

By LIFE TIME

2022 – 2023 Catalog

National Student Services Hotline // 855-808-0108

ww.lifepowerytt.com

Catalog Effective Date January 1, 2022

**Administrative Offices**

LifePower Yoga Office

1310 S. Adams

Birmingham, MI 48009

Phone: 855-808-0108

LTF Club Operations Company, Inc.

2902 Corporate Place

Chanhassen, MN 55317

Phone: 952-947-0000

**Program Locations**

Life Time - Chanhassen

2901 Corporate Pl

Chanhassen, MN 55317

Phone: 952.380.0303

Life Time – Crosstown

6233 Baker Rd,

Eden Prairie, MN 55346

Phone: 952.943.4600

Life Time – Eagan

1565 Thomas Center Dr.

Eagan, MN 55122

Phone: 651.688.3000

Life Time – Edina

250 Southdale Center

Edina, MN 55435

Phone: 952.257.7100

Life Time - Fridley

1200 E Moore Lake Dr.

Fridley, MN 55432

Phone: 763.656.1500

Life Time – St. Louis Park

5525 Cedar Lake Rd

St. Louis Park, MN 55416

Phone: 952.546.5474

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# Mission

Whether you are interested in deepening your practice or you feel the call to teach, going through LifePower Yoga Teacher Training is a transformative and enlightening experience. It empowers students to take powerful personal strides, not just on the mat, but in everyday life as well. Our philosophy and purpose is to introduce others to the healings power of yoga and support a more complete healthy way of life.

# Admission

## Application

Applications are accepted on a rolling basis. The Yoga Teacher Training programs are offered one to three times per calendar year. Application is closed for the current program session if the classroom maximum capacity is met, or on the first day of class, whichever comes first. Applicants may apply at any time for the next program session. Life Time reserves the right to reschedule or cancel a program session due to low application rates.

Applicants will be notified in writing of acceptance or rejection based on fulfillment of the following requirements:

1. 18 year of age or at a minimum of 17 years of age and turns 18 during the course of the program.
2. Payment of an application fee is due upon submission of application. $100 fee for the 200-hour program or $995 for the 300-hour program. The application fee will go toward the student’s tuition balance.

In the event of rejection, any monies paid will be refunded in full. The date of acceptance shall be presumed to be the date of delivery of the notice of acceptance via an online registration submission confirmation and if delivered by mail, the postmarked date of the letter of acceptance.

## Statement of Non­-Discrimination

Students are admitted without regard to their race, color, sex, age, national or ethnic origin, religion, sexual orientation, ancestry, disability, veteran status, marital status, parental status, or any other protected status. Life Time does not discriminate against individuals on the basis of race, color, sex, age, national or ethnic origin, religion, sexual orientation, ancestry, disability, veteran status, marital status, parental status, or any other protected status, in the administration of its educational policies, admissions policies, or other programs and activities.

## Immunization Requirements

Minnesota law (M.S. 135A.14) requires that students be immunized against measles, rubella, and mumps after having attained the age of 12 months, and against diphtheria and tetanus within ten years of first registration at the institution, allowing for certain specified exemptions. This applies to students that: were born after 1956, graduated from a MN High School before 1996, enrolled in a postsecondary educational institution, and takes more than one class. Students must submit a statement indicating an exemption or the month and year of each immunization at the first registration for classes or no later than 45 days after the start of their first term. Forms are available at (<https://www.mnsu.edu/admissions/immunizationform.pdf>)

# Tuition

The balance of the program tuition remaining after paying the $100 deposit is to be paid in installments as stated in the student’s Enrollment Agreement. Each student must be paid in full by the last day of the Yoga Teacher Training (unless you are receiving the Early Bird Scholarship, in which case you must have paid your tuition in full 30 days prior to the beginning of the program session).

LifePower Yoga accepts Visa, Mastercard, Discover and American Express credit cards.

