapist. She is part of the Green Lotus administrative team, coordinating Wellness to the Workplace and CEC trainings. For the 200-hour program, Tracy shares wisdom about chakras and energetic anatomy and is the administrator for the Hudson, WI location.</p>
	<p>Amy Dirksen, RYT-200, has combined her passion for wellness by opening Green Lotus in Eden Prairie, MN in 2015. A former marketing executive for a national banking company, she has taught fitness for the YMCA since 2002. A graduate of Green Lotus's 200-hour teacher training program, Amy teaches the asanas, and focuses on adapting for a more gentle practice.</p>

More in-depth bios are available at www.greenlotusyogactr.com.

PRICING & PAYMENT OPTIONS* **

The complete series for weekend programs consist of one weekend per month for nine months. These weekends are grouped into three modules, with each module covering three weekends of training. The complete series for the week day program includes two weekends and 30 week days. A \$300 deposit is required with your application.

- **Complete Series Investment** - \$2900 – Enroll early and save \$200! (\$2700 payment in full must be made by August 15th for September start, or December 15th for January start. This price includes:
 - Modules One, Two, and Three
 - 20% discount on retail (during weekend training sessions only, 10% on books)
 - 10% off discount on continuing education credit classes
 - Up to 20 free classes
- **Pay by Module** - \$300 deposit plus \$866.67 per module, total: \$2900
- **Automatic Monthly Payments** - \$300 deposit plus \$260 per month for 10 months, total: \$2900

**The prices do not include required books.*

***Limited needs-based work study grants are available. For more information, contact Green Lotus at wellness@greenlotusyogactr.com and enter "Advanced Studies Work Study" in the email subject line. In addition, training may qualify for state-funded worker retraining programs - contact the Minnesota Department of Human Services or a state unemployment office for assistance.*

POLICIES

Notice of Disclaimer

Green Lotus Group, LLC, d/b/a Green Lotus Yoga and Healing Center, reserves the right to amend, add, or delete classes, programs, policies, tuition and /or facilities without prior notice. Green Lotus Group, LLC also reserves the right to cancel classes due to insufficient numbers of students. Catalogs of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations. Material in this catalog shall be made available in electronic or written formats to students and prospective students. Revisions made to this catalog shall be provided to the Office of Higher Education within 10 days of implementation.

Disclosure Statement

Green Lotus Yoga and Healing Center is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Statement of Non-Discrimination

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, or physical disability.

Admissions Requirements

Green Lotus Group, LLC considers an applicant to be enrolled as a student when the following criteria are met:

1. Complete an initial interview (either by phone, email, or in person), and receive a confirmation email that student has been accepted into the program.
2. Submit a signed application with a \$300 deposit
3. Provide proof of High School Diploma or GED (year and school of graduation)
4. Make satisfactory arrangements for payment of tuition and other fees

Dress Code

Students are to be properly attired to practice yoga at all times, which includes dressing in layers for temperature comfort, and to have a change of clothes available in case of hot classes.

Attendance Policy

All participants are required to complete all three modules of study to graduate from the program, including completing the 200 hours required of 200 hours by Yoga Alliance (out of our 240-hour program). If a participant needs to miss all or part of a weekend, he/she can make up a weekend upon the next offering of the module weekend missed, within the next year. Students are checked-in at the beginning of each session to the school's registration and attendance tracking software.

Tardiness

Tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum-required attendance of 200 hours as required by Yoga Alliance (out of this 240-hour program).

Makeup Policy

Green Lotus and its instructors realize that students may face unexpected work or family issues that require them to miss a portion of their training. Students who miss a component may pick it up during the next module cycle or at a different location at no additional cost. In certain circumstances, teachers may be able to conduct a makeup session at their private instruction rate.

Grading System

Our program is based on a pass/fail system. At the end of each module, students will be notified if they did not pass, and given a detailed list of what they need to do to officially complete that module, including a timeline, to move on to the next module of study. Once all of the monthly homework assignments are successfully completed and turned in, the final class presentation is graded a 3 or higher (out of 5), and all three modules of training are completed, a participant is considered to be a graduate of the program. Successful completion of the homework means: Monthly practice log and overview of readings and experiences, any assigned worksheets handed in to the program director or assigning faculty.

Student Grievance Procedure

1. Complaints will be discussed with the individual staff member at a scheduled meeting involving both parties.
2. If satisfactory resolution is not attained as a result of the scheduled meeting, a written complaint will be submitted to the Program Director.
3. Program Director will schedule a meeting to discuss complaint and a written resolution will follow within 14 days.
4. If the Program Director cannot resolve the complaint to the student's satisfaction in writing within fourteen days, the student may file a complaint either with the State of Wisconsin Education Approval Board, 431 Charmany Drive, Suite 102, Madison WI 53719 or by phone at 608-266-1996; or the Minnesota Office of Higher Education, 1450 Energy Park Drive, #350, St. Paul, MN 55108-5227 or by phone at 651-259-3976

Student Records

A student's record consists of their application, a log of assignments completed, their attendance, and a copy of their final teaching evaluation. These are kept digitally for six years at which time they may be destroyed. For students that drop out of the program, records available at their withdrawal will be maintained for up to six years; however, after a period of two years a new application to re-enter the program would be required. Records are considered confidential and digital files are accessible only by the Director and program administrator.

