



# YOGA Home School of Therapeutics



300 HOUR YOGA TEACHER TRAINING

## *YOGA AS THERAPY*

AROMATHERAPY • AYURVEDA • NIDRA YOGA

### COURSE CATALOG



## Yoga Home School of Therapeutics

(405) 470-8180

5801 W. Britton Rd. St. K Oklahoma City, OK 73132



## Yoga School Catalogue:



1. Sara Alavi, Experienced Yoga Teacher (over 3000 hours teaching experience), Registered Yoga Teacher 500 hours, Reiki Master, Yoga Studio Owner, Director of Teacher Training, Certified Hypnotherapist, Certified Yoga Therapist. Sara has been working with military personnel and veterans at the Oklahoma City Veterans Hospital for five years.
2. Laili Boozary, 200 hour RYT, BS, earned her Master's of Health Promotion and Bachelors in Health and Exercise Science from the University of Oklahoma. She received her 200-hour yoga alliance registered yoga teacher certification at The Mindfulness Center, Bethesda, VA. She has been teaching yoga to diverse populations including at the University of Oklahoma, Yoga Home of Therapeutics and Oakwood Springs Hospital. Her focus of study research at the University of Oklahoma has been in the field of eating disorders and mindfulness practices. She is passionate about bringing the tools she has learned to those looking for guidance on the path to health and wellness. She is the founder and president of Health Strategies.
3. Holidays and vacation periods do not reflect on our program. Calendar of school: first day of course begins November 1, 2018 and the last day of course is on October 18, 2019.
4. Policy regarding tardiness, leave, absence:  
Students must be on time. If the student is late, one may still join class however, please, wait outside until class has finished the opening meditation (first 10 minutes). : Being late more than 10 minutes is considered tardy. **Tardiness does not count as absence. Please be on time.**
5. All course dates must be attended unless extenuating circumstances occur; course fee is still due and student will have to rely on the community of students to cover the missed material.
6. Prerequisites: High School Diploma or GED Diplomas are not required to enter program
7. Grading policy: Yoga Home School Of Therapeutics reserves the right to dismiss any work that is considered unsatisfactory (incomplete, or not turned in on time). There will be a 30 day probationary period for turning in the satisfactory work.

**ALL PAYMENTS MUST BE PAID BY CHECK, CASHIERS CHECK, OR CASH.**  
PREFER TO PAY BY CREDIT CARD? THERE WILL BE A 5% PROCESSING FEE IF PAID BY CREDIT CARD.

**ALL PAYMENTS MUST BE RECEIVED BY DECEMBER 10, 2018 TO RECEIVE CERTIFICATION.**

- **\$2200 due by November 1, 2018 which includes the \$250 non-refundable enrollment fee and deposit and \$2200 due by December 10, 2018.**
- **\$3900 total tuition if paid up front which includes \$250 non-refundable enrollment fee and deposit, all 23 training workshops, training manual, observing, mentoring, application processing, filing and testing.**
- **Or**
- **IF YOU HAVE RECEIVED YOUR 200 HOUR YOGA TEACHER CERTIFICATION AT YOGA HOME SCHOOL OF THERAPEUTICS, YOU WILL RECEIVE A \$400 DISCOUNT ON YOUR TUITION THAT MAY BE ACCOUNTED FOR FROM YOUR SECOND PAYMENT OF YOUR TUITION IF PAID IN PAYMENTS.**

### **300-HR TRAINING COMPONENTS INCLUDE:**

- ◆ Deep understanding of alignment and its applications in practice
- ◆ Philosophy
- ◆ Teaching Methodology
- ◆ Planning & conducting a class to serve students' needs
- ◆ The art of sequencing, with attention to sequencing considerations for Flow, Hatha and Vinyasa yoga classes
- ◆ Knowledge of:
  - Restorative yoga
  - Integrative yoga
  - Energy and Chakras
  - Pranayama
  - Yoga for Special population
  - Meditation
  - The Yoga therapeutics
  - Anatomy
  - Yoga for Emotional Health
  - Yoga for Physical Health
  - Yoga in Action: Activating the Practice
  - Ongoing inquiry, curiosity and inventiveness
  - Mindfulness Practices