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| --- |
| **Yoga Teacher Training Tuition Chart** |
|  | **Non-Member**  | **Member** |
| *Contact Hours* | *200* | *300* | *200* | *300* |
| Tuition | $3,595 | $4,295 | $3,295 | $3,995 |
| Application Fee | $100 | $995 | $100 | $995 |
| **Total Tuition** | **$3,595** | **$4,295** | **$3,295** | **$3,995** |
| \*Books | $150 | n/a | $150 | n/a |
| **Total Program Costs** | **$3,745** | **$3,995** | **$3,455** | **$3,995** |

\*Books / Media are purchased separately by the students.*Life Time offers a 20% discounted price. LifePower Yoga 200 Hour Teacher Training Materials Bundle $194.76. Includes free shipping. To order the materials and media, visit the online site www.*[*frequencyRiser.com/LifePowerYogaTT*](http://frequencyriser.com/LifePowerYogaTT)*. The discount code to enter is – LIFEPOWER*

# Scholarships

LifePower Yoga is not an institution that is eligible for government aid or assistance. The following institutional scholarship is offered. Scholarships are non-cash and awarded at the time of registration.

Early Bird Scholarship Students are eligible for a **$300** scholarship if tuition is paid in full 30 days prior to the beginning of the start of session. This scholarship is available to students who are either non-members or members to Life Time and cannot be combined with any other scholarships besides the LifePower Member Scholarship. Employees and Alumni are not eligible.

# Yoga Teacher Training

### Program Overview

The program prepares students to go beyond the practical yoga skills and the understanding of the principles and practice of Ashtanga/Vinyasa to the empowering personal journey of self-love. Students of all levels are encouraged to join this journey of exploration and acceptance, developing and enhancing yoga teaching competencies. No experience or knowledge is necessary – only a deep commitment to oneself.

The Yoga Teacher Training is an approved Yoga Alliance Registered Yoga School (RYS) that offers a 200-hour level program. A graduate of the Yoga Teacher Training 200-hour program will have the credentials to register as a Registered Yoga Teacher (RYT) 200 level with Yoga Alliance, if desired. A graduate of the Yoga Teacher Training 300 – hour program will have the credentials to register as a Registered Yoga Teacher (RYT) 500 level with Yoga Alliance, if desired.

### Yoga Teacher Training – 200 hour

An Ashtanga Vinyasa course of practice. Students of all levels are encouraged to join this journey of exploration and acceptance, developing and enhancing yoga teaching competencies. No experience or knowledge is necessary – only a deep commitment to oneself.

The 200-hour Yoga Teacher Training program offers a 12 week format for course length. The 200-hour Yoga Teacher Training program schedule varies in days and time depending on location. Times do not include breaks. Students are also expected to attend at least three yoga classes weekly for practice and observe a minimum of six yoga classes.

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| **200-hour Curriculum** |
| *Class ID* | *Name* | *Contact Hours* |
| YTT101 | Yoga Teacher Training | 200 hrs |
|  | **Total Hours** | **200 hrs** |

### Yoga Teacher Training – 300 hour

Go deeper into the 7 stages of Vinyasa Yoga. Use the Bhagavad Gita to develop a greater understanding of Karma, Jnana and Bhakti Yoga. Work with Sequencing and adjustments of anatomy to design and create powerful vinyasa flows and experience. Use ancient yoga postures a tools to uncover the body’s strength and weaknesses, developing a keen awareness of the edges within our psychosomatic structure.

The 300-hour Yoga Teacher Training program is typically a 9 month program from September to May, meeting approximately three times per week which will include: weekday evenings totaling 33 sessions, practicum 2-hour sessions totaling 35 sessions, weekday 2-hour sessions totally 35 sessions, and 3 Sunday all-day sessions that occur in the fall, winter and spring. For additional schedule information, contact yogateachertraining@lifetimefitness.com.

Topics covered in the Yoga Teacher Training 200-hour program and 300-hour program meet or exceed all the required standards set forth by Yoga Alliance. All classes in the Life Power Yoga Teacher Training curriculum are only offered on a pass/fail basis.

