

## Tuition and Fees for 2024-2025 Program

### Flow Yoga Studio, De Pere WI Program

October 2024 - June 2025

**\$1967 Tuition for Program (Includes \$100 application processing fee)**

#### •Payment Option

- **\$247** Deposit (\$147)/Application processing fee(\$100) at time of acceptance and
  - **Remaining \$1720** paid **\$215** per month for 8 months, due on the 1st of each month: November 2024 through June 2025.
  - **Save 22% by Paying in Full by September 25, 2024**
    - **\$1534** due by September 25, 2024 (Can be split into 2 payments)
      - **\$247** at time of acceptance (Deposit(\$147)/Application processing fee(\$100)) and
      - **\$1287** due by September 25, 2024.
  - **Save 11% by Paying in Full by October 15, 2024**
    - **\$1750** due by October 15, 2024 (Can be split into 2 payments)
      - **\$247** at time of acceptance (Deposit(\$147)/Application processing fee(\$100)) and
      - **\$1503** due by October 15, 2024.
- Upon acceptance into the school an initial payment must be submitted within three days to hold a place in the class for the student. Pam Josifek will send you an online invoice for the initial deposit or full payment based on your payment option selection.
- Please budget approximately \$250 for the required textbooks, yoga mat, journal and supplies such as pen/pencils/highlighters. Textbooks can be purchased through any book retailer; discount or used books can be found online at [www.amazon.com](http://www.amazon.com).

### Materials Needed

#### Required Books:

- Teaching Yoga: Essential Foundations and Techniques by Mark Stephens.
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Adele, Deborah
- Hatha Yoga Illustrated by Martin Kirk
- Functional Anatomy of Yoga: A Guide for Practitioners and Teachers by David Keil
- 7 Secrets of a Successful Yoga Teacher by Dr. Lisa Dana Mitchell

**Additional Supplies Needed:**

- Journal
- Pens/Pencils/Highlighters
- Yoga Mat
- Computer with reliable Internet Access

Supplies and books may be purchased anywhere. All of the books can be found for purchase on major online retail websites.

Other books may be recommended during the program.

# 2024-2025 Hybrid Program Dates

## Flow Yoga Studio in De Pere, WI

October 26-27, 2024

February 22-23, 2025

June 28-29, 2025

Saturday 10:00 am - 6:00 pm

Sunday 8:00 am - 2:00 pm

1 hour weekly online Zoom class - Check-in/Discussion/Mediation/Practice

\*Weekly calls are currently scheduled for Tuesday's from 8pm - 9pm Central Time.

## Sample Day for In-Person Program

30 Minutes Discussion on Yoga Teaching Practice/Homework

60-90 Minutes Master Class/Practice/Student Led Class

30-60 Minutes Yoga History/Philosophy/Checkin/Questions

30-120 Anatomy/Yoga Pose Breakdown/Alignment

30-90 Minutes Class Design/Sequencing

30-120 Minutes Practice Teaching/Hands on Assisting/Practicum classes

30 Minutes Meditation/Journaling

## **Green Frog Yoga Teacher Training Program Agreement & Liability Release**

I \_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and a release of muscular tension. As in the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga.

I hereby agree to irrevocable release and waive any claims that I have now or hereafter may have against Pamela Josifek, any assistant teachers, Green Frog Yoga & Fitness, LLC, Green Frog Yoga Teacher Training School, or The Yoga Link.

I have carefully read this agreement and the entire contents of the Green Frog Yoga Teacher Training Program School Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Pamela Josifek, the Green Frog Yoga Teacher Training Program, Green Frog Yoga & Fitness, LLC, The Yoga Link, and all such hosts, instructors, organizers, and participants.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_