## CURRICULUM OVERVIEW

- ◇ 180+ hours of practice and exploration of eclectic Hatha and Flow yoga representing different styles and traditions of asana, pranayama, kriya, mantra, meditation and other traditional yoga techniques.
- ◇ 30+ hours of yoga philosophy, lifestyle applications, and the ethics of teaching yoga.
- ◇ 30+ hours of instruction on principles of demonstration, assisting, critical observation and adjustments, essential qualities of a teacher, and the business aspects of teaching yoga.
- ◇ 20+ hours of practical anatomy, physiology and biomechanics.
- ◇ 40+ hours of practicum, which will include practice-teaching, giving and receiving feedback, and assisting others while teaching.
- ◇ TOTAL HOURS: 300
  - Total contact hours: 270 hours
  - Total contact hours with Lead Teacher: 200 hours
  - Total contact hours with Guest Teacher: 70 hours
  - Total non-contact hours: 30 hours

Effective learning requires momentum and focused commitment designed to deepen the learning experience and optimize learning outcomes.

## 300-HOUR SYLLABUS

### TECHNIQUES, TRAINING, AND PRACTICE – 90 HOURS

- ◇ Deep understanding of alignment and its applications in practice
  - Teaching yoga poses based on proper alignment along with modifications for each pose to facilitate ability of anyone to be able to do the pose, and to receive benefit from it.
- ◇ Training will focus on techniques for Restorative Yoga, Pranayama & Yoga Energetics, Yoga Nidras, and Other Meditations.
  - The restorative section will teach: several different restorative yoga poses as a means for stress management and promoting relaxation and healing. This section will emphasize restorative yoga's ability to support any body to be able to practice and to benefit from such restorative pose
  - The mysore section will teach: how to teach a class of people doing their own practice, and will touch on the philosophy as to why we teach that style (in truth, in every class we should always be doing our own practice).
  - The pranayama & yoga energetics section will teach: how to breathe & the yoga breath, several different breathing techniques such as Bhastrika, Ujjai, Kapal Bhati breath, alternate nostril breathing, 3 part breathing, belly breathing, and equal ratio breathing
  - The yoga nidras section will teach: mindfulness meditation at its core, an in depth understanding of what it is, how to use it, and how to teach it so as to get people in the delta brain state characteristic of nidra.
  - The other meditation section will teach: what meditation is, several meditation techniques such as guided meditation, visualization meditation, light meditation (candle), chakra balancing meditation, and breathing meditation
- ◇ Yoga for Emotional Health: lecture on how to harness yoga for relief from anxiety, depression, stress, grief & to enhance joy, happiness, empowerment, and relaxation
- ◇ Yoga for Physical Health: lecture on how to harness yoga in a personal daily practice to improve own overall health, creating a daily practice, practicing the poses correctly, and explaining the importance of the physical practice of yoga for the benefit of the human body

### LEARNING OBJECTIVES: (RENEWED)

Successful students will understand the fundamentals of yoga for emotional and physical health. They will have a deep understanding of the different yoga styles such as restorative, integrative, relaxation, meditation, as well as breathing techniques.

### TEACHING METHODOLOGY – 50 HOURS

- ◇ Specific sequences will be taught for physical and emotional health. Sequences aimed at aiding in physical ailments will include sequences on: Hip openers, Low back health, Neck health, Shoulder health, Knee health, and feet health, Sequences aimed at aiding emotions will include sequences on: Yoga for Anxiety, Yoga for Emotional Trauma, Yoga for Depression, Yoga for Grounding and Centering. In teaching sequencing, focus will be places on Flow, Hatha, and Vinyasa yoga classes.
- ◇ Attention will be placed on teaching you to 'think on your feet' and how to handle the 'unexpected' in class
- ◇ Mix between analytical training in how to teach/practice techniques & guided practice of the techniques themselves.
  - To teach the student to build their own personal yoga practice depending upon daily experiences based on emotional physical experiences
  - Keep themselves centered, whole, happy, etc etc etc
  - Empowering themselves to use their yoga as such
- ◇ Planning & conducting a class to serve students' needs will focus on: train and equip the student to be well-prepared and understand

different sequences so that they can apply them depending on what type of group is in front of them – conforming to the uniqueness of the students. Learning to do so with confidence and equipping them with knowledge of adapting to different levels of students.