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| **300-hour Curriculum** |
| *Class ID* | *Name* | *Contact Hours* |
| YTT301 | Yoga Teacher Training 300 Hour | 300 hrs |
|  | **Total Hours** | **300 hrs** |

### General Course Requirements

In addition to attendance and participation in classes, teacher trainees are expected to complete all homework assignments and to honor the following practices:

* Daily yoga practice
* Daily meditation (at least 20 minutes)
* Daily yoga meal (follow the guidelines)
* Daily gratitude journal
* A total of six yoga class observations (200-hour program only)
* Daily anonymous acts of kindness are to be performed.
* Formal observation of teachers is one of the most effective ways to learn to be a great teacher. The goal of any observation is not judgment but to learn from the teacher’s experience.
* Observe a variety of classes and teachers, even ones that are outside of your experience and comfort zone.
* Observations can be of any yoga class taught inside Life Time’s fitness facilities.

**Feedback Survey** - Students are encouraged to complete a survey at the end of the program which are reviewed by the program’s administration and provide information for program improvements.

# General Information and Policies

## Session Dates and Times

Session start and finish dates typically occurs during the spring and fall of each year. Classes will not be meeting on the following holidays: New Year’s Day, Easter, Memorial Day, Independence Day, Labor Day, Yom Kippur, Thanksgiving Day and Christmas Day.

Class dates and times will vary based on the session. For specific schedule information, visit the website www.lifepowerytt.com.

## Facilities and Equipment

Students will have access to Life Time facilities to attend the Yoga Teacher Training course. Whether the student is a Life Time member or non-member, a Short Term Diamond level Life Time membership will be issued only to the individual student from the session start date through the end of the student’s enrollment in the program, regardless of how enrollment in the program may end. The membership fee is included in the cost of tuition. A Short Term Diamond level membership to Life Time provides access for the duration of the student’s program to Life Time Diamond, Onyx, Platinum, Gold and Bronze centers and access to the tennis facilities located within Life Time Diamond, Onyx, Platinum and Gold centers (court fees apply). A Short Term Diamond level membership does not receive any partner discounts, guest privileges, other additional advantages, amenities, benefits or services that may be available with standard Life Time membership types.

The Life Time Athletic facility will supply necessary yoga equipment such as mats, blocks, blankets in addition to students having access to all fitness equipment such as cardio equipment and strength training machines. However, students are required to purchase their text books. A list of required reading materials is given at time of registration. Approximate Reading Material Fee of $200. Discount available for students via *www.*[*frequencyRiser.com/LifePowerYogaTT*](http://frequencyriser.com/LifePowerYogaTT)*.*

The general hours of operation of Life Time facilities, which the yoga programs are located in, are:

Life Time – Chanhassen: Open 24 hours

Life Time – Eagan: Open 24 hours

Life Time – Edina: Open Monday – Friday 4am – 12am, Saturday and Sunday 4am to 11pm.

Life Time – Fridley: Open 4am – 12am

Life Time - St. Louis Park: Monday - Thursday 4am to 12am, Friday 4am to 11pm, Saturday 6am to 11pm and Sunday 7am to 11pm

These hours of operation are subject to change at any time. Current hours can be found on each location’s webpage.

## Dress Code

Students are to be properly dressed in appropriate workout attire at all times. This means athletic clothing that you can move comfortably in (no jeans).

## Statement of Ownership

Life Time, Inc. is a Minnesota corporation and parent company of LTF Club Operations Company, Inc. The corporate offices of LTF Club Operations Company, Inc. are located at 2902 Corporate Place, Chanhassen, MN 55317.

## Administration and Faculty

**LifePower Administration**

Jonny Kest, Director-Yoga Teacher Training

Jane James, Assistant Director – YTT and Events Coordinator

Jenn Hanser, Student Services

**On-Site Administrators**

The yoga program’s on-site administrator is the respective General Manager of each facility who oversees each club’s operations.

**Primary Teachers**

The primary instructor(s), at a minimum, will be a Yoga Alliance Experienced Registered Yoga Teacher- level 200 (E-RYT 200).

## Records of Completion

Documentation of program completion may only be requested by the student. Current or former students may request a copy of their certificate of completion by submitting a written request to the school’s administrative office at LifePower Yoga, 1013 S. Adams Birmingham, MI 48009 with the name and address where the certificate of completion will be mailed. A fee of $5.00 will be charged for each copy and must be paid in advance before they are processed. Certificates will not be released for students who may have a past due account with the school that exceeds $250 or if the request is made by a prospective employer of the student.

