

**Santosh Yoga <sup>TM</sup> LLC**  
**200 Hour Registered Alignment Based Foundational Yoga**  
**Teacher Training School Catalog – 2024**

**General Information**

**School Name**

Santosh Yoga <sup>TM</sup> LLC  
 Suite 206  
 12745 West Capitol Drive,  
 Brookfield, WI, 53005  
 www.santoshyoga.com  
 (414) 8039328

Registered Yoga Alliance Program and Wisconsin Education Approval Board (Wisconsin State Licensed).

**School Philosophy:**

The stress of modern life alienates our spirit from our body. Its pressure disturbs and agitates our mind. To counteract these conflicts, our yoga teachings promote a centered, balanced, and peaceful life. Through posture (asana), the gift of breath work (pranayama), and the inner controller (antara yamin), you will feel more at home with your body. Just as importantly, we will teach you how to use your body to express the spirit's purpose.

**School Mission Statement:**

Using an alignment-based asana practice with a deep emphasis on yoga's spiritual qualities, we strive to meet the individual physical, emotional, and psychological needs of each student. We are adept at modifying postures to accommodate wide ranges of physical and mental abilities. Whether you are a yoga teacher or new student, physician or patient, conditioned athlete or not-so-active grandparent, corporate powerhouse or easy-going retail worker, fully able or not, you will immediately feel the comfort of coming home to your body once you have experienced Santosh Yoga <sup>TM</sup>.

**School's facilities and equipment:**

The school location: Suite 206, 12745 West Capitol Drive, Brookfield, WI, 53005. Easy parking is available in front of our centre entrance and behind our building. We have a spacious 1500 sq.ft. Yoga centre with large handicapped size doorways to bathroom. We do not have a shower facilities or locker facilities. There is no availability to have your lunch or breakfast at our centre. Good restaurants and coffee shops are available within a mile drive from our centre.

**Equipment we use:** Yoga brick, belts, blankets, wooden dowels, chairs, slant boards, hanging wall ropes, benches, etc. You are expected to have your own mat, three blankets, two yoga straps, two wooden bricks, pen, writing pad every time to come into the premises for the practice sessions.

### **School's Director**

The director of the school's yoga teaching program is Bryant Mascarenhas MBA, MIS, CYT, ERYT( Experienced Registered Yoga Teacher -The highest award from Yoga Alliance, is 5000 hours of teaching experience prior to year 2002). Bryant has additionally clocked over 10,000+ hours since 2002 to date. He can be contacted at [bryant@santoshyoga.com](mailto:bryant@santoshyoga.com) – more info at [www.santoshyoga.com](http://www.santoshyoga.com)

### **Dates of all holidays and vacation periods during which the school does not provide instruction**

We are closed on all national US holidays only, and only if there is a severe winter storm weather warning, if this is the case we post closure of the center on our website [www.santoshyoga.com](http://www.santoshyoga.com), and on our recorded office voicemail. Weekend and weekday program could be cancelled if the director has a personal medical concern that comes up. So far in the last several years this has not happened.

### **Name of faculty member and qualifications**

Bryant Mascarenhas – Director of Santosh Yoga LLC  
MBA, MIS, CYT, ERYT, KFIY (Kripa Foundation Iyengar Yoga Certified)  
Additional Teaching Assistance: Kirtin Kroner RYT500

### **Admissions and Entrance Requirements**

#### **Description of the school's admissions policies and entrance requirements**

This teacher training intensive is for students of yoga who have had at least 1-3 years of asana based yoga practice. Students have to be submit 2 letters of recommendation demonstrating clearly their yoga practice.. Student has be a minimum of 19 years old.

The Santosh Yoga Beginner Teacher Training Program is for existing teachers wishing to enhance their teacher training skills, for new teachers, and for students intending to take up the task of teaching yoga, also for students wishing to deepen their level of existing practice. The student should have a good grasp of the English language.

#### **Additional qualifications but not limited to:**

A basic understanding of anatomy, physiology, and prior teacher experience is always helpful but not mandatory. If students have not practice with the director prior to the enrollment, we highly recommend that student's get several practice sessions and first gauge if they feel they are a fit for what Santosh Yoga teaches.