- ◆ Business aspects of teaching yoga: how much to charge, how to become a teacher at a studio, what it takes to open your own studio, legal and ethical standards, insurance paperwork, music license (and other various licensing), importance of filing taxes.
- ◆ Communication skills during class teaching, addressing specific needs of individuals, principles of demonstration, observation, and assisting, teaching styles, teacher qualities, student learning process. This will include: Learning the Sanskrit names, ability to explain pose in class and demonstrate the pose to the class. In other words, the teacher will have full confidence in the entire cycle of teaching a pose: how to get into the pose, stay in the pose, the work to be in the pose, and how to exit the pose. This will be coherent when teacher is explaining as well as demonstrating the pose. Communications skills will also include: when to give silence to the class, teaching relaxation techniques, to use simple words when teaching (i.e. “shoulder” not “scapula”), to teach using relaxation voice and not shouting, when to use music/silence, the art of creating a safe space in a yoga class setting, and communicating based on the doshas, season, time of day, etc. (i.e. during summer time “drink in a breath” and during evening classes winding students down – not waking them up).

#### LEARNING OBJECTIVES: (RENEWED)

Successful students will be familiar with the different aspects of teaching yoga to both special and healthy populations. Students will understand the proper and safe way to sequence a class for healthy and special populations. Know how to recognize and “think on their feet” to format the class according to the level of the clients.

### ANATOMY AND PHYSIOLOGY – 45 HOURS

- ◆ Breath anatomy
- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras
- ◆ Anatomy: lifestyle applications as well as applications to Yoga Postures
- ◆ Poses for chakras

#### LEARNING OBJECTIVES:

Students will have a thorough understanding of human anatomy specific to the yoga postures and will be able to modify poses for those injured. They will recognize incorrect yoga posture and will learn the art of adjustments. In addition, students will have thorough knowledge of the chakra system and how to apply yoga postures to them.

Old learning objectives: To teach and train students different aspects of teaching yoga to special population as well as healthy students- Teaching meditation and breathing techniques.

### YOGA PHILOSOPHY, LIFESTYLE, AND ETHICS FOR YOGA TEACHERS – 90 HOURS (60 CONTACT, 30 NON-CONTACT)

- ◆ Past and present philosophies of yoga. Traditional texts of Yoga. Being a yoga & yoga lifestyle
- ◆ Seva (selfless service), karma (what goes around, comes around – manifesting in this lifetime and between past/future), dharma (your passion, calling, reason for living)
- ◆ Ethics for yoga teachers
- ◆ Ongoing inquiry, curiosity and inventiveness
- ◆ Non-Contact hours – 30 hours:
  - Self-Inquiry forms: 15 hours
  - Practical Applications: 10 hours of your choice
  - Writing a 2-page report summarizing and analyzing a required text – 5 hours
  - Writing a 2-page report on additional web- or text-materials related to curriculum (must have approval of material) – 5 hours
  - Student may find YouTube or other various video resources on yoga sequences for special populations, or related to coursework during program. Watch video and write a 1-2 page summary of application to principles taught in course. Resource must be approved by Lead Instructor for it to count as hours. – 5 hours
  - Lead teacher has two meditation CDs published and for sale. Student may listen to one and write at least 1 page about experience and take-away from the audio.
- ◆ Special Written Project: 5 hours
  - Pick one of the assigned reading texts and write a 2-page report including summary and analysis. To be turned in by the end of the program.



## LEARNING OBJECTIVES:

The foundations of yoga philosophy were written down in the Yoga Sutras of Patanjali. Successful students will understand this sacred text descriptions of the inner workings of the mind and use it as a blueprint for controlling its restlessness as to enjoy lasting peace. We will apply the ancient principles to our current culture and lifestyle.

Old learning objectives: To teach the students a deep understanding of human anatomy and its applications to yoga poses- teach and prepare the students to use yoga for physical as well as emotional health.

## PRACTICUM – 40 HOURS

- ◆ Classes will be scheduled for 1.25 hours
  - Students will lead at least 4 of the practicum classes – 5 hours, or more
  - Students will observe and/or assist in the practicum classes they are not leading – up to 30 hours
  - Receiving and giving feedback – 5 hours

## LEARNING OBJECTIVES:

Students will be able to effectively, confidently, and safely teach a yoga class. Having gotten experience teaching, observing, assisting, as well as giving and receiving feedback on those experiences, students will have no reservations to stepping into a classroom and leading any style of yoga class.