## Leave of Absence

Leaves of absences, including military leaves, shall be reasonable in duration, not to exceed sixty (60) calendar days and shall be for specific and acceptable purposes. A General Petition Form or written request for leave of absence properly dated and signed by the student and school official must be filed prior to the beginning of such a leave unless circumstances prevent completion of the request at that time. Student must return on or before the expiration of the leave of absence or face termination.

## Limitations

Although this catalog was prepared on the basis of the best information available at the time, all information is subject to change without notice. Courses and programs, as well as faculty, are subject to modification at any time. Life Time’s LifePower reserves the right to cancel any class because of under-enrollment or non-availability of faculty.

## Disclosure Statement

LifePower is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 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. The Minnesota Office of Higher Education is located at 1450 Energy Park Drive, Suite 350, St. Paul MN 55108-5227.

## Credit for Previous Training

LifePower does not accept or issue credit for previous education, training, work experience or CLEP.

## Placement Service

LifePower does not promise or guarantee its students a job upon enrollment or graduation. Placement services are not offered, but an effort to match a student's capabilities and desires with appropriate jobs known to LifePower may be made.

## Educational Delivery Methods

The program will deliver instruction using lectures, labs, directed study, practicum and observation.

## Student Instructor Ratio and Typical Class Size

An enthusiastic staff of experienced professional educators support the program’s objective to meet the needs of each individual student.  The maximum number of students in a typical classroom setting of instruction is 30 resulting in a student instructor ratio of 30 to 1.

## Grading and Satisfactory Academic Progress

The yoga teacher training courses are a pass / fail course based on attendance, feedback sessions, weekly homework and journaling assignments, and completing 180 or 300 contact hours, depending on the program. Testing assessments include in person physical yoga class feedback sessions (test outs / practical), a midterm written exam and a final written exam. The general course requirements listed under Program Overview are tracked by the student in their daily journal which is checked bi-weekly by the teacher, and yoga class observations include turning in written homework assignments.

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| *Course Grade* | *Letter Grade*  |
| Passing | P |
| Failing | F |
| Incomplete | I |

A passing (P) grade indicates a student has satisfied the minimum course requirements and a certificate of completion is granted.

A failing (F) grade indicates a student did not met the minimum course requirements and did not earn the certificate of completion.

An incomplete (I) grade indicates a student has not completed all of the required work to complete their course, Students receiving an “I” grade must turn in all outstanding work within 10 days.

Student’s records for attendance, homework, including all feedback session and participation logs are updated bi-weekly by the teaching staff. Students receive course progress feedback from teachers on a regular basis both verbally and through written critiques. Students may request a status on their academic progress from the teacher at any time.

If a student is behind in any way, the student will be contacted by the primary teacher and a written plan of action is developed. The plan of action may include make-up course work, appointments scheduled with a teacher for additional teaching and/or evaluations, and/or reminders of a new deadline to catch up. From this point, the student will be responsible with following through on the plan and policies so they may stay in the program in good standing for graduation.

If a student is unable to meet the course requirements within two week from the check in date, they will be reminded of the schools involuntary withdrawal policy (due to attendance or other violation) and a pro-rated refund will be issued according to the school policy.

Probation period does not exist in LifePower’s model.

## Attendance and Tardiness

Students are expected to be on time and in regular attendance for all classes. Students are expected to contact their teacher and to indicate if they will be absent or tardy. It is the responsibility of the student to contact the teacher and to get the assignments and information missed. A student is considered tardy after ten (10) minutes of being late for class. Tardiness and leaving class early is subtracted from the total time of the program, and counts against the minimum required attendance. Three (3) tardy days equal ONE full absence as communicated at the start of the course in the in-person interview between student and teacher. Students are responsible for reporting their own class attendance, p*lease be sure* you remember to sign-in on the attendance sheet for class each day.

Students missing more than three (3) classes are not allowed to make up time, will not graduate and will not receive a certificate. The student would need to fully withdraw and choose a prorated refund or to put their tuition toward the following session / year and retake the entire course, all hours

## Graduation Requirements

In order to graduate, a student must:

1. Complete all requirements for their program of study within the maximum time frame permitted while meeting at least the minimum satisfactory academic progress criteria.
2. Return all property belonging to LifePower.
3. Fulfill all financial obligations to LifePower.