Transcripts (Certificate of Completion)

Current or former students may request one free copy of their certificate of completion by submitting a written request to the school with the name and address where the certificate will be mailed. A \$10 fee will be charged for additional copies and must be paid in advance before they are processed. Certificates sent directly to the student will be marked to indicate that they are unofficial copies. Official certificates will not be released for students who may have a past due account with the school. Student certificates of completion are kept indefinitely. Mail request to Green Lotus Yoga and Healing Center- 18480 Kenyon Avenue – Lakeville, MN 55044, Attn: RYS Certificate Request

Academic Advising

Students are assigned a member of the faculty as their advisor. The advisor is available during non-contact hours by phone and email to keep students abreast of their progress, and answer any questions they may have regarding the program. A student's educational objectives, attendance and conduct are reviewed on an on-going basis. If academic standing or conduct is unacceptable, the student will be advised.

Satisfactory Academic Progress

Satisfactory progress is defined as actively participating in all levels of the training program, which includes required attendance, a grade of 3 (out of 5) or higher on classes taught, and completion of assignments. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be allowed to present justification or evidence of extenuating circumstances as to why he or she should be allowed to continue training. If a student is not grasping the content in the course or satisfactorily completing the assignments or attendance criteria but wishes to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect. If the student is on probation and has not achieved the criteria as set forth in this section at the end of the probationary period set forth between the student and their advisor, he/she will be terminated from the 200-Hour Yoga Teacher Training program and refunded per the refund policy. If a student must repeat a section of study, he/she may be charged a repeat fee to be determined at the discretion of the Director after an assessment of the individual's situation. The hourly rate is \$65 for the first hour, and \$50 for each additional hour. This repeat of the section of study may be due to academic failure or failure to meet attendance requirements. The maximum time allowed for repeats will be determined by the registration requirements of Yoga Alliance, or two years whichever is less.

Student Conduct

Students must adhere to the rules and regulations of Green Lotus Group, LLC, and the ethical behavior expectations as outlined in the attached commitment document. Any criminal activity associated with the training program such as theft of illegal drug possession will result in immediate dismissal from the program. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or

Training Program Catalog Vers. 08/18W Green Lotus Group, LLC in general. The Administration reserves the right of judgment, to place on probation and/or terminate a student on any of the following grounds:

1. Excessive absences or tardiness that compromises a student's ability to meet the 200-hour minimum requirements.
2. Non-conformity of rules, regulations and ethical behavior expectations of Green Lotus Group.
3. Conduct that is unsatisfactory to Green Lotus Group, LLC, its staff, faculty, and its students as defined by signed commitment agreement.
4. Falsifying school records.
5. Failure to pay fees when due and/or to make available required documents.
6. Theft

Termination Procedure

Students to be terminated from the program are notified in writing and may appeal to the director of Green Lotus Yoga Teacher Training within three (3) days of "Notice of Termination".

Scholarships

There may be a limited number of Work Study Grants available.

Credit for Previous Training

Green Lotus Group, LLC does not accept credit for previous education, training, work experience (experiential learning) or other yogic knowledge as credit for this training program.

Leave of Absence

Green Lotus does not grant leave of absence.

Student Services

Green Lotus Group, LLC does not offer career planning assistance to graduates and does not guarantee job placement after completion of the Advanced Yoga Studies / Teacher Training program.

Necessary Technology and Texts needed for completion of studies

Green Lotus Group, LLC provides a study manual but does not provide books and/or text books for this program. Each participant is required to borrow, purchase, or share required texts for the program. A complete book list is as follows:

Book List

- *Yoga and the Quest for the True Self* by Stephen Cope
- *The Best Guide to Meditation* by Victor N. Davich
- *Anatomy for Yoga* by Paul Grilley (DVD)

Cancellation Policy (Buyer's Right to Cancel)

Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees, and other charges will be refunded. If a student gives notice via writing, email, or phone of cancellation within three business days (State of Wisconsin) from when the student is accepted, then a complete refund is given regardless of whether the program has started.

Refund Policy - State of Wisconsin

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under EAB 6.04;
2. Accepted was unqualified and the school did not secure a disclaimer under EAB9.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation. If a student is in possession of the program study manual, refunds will be made less \$300 until the return of the program study manual. If the program study manual is not returned, the \$300 will be forfeited.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

Attended At Least	But Less Than	Refund of Tuition
1 class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	n/a	No refund

As part of this policy, Green Lotus will retain a one-time application fee of no more than \$100 upon return of the program study manual. If the program study manual is not returned, Green Lotus will retain \$300. The student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, Green Lotus may choose to refund a pro rata amount upon appeal to the Director of Training.

A written notice of withdrawal is not required.

Application

Application deadline is 14 days prior to start of program to allow sufficient time for student preparation. See Application.