## SCHEDULE

### **November 1 & 2**

- ◆ Past and present philosophies of yoga. Traditional texts of Yoga. Being a yogi & yoga lifestyle
- ◆ Ethics for yoga teachers

### **November 15 & 16**

- ◆ Seva (selfless service), karma (what goes around, comes around – manifesting in this lifetime and between past/future), dharma (your passion, calling, reason for living)
- ◆ Yoga and self-care

### **December 6 & 7**

- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras

### **December 13 & 14**

- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras

### **January 3 & 4**

- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras
- ◆ Anatomy: lifestyle applications as well as applications to Yoga Postures

### **January 17 & 18**

- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras
- ◆ Anatomy: lifestyle applications as well as applications to Yoga Postures

### **Jan 31 & Feb 1**

- ◆ Breath anatomy
- ◆ Human anatomy, physiology and biomechanics including electromagnetic fields and chakras
- ◆ Poses for chakras
- ◆ The pranayama & yoga energetics section will teach: how to breathe & the yoga breath, several different breathing techniques such as Bhastrika, Ujjai, Kapal Bhati breath, alternate nostril breathing, 3 part breathing, belly breathing, and equal ratio breathing

### **February 7 & 8**

- ◆ Deep understanding of alignment and its applications in practice
- ◆ Teaching yoga poses based on proper alignment along with modifications for each pose to facilitate ability of anyone to be able to do the pose, and to receive benefit from it.
- ◆ Training will focus on techniques for Restorative Yoga, Pranayama & Yoga Energetics, Yoga Nidras, and Other Meditations.
- ◆ The pranayama & yoga energetics section will teach: how to breathe & the yoga breath, several different breathing techniques such as Bhastrika, Ujjai, Kapal Bhati breath, alternate nostril breathing, 3 part breathing, belly breathing, and equal ratio breathing
- ◆ Sequencing philosophy for each style of teaching (restorative, gentle, meditation, etc.)
- ◆ Attention will be placed on teaching you to ‘think on your feet’ and how to handle the ‘unexpected’ in class
- ◆ Mix between analytical training in how to teach/practice techniques & guided practice of the techniques themselves.
- ◆ o To teach the student to build their own personal yoga practice depending upon
- ◆ daily experiences based on emotional physical experiences
  - Keep themselves centered, whole and happy
  - Empowering themselves to use their yoga as such

### **February 21 & 22**

- ◆ Yoga for Emotional Health: lecture on how to harness yoga for relief from anxiety, depression, stress, grief & to enhance joy, happiness, empowerment, and relaxation

- ◆ Yoga for Physical Health: lecture on how to harness yoga in a personal daily practice to improve own overall health, creating a daily practice, practicing the poses correctly, and explaining the importance of the physical practice of yoga for the benefit of the human body

### **March 7 & 8**

- ◆ Specific sequences will be taught for physical and emotional health. Sequences aimed at aiding in physical ailments will include sequences on: Hip openers, Low back health, Neck health, Shoulder health, Knee health, and feet health, Sequences aimed at aiding emotions will include sequences on: Yoga for Anxiety, Yoga for Emotional Trauma, Yoga for Depression, Yoga for Grounding and Centering. In teaching sequencing, focus will be placed on Flow, Hatha, and Vinyasa yoga classes.
- ◆ Yoga for Special Populations
  - PTSD – special sequencing, how to speak, cautions, when to refer to a professional

### **March 14 & 15**

- ◆ Specific sequences will be taught for physical and emotional health. Sequences aimed at aiding in physical ailments will include sequences on: Hip openers, Low back health, Neck health, Shoulder health, Knee health, and feet health, Sequences aimed at aiding emotions will include sequences on: Yoga for Anxiety, Yoga for Emotional Trauma, Yoga for Depression, Yoga for Grounding and Centering. In teaching sequencing, focus will be placed on Flow, Hatha, and Vinyasa yoga classes.
- ◆ will be placed on Flow, Hatha, and Vinyasa yoga classes.
- ◆ Yoga for Special Populations
  - Anxiety – special sequencing, how to speak, cautions, when to refer to a professional
  - Depression – special sequencing, how to speak, cautions, when to refer to a professional

### **April 4 & 5**

- ◆ Specific sequences will be taught for physical and emotional health. Sequences aimed at aiding in physical ailments will include sequences on: Hip openers, Low back health, Neck health, Shoulder health, Knee health, and feet health, Sequences aimed at aiding emotions will include sequences on: Yoga for Anxiety, Yoga for Emotional Trauma, Yoga for Depression, Yoga for Grounding and Centering. In teaching sequencing, focus will be placed on Flow, Hatha, and Vinyasa yoga classes.
- ◆ Yoga for Special Populations
  - Anxiety – special sequencing, how to speak, cautions, when to refer to a professional
  - Depression – special sequencing, how to speak, cautions, when to refer to a professional