## Student Conduct

Students must adhere to the rules and regulations of LifePower, which may be subject to change without notice at the sole discretion of LifePower. Students whose conduct reflects as a discredit upon themselves or the academy may be subject to probation and/or termination as determined in the sole discretion of LifePower. 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 LifePower in general. LifePower 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.
2. Non­conformity of rules and regulations of LifePower.
3. Conduct that is unsatisfactory to Life Time Academy, its staff, faculty, and its students, which includes, but is not limited to using notes, textbooks or other materials when not allowed during an examination, giving test questions or answers to another student, and copying an assignment from or completing an assignment for another student.
4. Falsifying school records.
5. Breach of any representation made to LifePower.
6. Acts of plagiarism.
7. Failure to pay fees when due and/or to make available required documents.
8. Entering school premises while under the influence of alcohol or drugs.
9. Carrying a concealed or potentially dangerous weapon.
10. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of LifePower.
11. Theft.

## Involuntary Termination Procedure

Students to be terminated from a program are notified in writing and may appeal to LifePower’s On-site Administrator within three (3) days of receiving a “Notice of Termination.”

## Reinstatement

Students who have been forced to interrupt their education for any reason may request reinstatement by contacting the On-site Administrator of LifePower. Students who were making satisfactory academic progress when they withdrew will be eligible for re-­entry without condition. Students who were not making satisfactory progress may be placed on academic probation or have other special conditions placed on their re­-entry. All students requesting reinstatement may be required to go through a portion of the admissions process again.

## Student Grievance Procedures

**Initial Review Procedures**

**Step One**: Each student is strongly encouraged, but is not required, to discuss his or her grievance with the person alleged to have caused the grievance. The discussion should be held as soon as the student first becomes aware of the act or condition that is the basis of the grievance.

**Step Two: Written Grievance Submission:** Any grievances regarding an action or inaction by LifePower, its faculty members or its employees must be presented:

* in writing;
* to the On-site Resident Director of LifePower; and
* within 30 calendar days after the student first became aware of the facts which gave rise to the grievance.

If the grievance is against the On-site Resident Director, the student should address his or her grievance through the Appeal Procedures.

**Step Three: Informal Investigation:** Within 10 calendar days of receipt of the written grievance, the On-site Resident Director shall conduct an informal investigation to resolve any factual disputes.

**Step Four: Director Determination:** Within 10 calendar days of conclusion of the informal investigation, the On-Site Resident Director shall make a determination and submit his or her decision in writing to the student and, if appropriate, to the person alleged to have caused the grievance.

**Appeal Procedures**

**Step One: Request Review:** Within 10 calendar days of receipt of the On-site Resident Director’s decision, a student who is not satisfied with the response may seek further review by submitting the written grievance, together with the written determination, to Life Time, Inc. Attn:  Legal Department**,** 2902 Corporate Place, Chanhassen, MN  55317**.** Fax 952.474.3390

Life Time will appoint a member of its legal department (the “Appellate Reviewer”) to perform a review based on the written grievance submission, and On-site Resident Director’s investigation and final determination.  The Appellate Reviewer may, but is not required to, direct that further facts be gathered or that additional remedial action be taken.

**Step Two: Appellate Reviewer’s Decision:** Within 30 calendar days of receipt of the request for review, the Appellate Reviewer shall submit his or her decision in writing to the student and, if appropriate, to the person alleged to have caused the grievance.  The written disposition shall include the reasons for the decision, and it shall direct a remedy for the aggrieved student if any.

**Appeal to the State:** Following receipt of the Appellate Reviewer’s decision, a student who is not satisfied with the response may file a written complaint with Minnesota Office of Higher Education.  All student grievances must be filed within 2 months following receipt of the Appellate Reviewer’s decision and no later than 2 years after the student first became aware of the facts which gave rise to the grievance.