Additionally: Applicants should be computer literate to read emails and responds to any course material work via email. Applications will have to sign the registration form, waiver release form, refund policy form.

**Description of the training Santosh Yoga will provide and how a student will benefit from this training.**

Thank you for your interest in our 200 hour+ Teacher Training Program. Typically students enrolling in this program have at least 1/3 years of yoga practice. This experience of learning to be a teacher at the 200 hour level is a wonderful journey of growth for yourself and your students who study with you.

At the 200-hour Level you gain the knowledge, confidence and awareness that is essential for becoming an alignment-based yoga teacher. The course covers the foundations of alignment-based asana and pranayama, meditation, and applied yogic philosophy. You will emerge with the ability to teach a variety of classes; the confidence, caring and compassion that keeps your students safe and growing; and the inspiration that makes yoga a powerful tool for transformation. Be prepared to fall in love with your own personal yoga and meditation practice as well, since Santosh Yoga awakens the joy of living from the heart.

As you learn the foundational curriculum, you will also explore:

- Anatomy and physiology of asana and pranayama
- How to see and understand bodies, and give hands-on adjustments
- The benefits and contraindications of asana, and the use of props
- How to deal with students' injuries and health conditions
- The energetics of centering your mind and awakening your intuition
- Delivery, presentation and class control, especially in teaching beginners
- How nutrition and a yogic lifestyle affect your students, your teaching, and life
- Ethics, business, and the professional and energetic boundaries of teaching
- How to apply timeless yogic philosophy to your classes and your daily life

In addition you will also receive Bryant's full detailed with illustrations 300 page Santosh Yoga Foundational Teacher Training Manual for Teachers.

Upon successful completion of the course work, this will include:

1. 80% attendance of the program - if you are going to miss up to 4 weekend sessions, you can still catch up with the program.
2. Proper conduct and following ethical guidelines during the program, to include the live practicum (where you will be constantly assessed)

You will receive a certificate from Santosh Yoga 200+ hour program \_ if all (1), (2) and are fully completed to the satisfaction of the Santosh Yoga Faculty.

Santosh Yoga is recognized by Yoga Alliance and you will have to apply to Yoga Alliance to be recognized as 200 hour RYT (Registered Yoga Teacher), after you

complete our registered teacher training program successfully. (Note: You are responsible for filing in Yoga Alliance paper work and paying their fees for registration with them, after you complete our program. If you have any difficulties during the process with them, feel free to contact us at: [bryant@santoshyoga.com](mailto:bryant@santoshyoga.com))

All weekends study is a buildup from the previous weekend.

Missed live-in-class sessions can be made up-to 10% of missed time only during the same calendar year. Only after attendance of the missed live-in-class sessions and successful completion of Criteria above (1), (2), you will be issued a certification of completion from Santosh Yoga. After which you are most welcome to apply to Yoga Alliance for RYT200 recognition.

### **How a student is accepted and notified of acceptance**

Please fill our registration form and submit at-least 2

letters of recommendation demonstrating you have 1/3 years of yoga practice, what style, who is the teacher, etc., a video of your practice or teaching if you have one. Include your non-refundable application fee of \$100. Please give at least 1 weeks to review your application; you will then be informed via email or txt of your acceptance to our program at Santosh Yoga. During this time you may be called in or over-the-phone interview with the director, Bryant Mascarenhas. You should think about what questions you want to ask and have them ready prior to coming to the interview, bring your questions along with you.

### **Student Progress Reports**

1. 80% attendance of the program: This is all scheduled weekends and all scheduled live Practicum classes. (Upto two weekends missed can be made up, live practicum can be made up in successive weeks).
2. Proper conduct and following ethical guidelines during the weekend teacher classes and in the live practicum. You will be assessed for the following in addition to following our code of conduct:
  - a. Assisting in class
  - b. interest in learning in class
  - c. eagerness to demo techniques
  - d. ability to demonstrate a technique in class
  - e. ability to teach a technique or two in class
  - f. demonstrating respects towards both students and the teacher of the program.