### **April 25 & 26**

- ◆ Specific sequences will be taught for physical and emotional health. Sequences aimed at aiding in physical ailments will include sequences on: Hip openers, Low back health, Neck health, Shoulder health, Knee health, and feet health, Sequences aimed at aiding emotions will include sequences on: Yoga for Anxiety, Yoga for Emotional Trauma, Yoga for Depression, Yoga for Grounding and Centering. In teaching sequencing, focus will be placed on Flow, Hatha, and Vinyasa yoga classes.
- Yoga Ropes – using the yoga ropes for special populations, both physical and emotional. How to use the ropes for limitations. How to sequence and teach a Ropes class.

### **May 2 & 3**

- ◆ The restorative section will teach: several different restorative yoga poses as a means for stress management and promoting relaxation and healing. This section will
- ◆ emphasize restorative yoga's ability to support any body to be able to practice and to benefit from such restorative pose

### **June 6 & 7**

- ◆ The yoga nidras section will teach: mindfulness meditation at its core, an in depth understanding of what it is, how to use it, and how to teach it so as to get people in the delta brain state characteristic of nidra.

### **June 20&21**

- ◆ The other meditation section will teach: what meditation is, several meditation techniques such as guided meditation, visualization meditation, light meditation (candle), chakra balancing meditation, and breathing meditation

### **July 11 & 12**

- ◆ Quantum Tapping and Heart Math Meditation
- ◆ Aromatherapy

### **July 25 & 26**

- ◆ Planning & conducting a class to serve students' needs will focus on: train and equip the student to be well-prepared and understand different sequences so that they can apply them depending on what type of group is in front of them – conforming to the uniqueness of the students. Learning to do so with confidence and equipping them with knowledge of adapting to different levels of students.
- ◆ Understanding what classes are good for which types of days/moods/people/temperaments
- ◆ Business aspects of teaching yoga: how much to charge, how to become a teacher at a studio, what it takes to open your own studio, legal and ethical standards, insurance paperwork, music license (and other various licensing), importance of filing taxes.
- ◆ Communication skills during class teaching, addressing specific needs of individuals, principles of demonstration, observation, and assisting, teaching styles, teacher qualities, student learning process. This will include: Learning the Sanskrit names, ability to explain pose in class and demonstrate the pose to the class. In other words, the teacher will have full confidence in the entire cycle of teaching a pose: how to get into the pose, stay in the pose, the work to be in the pose, and how to exit the pose. This will be coherent when teacher is explaining as well as demonstrating the pose. Communications skills will also include: when to give silence to the class, teaching relaxation techniques, to use simple words when teaching (i.e. "shoulder" not "scapula"), to teach using relaxation voice and not shouting, when to use music/silence, the art of creating a safe space in a yoga class setting, and communicating based on the doshas, season, time of day, etc. (i.e. during summer time "drink in a breath" and during evening classes winding students down – not waking them up).

**August 15 & 16**

- ◆ Planning & conducting a class to serve students' needs will focus on: train and equip the student to be well-prepared and understand different sequences so that they can apply them depending on what type of group is in front of them – conforming to the uniqueness of the students. Learning to do so with confidence and equipping them with knowledge of adapting to different levels of students.
- ◆ Understanding what classes are good for which types of days/moods/people/temperaments
- ◆ Business aspects of teaching yoga: how much to charge, how to become a teacher at a studio, what it takes to open your own studio, legal and ethical standards, insurance paperwork, music license (and other various licensing), importance of filing taxes.
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**September 5 & 6**

- ◆ Practicums:
- ◆ Students will split into 4 groups. Each student will teach a class for 1 hour and 15 minutes, and then receive feedback for 30 minutes. Each student must do this 3 times to equal 5.25 hours of personal teaching. When not teaching, students will be observing the other students, leading to
- ◆ 26.25 hours (if 6 students in the group).
- ◆ Tying all concepts together, review
  - .5 hours TTP, .5 hours TM, .5 hours A&P, .5 hours Phil

**September 19 & 20**

- ◆ Practicums:
- ◆ Students will split into 4 groups. Each student will teach a class for 1 hour and 15 minutes, and then receive feedback for 30 minutes. Each student must do this 3 times to equal 5.25 hours of personal teaching. When not teaching, students will be observing the other students, leading to 26.25 hours (if 6 students in the group).
- ◆ Tying all concepts together, review
  - .5 hours TTP, .5 hours TM, .5 hours A&P, .5 hours Phil