Applicant Name _____

Date of Submission _____

200-Hour Yoga Teacher Training Application

☐ 9-Month Weekend Program – Mendota Heights MN Start date: ☐ January ☐ September

☐ 9-Month Weekend Program – Hudson WI Start date: ☐ January ☐ September

☐ 6-Month Program – Eden Prairie MN

☐ 3-Week Summer Immersion – Mendota Heights MN

Personal Information

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home/Mobile Phone _____ Work Phone _____

Email _____

Date of Birth _____ Gender _____

☐ I live out of town and am interested in housing options.

Work

Occupation & Employer _____ # of Years _____

Previous Occupation _____ # of Years _____

How did you learn about the Green Lotus Advanced Studies and Teacher Training program?

☐ Internet Search

☐ I practice at Green Lotus

☐ Advertisement

☐ Friend _____

☐ Other _____



Applicant Name _____

Date of Submission _____

About You

1. How many years have you been practicing yoga? _____

2. How many times per week do you practice yoga? _____

3. What style(s) of yoga do you usually practice? _____

4. Do you have a home practice? ☐ Yes ☐ No

5. Who have been your primary teachers? _____

6. Do you practice meditation or pranayama? _____

7. Is this your first advanced yoga study or teacher training? ☐ Yes ☐ No

If no, please list prior trainings: _____

8. Are you currently teaching yoga? ☐ Yes ☐ No

If yes, for how many years have you been teaching? _____

Where do you teach? _____

What styles(s) do you teach? _____



Applicant Name _____

Date of Submission _____

9. Why are you interested in Green Lotus Advanced Studies or Teacher Training? _____

10. What are your expectations for this training? What do you hope to achieve at the completion of the program? _____

11. In what way has yoga most profoundly affected your life? _____

12. Upon completion of this program, do you plan to teach? If so, what are you most excited about sharing with your community?

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

How would you evaluate your current health? ☐ Fair ☐ Good ☐ Excellent!

1. Please check all that apply:

- ☐ High blood pressure
- ☐ Low blood pressure
- ☐ Heart issues
- ☐ Lung issues
- ☐ Diabetes
- ☐ Cancer (if yes, when? _____)
- ☐ Allergies: _____
- ☐ Hypertension
- ☐ Headaches/migraines
- ☐ Insomnia
- ☐ Joint issues: _____
- ☐ Thyroid or other endocrine issues: _____
- ☐ Stress
- ☐ Anxiety
- ☐ Depression
- ☐ Recent surgeries _____
- ☐ Other (please list below)

Use this space to list or explain any of the above _____



Applicant Name _____

Date of Submission _____

2. Are you currently or during the last two years have you been under the care of a physician or mental health care professional? ☐ Yes ☐ No

3. Please list any prescription medications you are taking: _____

5. Is there any additional health-related information we should be aware of? _____

I have read and understand my right to cancel as outlined in the catalog listed on the website. I understand I can receive an emailed copy of this catalog upon request. Everything in this application is stated truthfully, and complete to the best of my knowledge.

Signature

Date

Green Lotus Yoga & Healing Center provides equal opportunity for all persons regardless of age, race, creed, disability, sex, religion, sexual preference, or political affiliation to participate in the 200-Hour Yoga Teacher Training Program.



Applicant Name _____

Date of Submission _____

Payment Information

Deposit of \$300 is due with application.

9-Month 200-Hour Program - \$2,900*

- ☐ Pay in full by August 15th (For September start) – \$2700 (Includes Deposit - Save \$200)
- ☐ Pay in full by December 15th (For January start) – \$2700 (Includes Deposit - Save \$200)
- ☐ Pay by module - \$300 deposit plus \$866.67 per module
- ☐ Automatic monthly payments - \$300 deposit plus \$260/month for 10 months

6-Month 200-Hour Program - \$2,900*

- ☐ Pay in full by December 15th – \$2700 (Includes Deposit - Save \$200)
- ☐ Pay by module - \$300 deposit plus \$866.67 January 1, March 1, May 1
- ☐ Automatic monthly payments - \$300 deposit plus \$433.33/month for 6 months

3-Week 200-Hour Summer Immersion Program - \$2900*

- ☐ Pay in full by April 15th - \$2700 (Includes Deposit Save \$200!)
- ☐ Automatic monthly payments - \$300 deposit plus \$866.67/mo. Total: \$2900

*Includes provided manual and CPR certification; other required books are not included.

I am paying by:

☐ **Cash** – Do not mail cash – call 952.373.0055 to arrange payment.

☐ **Check** – Check # _____

☐ **Credit Card** – Credit Card # _____
Expiration Date ____ / ____ CCV# _____

I hereby authorized the payment plan selected above _____

Signature _____

(Note – if you prefer, you may call us with your credit card information Mon. – Fri. 9 a.m. – 4 p.m.)

Signature _____ **Date** _____

Application can be mailed to 18480 Kenyon Ave. Lakeville, MN 55044 or scanned and emailed to wellness@greenlotusyogactr.com