The first assessment helps us and you to gauge how you are doing the program, and what are the areas you need to grow into. The regular attendance 100% from past programs has shown us that students learn effectively when regular (In the past students have missed up to 2 entire weekends, and have been able to makeup missed material in other weekends. If you know you are going to miss more than 3 entire practice weekends, we recommend you reconsider joining the 200 hour Santosh Yoga Foundational Teacher Training Program.

Students who miss more than 2 weekends will have to work with the faculty at a time that is convenient for the faculty to catch-up and make the study time. The cost for this is \$150 an hour of the faculty time, and will have to be paid to Santosh Yoga prior to the start of the makeup time. Inability to do so, complete the required course material may cause the student to be held back. A student will be given up to one month after the program ends in June to makeup any missed weekends or an in-class live practicum makeup after June 2024, but no later than end December 2024.

In ability to do so, and the student will be asked to redo the missed material in the following year 2024 at (cost: \$150 per hour of faculty time) or \$20 per class for any in-class practicum.

NOTE, Santosh yoga does not know at this time if they will be students enrolled in the following 2024 YTT program. Missed material could be done privately with Santosh Yoga as needed and mutually discussed.

### **The school's criteria required for satisfactory progress completion of the program.**

Students will constantly be assessed in class, : live and practicum on how they are progressing.

### **Student Conduct**

Ethics are taken very seriously at Santosh Yoga Teacher Training School as these are deeply ingrained into the teachings and in student's personal practice. Please see attached ethics form as it outlines the conduct expected of our students. Participants should be familiar with the statement and adhere to it. The ethics portion of the teacher training is covered in the teacher training program.

### **Unsatisfactory conduct**

Students are expected to behave as mature adults. Students that are disruptive may be terminated from the program at the Schools' discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the

influence of drugs, alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language.

Students will receive one written warning notice from the program director. If the disruptive continues, the student will be terminated from the program.

### **The appeals process and the conditions for re-admittance if a student is dismissed**

If a student is found at fault at the time of the first notice, and continue to carry on such behavior, we do not readmit the student into the program.

### **Leave of Absence**

#### **We do not offer a leave of absence from the Santosh Yoga Teacher Training program.**

Should a participant need to discontinue the training and wish to continue their training at a future date, they will need to start again with that future class. The refund policy will apply to the unused part of the remaining tuition. Students are given up to 1 years to re-join the balance of the teacher training program, but this will be only if Santosh Yoga has another 200 hour YTT in the following year.

If the participant does decide to continue at a later date, and there has been an increase in tuition, the participant is responsible for the difference between the tuition when they originally started the program and the tuition when they continue the program.

### **Attendance**

**Attendance in all sessions is mandatory.** Attendance will be taken at each class session.

In the event of an absence, the participant must meet with the director will help the student catch up. The student may have to makeup missed material with the faculty by paying \$150 per hour of faculty time.

Yoga practicum time missed may be made up by attending approved classes taught by the Director.

Lectures and weekend teacher training sessions that are unique to the training may be made up during the next year or if the director has additional time during the current enrolled year. If the students needs it through individual private instruction at the cost of \$150 from the Santosh Yoga Faculty.

## **Tardiness**

If the participants are more than 30 minutes late for a session, the student will be considered tardy for 1 time occurrence. If the student is tardy twice within a two month period, the student will be considered an unexcused absence for up to a one hour session. If this is the case, the rules for attendance will be enforced as above.

## **Student Complaints**

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school staff member. The school director's decision is final on all complaints.

If resolution cannot be obtained, the student can contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996 or via email at [eabmail@eab.state.wi.us](mailto:eabmail@eab.state.wi.us)

## **Tuition, Fees and Refunds**

### **2024 Registration: Information, Fee Details -200 hour RYT at Santosh Yoga**

Mail this part up to the double line and sign with payment, attach along with your registration form and its information

Requirements at the end of the catalog:

Mail your check to Santosh Yoga or hand deliver if you are a student in class:

Suite 206, 12745 West Capitol Drive, Brookfield, WI, 53005 (check payable to: Santosh Yoga)

Name \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Credit Card Information (for our file only: **You will be paying by check or cash or credit card(3 percent credit card fee will apply)**)

Name as it appears on the credit card: \_\_\_\_\_

Number: \_\_\_\_\_ expiry: \_\_\_\_\_

Credit Card Name: Master /Visa / Discovery (check off)

Cost: Regular: after xxxxx

\$3,200 (Includes Teacher Training Manual)

This includes the non-refundable \$100 deposit as registration fee.