**October 3 & 4**

- ◆ Practicums:
- ◆ Students will split into 4 groups. Each student will teach a class for 1 hour and 15 minutes, and then receive feedback for 30 minutes. Each student must do this 3 times to equal 5.25 hours of personal teaching. When not teaching, students will be observing the other students, leading to
- ◆ 26.25 hours (if 6 students in the group).
- ◆ Tying all concepts together, review
  - .5 hours TTP, .5 hours TM, .5 hours A&P, .5 hours Phil

**October 17 & 18**

- ◆ Tying all concepts together, review
  - 7.5 hours TTP, 1.5 hours TM, 3.5 hours A&P, .5 hours Phil
- ◆ Practicing all skills together
- ◆ Exam





(405) 470-8180

5801 W. Britton Rd. St. K, OKC OK 73132

www.YogaOkc.Guru



(300 hour Yoga Alliance Teaching Training Program)

Our Teachers Training Program is approved by the Oklahoma Board of Vocational Schools and Registered with the National Yoga Alliance to Protect and Insure the Quality of Your Education.

Start date begins upon submitting the application and the payment of your class fee. You keep a portfolio that consists of records of your classes, length, courses, readings and intensives you submit before final exams. Prerequisites: You must have your 200 Hour Yoga Teacher Training Certification before enrollment.

Applicant's Name \_\_\_\_\_

Home Address with City/State/Zip \_\_\_\_\_

Date \_\_\_\_\_ Work Place \_\_\_\_\_

Title \_\_\_\_\_ Work number \_\_\_\_\_

Cell \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Two non-relative references (name, address, phone numbers)

Please, read all of the information carefully and complete the application in its entirety. The Yoga Home School of Therapeutics does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preferences. All information will be treated as confidential.

Your 300 hour Yoga Teachers Training must be completed within the length of the program.

By my signing below, I acknowledge that I have read the catalog and this agreement and I understand and agree to the agreement terms:

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

Director of Teacher Training Program Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sara Alavi, E-RYT, CYT

Mailed or delivered (check or money order) Date \_\_\_\_\_

Effective Date April 1, 2018

## Payment schedule

### ALL PAYMENTS MUST BE PAID BY CHECK, CASHIERS CHECK, OR CASH.

PREFER TO PAY BY CREDIT CARD? THERE WILL BE A 5% PROCESSING FEE IF PAID BY CREDIT CARD.

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- \$2200 due by November 1, 2018 which includes the \$250 non-refundable enrollment fee and deposit and \$2200 due by December 10, 2018.
- \$3900 total tuition if paid up front which includes \$250 non-refundable enrollment fee and deposit, all 23 training workshops, training manual, observing, mentoring, application processing, filing and testing.
- Or
- IF YOU HAVE RECEIVED YOUR 200 HOUR YOGA TEACHER CERTIFICATION AT YOGA HOME SCHOOL OF THERAPEUTICS, YOU WILL RECEIVE A \$400 DISCOUNT ON YOUR TUITION THAT MAY BE ACCOUNTED FOR FROM YOUR SECOND PAYMENT OF YOUR TUITION IF PAID IN PAYMENTS.  
Books are not part of the total fee.

**ANY HOLDER OF THIS CONSUMER CREDIT CONTRACT IS SUBJECT TO ALL CLAIMS AND DEFENSES WHICH THE DEBTOR COULD ASSERT AGAINST THE SELLER OF GOODS OR SERVICES OBTAINED PURSUANT HERETO OR WITH THE PROCEEDS HEREOF, RECOVERY HEREUNDER BY THE DEBTOR SHALL NOT EXCEED AMOUNTS PAID BY THE DEBTOR HEREUNDER.**

### Refund Policy: (OBPVS)

This policy applies to students who drop out or legitimately documented students who are dismissed.

(a) Termination date. The termination date for refund computation purposes is the last date of actual attendance by the student. The school shall require notice of cancellation or withdrawal to be given by certified mail provided this requirement is stated in the enrollment agreement. The school shall require that notice be made by parent or guardian if the student is below legal age. If a penalty is charged for failure to notify the school in writing such penalty may not exceed \$25.00.