## Refund Policy/Buyer’s Right to Cancel

If your application is rejected, you will receive a full refund of all tuition, fees, and other charges. You will be entitled to a full refund of tuition, fees, and other charges if you give notice that you are cancelling your contract within 5 business days after the contract or enrollment agreement is considered effective. A contract or enrollment agreement will be presumed to be effective on the date that the school notifies you that you have been accepted into the school and you have signed the contract or enrollment agreement. If the notification of acceptance into the school is sent by mail, then the effective day of being accepted is the postmark on the acceptance letter.

This five-day refund policy applies regardless of when the program starts. If you give notice more than 5 days after you signed the contract, but before the start of the program (or first lesson for an online distance education program), you will receive a refund of all tuition, fees, and other charges minus 15%, up to $50, of the total cost of the program.

If you withdraw after the start of your program and it has been more than 5 days after you signed the contract, you will receive a pro-rated refund of the entire cost of your program based on your last day of attendance. You will be provided a prorated tuition, fees, and other charges refund minus your initial application fees, up to $50, and minus the less or 25% of the total tuition or $100. Proration is based on whether your program is term-based or clock hours and how much of the program you have completed.

If your program is term-based, the completion rate is the number of calendar days from the first date of the program through your last documented date of attendance divided by the length of the program. The completion rate is calculated to the second decimal point (.XX).

If your program is clock-hour based, the completion rate is the number of clock hours you actually attended divided by the number of clock hours in the program. The completion rate is calculated to the second decimal point (.XX)

If you withdraw from your program after 75.00% of the program has completed, you are not entitled to a refund of tuition, fees, and other charges.

You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other charges within 30 business days of receipt of your withdrawal. Any mailed notice is effective as of the date of the postmark if sent by mail or the day it has been hand delivered to the school. Notice to withdraw may also be given by email or verbally, including a voicemail, to a school official. A student is encouraged to provide notification of cancellation by contacting Student Services at LifePower Yoga Office 1310 S. Adams, Birmingham, MI 48009 |Phone: 855-808-0108 | JHanser@lt.life. Students will be administratively withdrawn after missing three full class periods.

If you do not withdraw in writing or contact the school about your absence and you have not attended your program or contact the school about your absence for 14 consecutive days, you will be considered to have withdrawn from the school as of your last date of attendance. Your school is responsible for sending you a written notice of cancellation if you are withdrawn for failing to attend to your last known address. The confirmation from the school must state that the school has withdrawn your enrollment, and if this action was not the student's intent, the student must contact the school.

# Course Descriptions

## YTT101 Yoga Teacher Training

**Topic Descriptions and Objectives**:

**History, Philosophy and Ethics** - Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. Students will obtain a basic understanding of the 5,000 years of history of yoga and how the overall history applies to their current practice and future teaching. Students will gain an understanding of the philosophy of the eight limbs of yoga. Students will learn how to guide a class with a variety of participants in mind. They will establish grounds to develop their own moral conduct based on yogatic guidelines as well as plans to create and operate their own business.

**Techniques and Practical Application -** Includes asana, pranayama, kriyas, chanting, mantra, meditation and other traditional yoga techniques.  These hours will be a mix between analytical training in how to teach and practice the techniques and guided practice of the techniques themselves. Students will obtain the skills to teach over 60 yoga poses and gain the insight of benefits for each pose. They will also work on giving verbal and physical adjustments for each pose. Students will be able to sequence poses together to create a fluid and balanced class. Students will be able to teach the art of meditation and relaxation as it relates to the practice of yoga.

**Anatomy & Physiology** – Includes both human physical anatomy and physiology and energy anatomy and physiology and its application of principles to a yoga practice. Students will gain the skill set to assess class participants’ needs for a safe yoga practice specific to each individual body type. Students will develop skills to assess yoga class participants’ correct body alignment to reduce the risk of injury. Students will be able to create and sequence classes using their knowledge of human physiology to help improve the functionality of class participants’ internal working systems.

**Teaching Methodology** – Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, and qualities of a teacher, the student’s process of learning and business aspects of teaching yoga. Students will gain the skill set to conduct group yoga classes, individual private sessions and create yoga specific programming. By the end of this course, students will have the skills to develop and communicate themed classes that teach and inspire a variety of class participants. Students will learn how to market themselves to a wide variety of clients: private (in-home) sessions, yoga studios, health clubs and private businesses for future employment if so desired.