Cost: Regular: If paying in two installments: (Includes teacher training manual)

\$ 1,600 first installment due by xxxxxxxx

\$1,600 second installment due by xxxxxxxxxx

All fees to be paid by check only (your credit card information will be kept on file)

If making installment payment and second payment is not received on time your Credit card on file will be charged directly.

Students will be required to buy two text books at their own cost:

1. Light on Yoga by BKS Iyengar
2. Anatomy of Movement by Calaise and Blandaine
3. Students will be given weekly material from the Santosh Yoga Teacher Training Manual at no cost. (If student loses their weekly material, they can purchase a page of the teacher training manual for \$3 per page, up to the number of pages they require).

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Name of Applicant

Signature

Date

I accept the terms of this contract for the 200 hour teacher training program and grant Santosh Yoga the right to charge my credit card on file, if I do not make my check payment on time.

FOR SANTOSH YOGA

BRYANT MASCARENHAS MBA, MIS, CYT, E-RYT



## Refund Policy

The student will receive a full refund of money paid if the student cancels within the three business day cancellation period; the student accepted was unqualified and the school did not secure a disclaimer, the school procured the student's enrollment as the result of false representation in the written materials used by the school or in oral representation made by or on behalf of the school. The school will issue refunds within 10 business days of cancellation.

## Partial Refund

A student who withdraws or is dismissed after the three-business day cancellation period, but before completing 60% of the potential units of instruction in the current enrollment period, shall be entitled to a pro rata refund, as calculated below, less any amounts owed by the student for the current enrollment period, less a one-time application fee of \$100.

Pro rata refund shall be determined as the number of units remaining after the last unit completed divided by the total number of units in the enrollment period, rounded downward to the nearest ten percent. Pro rata refund is the resulting percent applied to the total tuition and other required costs paid by student for the current enrollment period.

Before attending any units of instructions:

100% refund less a one time application fee of \$100

After Completing:

<u>At Least</u>	<u>But Less Than</u>	<u>Refund of Tuition</u>
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	NO	NO REFUND

As part of this policy a school may retain a one-time application fee of no more than \$100. The school will make every effort to refund prepaid amounts for books, supplies and other charges unless the student has consumed or used those items and they can no longer be used or sold to new students, or returned by the school to the supplier.

The school will issue refunds within 40 days of the effective date of termination. A written notice of withdrawal is not required. The student is considered withdrawn from the school if the student fails to attend classes, utilize instructional facilities or submit lesson without providing an explanation to the school regarding the inactivity for their absence. See page number: 30

No refund is required for any student who withdraws or is dismissed after completing 60% of the potential units in the current enrollment period unless a student withdraws due to mitigating circumstances, which are those that directly prohibit pursuit of a program and which are beyond the control of the student.

**Program Days and Time:** (Program dates are subject to change if the instructor is not well, or emergency travel or family reasons.

(mock dates, as we do not have an enrollment now for this last year)'

Weekend times are: Friday: 3.30PM to 7/8PM

Saturday: 10.30am to 2.30pm

Sunday: 10.30am to 2.30pm(or 3.30pm) some Sundays am

Weekend format, with live in class practicums twice a week

### **LIVE PRACTICUM:**

Live in class practicum *are held twice a week in live class*. Can be online live, due to Covid restrictions. Teachers can choose any two dates during the week; this can be finalized at the start or even at the beginning of the program.

you will need to **attend 3** 1hour.15 class sessions in the therapeutic live class. This is usually held on Wed night on or before 7.15pm.

### **Program Curriculum**

#### Our program of 200 hours:

- Concentrated study on how to teach asana, how to practice asana, how to do adjustments
- Modifications, variations, use of props, benefits, cautions and most important sequencing and injury prevention
- Class delivery, voice, language of yoga, class control and discipline
- Pranayama techniques: Its purpose, its subtlety, its effects and sequence
- Understand what it means to teach the 'essence of yoga' – Karma, Bhakti, Jnana and Raja yoga in the context of 'The Eight Limbs of Yoga'

#### 8 Month Format

187 hours of contact time = 128 hours of dedicated Yoga Teacher Training (YTT)  
+ 59 hours of practicum

13 hours of non-contact time = Take home assignments/ personal reading/personal practice

#### **128 hours is in class practice sessions:**

Group meets Friday – 3.30pM to 7PM and Saturday – 10.30am to 2.30pm (+ 1 Sunday)

##### 1. Techniques and training practice

Asana, pranayama, chanting, meditation – how to practice and teach these  
Guided practice of techniques

##### 2. Teaching methodology

- Principles of demonstration, observation, correcting,  
Teacher qualities, student's process of learning
3. Anatomy and physiology  
Functional anatomy and body systems, organs, chakras, energy  
Movements and its relationship to asana, pranayama and meditation
  4. Yoga Philosophy, lifestyle and Teacher ethics  
To include yama, niyama, diet, nutrition and living your yoga
  5. Therapeutics and working with a variety of students  
Injuries – its prevention and treatment; Use of props, accessories and  
Sequencing

### **59 hours of practicum:**

Students attend Two 1.15 hour training in live class setting per week with director of the YTT over 8 months. You can select any two classes' days and timings from list of classes that will be provided on a 7 week period. This will be given at the start of the program.

6. Includes practicing teaching, observation of teacher in class, assisting in  
Class, giving feedback and class notes in dealing with group class settings.  
Teaching and assisting with therapeutic applications of yoga in class setting

### **6 hours of homework, assignments, home practice, personal practice and study**

Please note: Every weekend meeting the breakup of time for:

Friday: 3.30PM to 7/8PM and Saturday: 10.30am to 2.30/3,30pm and some Sundays 11 to 3/4

#### **. Topics covered are in these five areas:**

##### Techniques and training practice

Asana, pranayama, chanting, meditation – how to practice and teach these  
Guided practice of techniques

##### Teaching methodology

Principles of demonstration, observation, correcting,  
Teacher qualities, student's process of learning

##### Anatomy and physiology

Functional anatomy and body systems, organs, chakras, energy  
Movements and its relationship to asana, pranayama and meditation

##### Yoga Philosophy, lifestyle and Teacher ethics

To include yama, niyama, diet, nutrition and living your yoga

##### Therapeutics and working with a variety of students

Injuries – its prevention and treatment; Use of props, accessories and  
Sequencing

We teach as the student ability to absorb the technique increases. From our 30 years of teaching experience we find that the 8-month period gives the student plenty of time to cover all course work in a manner that is easy for the student to absorb, digest and assimilate.

**Synopsis of 300+ Page Program Manual that will be covered over the 8-month period.**

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## About Guruji Bryant Mascarenhas

Guruji Bryant F. Mascarenhas has been studying eastern disciplines from the age of 10. He began his yoga practice in 1986 under the guidance of Fr. Joe Pereira, S.J., in the Iyengar lineage while growing up in Bombay, India. Bryant continues to consult with Fr. Joe Pereira in India and abroad. He has been *certified internationally* as a senior teacher by Fr. Joe Pereira, Bombay, India.

Bryant holds a Bachelors degree in Chemistry, a Masters degree in Business, and a Masters in Information Technology. He also is an accomplished black belt in the “Ketsugo” martial arts system. He has in-depth knowledge of anatomy gained through direct working in the field of radiology for 6 years in the United States. Bryant is also recognized by *Yoga Alliance* at the national level as E-RYT (experienced yoga teacher with over 5,000 hours of teaching yoga before 2002 – the highest award recognition by Yoga Alliance( US National body regulating yoga teaching and yoga schools). Since 2002 to date Bryant has clocked over 10,000 hours of teaching yoga. Bryant is also 1 of only 5 in the world certified by Fr. Joe Pereira and Guruji BKS Iyengar as a Kripa Foundation Iyengar Yoga Certified Teacher. (KFIY).