**Practicum and Observation** – Includes practice teaching, receiving feedback, observing others teaching and giving feedback.  Also includes assisting students while someone else is teaching. Students will be able to describe, demonstrate, and implement entry-level occupational competencies.

**Prerequisite:** None.

**Hours:** 200 clock hours total, made up of 95 hours of theory, 90 hours of lab/practical application and hours of 15 practicum. Students will receive approximately 14 hours’ worth of reading assignments.

**Materials and Media:**

* *Anatomy for Yoga*. Paul Grilley. Copyright 2009. DVD.
* Birch, Beryl. *Beyond Power Yoga: 8 Levels of Practice for Body and Soul.* Copyright 2000. Print.
* Desikachar, T.K.V. *The Heart of Yoga.* Copyright 1999. Print.
* Frankl, Viktor. *Man’s Search for Meaning.* Copyright 1959, 1962, 1984. Print.
* Iyengar, BKS. *Light on Yoga*. Copyright 1966, 1968, 1976. Print.
* LifePower Yoga*. LifePower Yoga Teacher Training Manual.* Copyright 2011. Print.
* Ornish, Dean, Ph.D. *Reversing Heart Disease.* Copyright 1990, 1996. Print.
* Swenson, David. *Ashtanga Yoga: The Practice Manual.* Copyright 1999, 2007. Print.
* Ramacharaka, Yogi. *Science of Breath.* Copyright 2007. Print.
* Tuttle, Will. *World Peace Diet: Eating for Spiritual Health and Social Harmony.* Copyright 2005. Print.

**Grading Information**: Attendance 75% Assignments/Quizzes/Exams 25%

## YTT301 Yoga Teacher Training 300-Hour

**Topic Descriptions and Objectives:**

**History, Philosophy, Lifestyles and Ethics** - Students will be exposed to a number of experience-based learning exercises to deepen their understanding of yoga’s key principles: equanimity, morality, concentration, and loving kindness. Students will go through a dietary cleansing program\* to discover a new level of clarity and well-being. Students will gain the understanding of the essential mindset necessary to nurture growth in themselves and others.

\*Note: the dietary cleanse is optional, and it is recommended that students consult with their medical doctor before beginning the cleanse

**Techniques and Practical Application** - Students will deepen their understanding of how to teach postures including advanced poses and arm balances. They will also work on giving verbal and physical adjustments for each pose in order to create the greatest impact in the class. Students will receive extensive feedback to ensure they can sequence poses together to create a fluid and balanced class. Students will deepen their individual meditation practice in order to teach meditation and relaxation in a more effective manner.

**Anatomy & Physiology -** Students will gain a deeper understanding of anatomy and the physiology of human respiration as it relates to the practice of yoga. Students will develop a better understanding of the key muscles involved in the major yoga postures. Students will also acquire a deeper understanding of the physiology of exercise and how it relates to vinyasa yoga.

**Teaching Methodology** – By the end of this course, students will expand and broaden their skills to develop and communicate themed classes that teach and inspire a variety of class participants in environments that range from group yoga classes to individual private sessions. Students will take real steps towards exemplifying artistry in their teaching and becoming masters of their craft. Students will teach in front of their peers during this course to test their knowledge.

**Practicum and Observation** - Students will demonstrate, and implement an expanded understanding of occupational competencies by practicing the art of teaching, receiving feedback, observing others teach and giving feedback. Students will eliminate teaching habits that do not serve and create connections with their students. Students will gain the confidence that they can teach in almost any environment and have success making connections. Prerequisite: 200 Hour Yoga Certificate.

**Prerequisite:** 200 Hour Yoga Certificate

**Hours:** 300 clock hours total, made up of 105 hours of theory, 145 hours of lab/practical application and hours of 50 hours of practicum. Students will receive approximately 14 hours’ worth of reading assignments. Journaling of observations will require approximately 7 hours of homework.

**Materials and Media**: None

**Grading Information**: Attendance 75% Assignments/Quizzes/Exams 25%