He has taught alignment-based yoga to tens of hundreds of people in Ohio, Wisconsin, California, Seattle, Michigan, Maryland, New York, Los Angeles India, Canada, Germany, Switzerland, , Dubai, Australia, New Zealand. He has brought yoga to people with AODA, HIV/AIDS, fibromyalgia, MS, migraine, lower back pain, arthritis, infertility, cancer, heart problems, panic attacks, bipolar disorders, anxiety and depression, bladder problems, urinary incontinence, stroke, paralysis and the mentally handicapped. Bryant is the director of *Santosh Yoga Center* in Milwaukee, where he directs several yoga programs, including specialized therapeutic yoga programs for difficult to treat illness and for autistic and mentally challenged adults.

Bryant conducts yoga programs in Wisconsin, Canada, Germany, Switzerland, and India. He has been an invited inspirational speaker at several institutions including the Northwestern’s Kellogg School of Management. Bryant brings you the essence of yoga, its applications, and its effect in the context of day-to-day living. He inspires you to live an awakened and purposeful life. Santosh Yoga encourages the balance between the physical, physiological, psychological, emotional and spiritual layers of life so as to enhance your inner fulfillment.

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[www.santoshyoga.com](http://www.santoshyoga.com)

**Employment Assistance Services:**

We do not provide any of these services

**Employment Results**

While we do not provide employment. We do keep in touch with our students via email – as to where they are teaching and how they are doing with their practice and/or teaching of yoga after graduation with us.

## Registration Form and Application Information

### **200 hour Santosh Yoga Foundational Teacher Training Registration Form** **Santosh Yoga LLC**

Please fill out every item neatly and clearly, giving thought to your words. Thank you.

**Date of application** \_\_\_\_\_ (Date of Start of Program:  
\_\_\_\_\_ (office use)

**First Name** \_\_\_\_\_ **Middle Initial** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Home Address**  
\_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Occupation** \_\_\_\_\_

**Work Phone** \_\_\_\_\_ **HomePhone** \_\_\_\_\_

**Cell Phone** \_\_\_\_\_

#### **Alternate Contact**

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Relationship** \_\_\_\_\_

#### **How did you find us? (Check one)**

Flyer \_\_\_\_\_ Friend \_\_\_\_\_

Internet \_\_\_\_\_ Other \_\_\_\_\_

#### **Please document your 2/3 years of yoga practice in this format:**

<u>Yoga style</u>	<u>Duration</u>	<u>Teacher</u>
e.g. Vinyasa	2 years	xxxx
E.g. Iyengar	6 month's	xxx

#### **Preferably attach two letters of recommendation along with this documentation.**

The letters of recommendation should clearly state why you would be a suitable candidate to undertake this teacher training program or outline your characteristics or skills sets that you think are

will come to your advantage in going through this program. The letters of recommendation cannot be from family or relatives, they may be from a yoga teachers or mentors, or teachers, or peer personnel.

**Please answer the following questions on separate paper (typed; no more than 2 sheets total please):**

1. What styles of yoga and meditation have you done and for how long? Which teachers have most inspired you?
2. Briefly describe your current yoga and meditation practice. Include you current challenges and breakthroughs.
3. Have you taken any courses with Santosh Yoga? If so, which one(s)?
4. Have you done a yoga teacher training course before? If so, which one(s)?
5. Do you currently teach yoga? If so, please describe your teaching style and purpose. If not, why do you wish to teach yoga?
5. What are your expectations of the program? What do you hope to learn?  
(Use additional paper and attach as needed for your answers).

Thank you!

- I have read understood and give my willing consent to enrolling for the Santosh Yoga 200 hour Foundational teacher training program and its policies for conducting the Santosh Yoga 200 hour Foundational Teacher Training Program at Santosh Yoga LLC

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Your full Signature & Date