(b) Refund policy. Details of the school's own definite and established refund policy for cancellations and terminations must, as a minimum, comply with the following requirements:

- (1) Rejection. An applicant rejected by the school shall be entitled to a refund of all monies paid minus any stated application fee, not to exceed \$25.00.
- (2) Three day cancellation. All monies paid by an applicant will be refunded if requested within three days after signing an enrollment agreement and making an initial payment.
- (3) Other cancellation. An applicant subsequently requesting cancellation shall be entitled to a refund of all monies paid minus a registration fee of 15% of the contract price of the course, but in no event may the school retain more than \$150.00.
- (4) First week. For a student terminating training after entering school and starting the course of training but within the first week, the tuition retained by the school shall not exceed 10% of the contract price of the course plus \$150.00 but in no event more than \$350.00. The Board may waive this requirement upon written request by the school if it feels the request is justified.
- (5) After first week. For a student terminating training after one week but within the first 25% of the course, the tuition retained by the school shall not exceed 25% of the contract price of the course plus \$150.00.
- (6) After 25%. For a student terminating training after completing over 25% but within 50% of the course, the tuition retained by the school shall not exceed 50% of the contract price of the course plus \$150.00.
- (7) After 50%. A student completing more than 50% of the course is not entitled to a refund of any tuition.
- (8) Special cases. In case of student prolonged illness or accident, death in the family, or other circumstances that make it impractical to complete the course, the school shall make a settlement which is reasonable and fair to both.
- (9) Discontinued class. If a class is discontinued by a school while students are still enrolled in that class, and the school is still offering training in other areas, all monies (student loan, grant, and etc.) paid the school for students enrolled in the class at the time it is discontinued will be refunded to the entity legally entitled to the refund. A school will have 30 days to restart the class or pay the refund.

(c) Application of policy. A period of enrollment shall not exceed 12 months. Tuition includes application or registration fees. Refunds are to be calculated for the period(s) of enrollment.

- (1) For courses longer than one period of enrollment in length, the cancellation and settlement policy shall apply to the stated course price attributable to each period of enrollment.
- (2) Percentage of course completion shall be computed on the basis of the amount of time in the course as expressed in contact, quarter or semester hours as listed in the catalog. If the catalog and enrollment agreement also show the course length in weeks, the refund may be computed using the number of weeks completed in lieu of contact, quarter, or semester hours.
- (3) Any refund due shall be paid within 60 days after cancellation or termination, unless the refund is payable directly to the applicant or student, in which case it shall be paid within 30 days after cancellation or termination.
- (4) Students shall not be liable for periods of enrollment which they did not attend.

(d) Extra expenses. Items of extra expense to the student such as housing, board, instructional supplies or equipment, tools, student activities, laboratory fees, service charges, rentals, deposits and all other extra charges need not be considered in tuition refund computations provided they are separately shown in the enrollment agreement and catalog. When items of major expense are separately shown for this purpose, the school must also state its policy for reasonable settlement of such charges in the event of early termination.

(e) Refund policy for accredited Schools. If a school is accredited by a national or regional accrediting agency that is recognized by the U.S. Secretary of Education, the Board may approve the school to use that accrediting agency's refund policy or a refund policy issued by the U.S. Department of Education (USDE) in lieu of the policy in this section. If a school requests approval under this provision, it must provide evidence that its policy has been accepted by or is in compliance with the accrediting agency or USDE.

(f) Severability of refund policy. The provisions of this section are severable and the invalidity of one shall not impair the enforceability of the remaining provisions.

**Effective Date April 1, 2018**

### **Required Text Books:**

1. *Yoga for Anxiety* by Mary and Rick NurrieStearns
2. *Anatomy of the Spirit* by Carolyn Myss
3. *Living your Yoga* by Judith Lasater
4. *Yoga And Ayurveda* by David Frawley
5. *30 Essential Poses* by Judith Lasater
6. *Yogabody* by Judith Lasater
7. *Bhagavad Gita* by Stephen Mitchell
8. *The Yoga Sutras of Patanjali* by Sri Swami Satchidananda

### **Required Supplies:**

All supplies and props to practice yoga are fully provided at the school. You may purchase your own props such as mat, block, bolster, or other props if you wish. Yoga Home School of Therapeutics also sells these items for your convenience.

### **Refund Policy: (OBPVS)**

This policy applies to students who drop out or legitimately documented students who are dismissed.

- (a) Termination date. The termination date for refund computation purposes is the last date of actual attendance by the student.
- (b) Refund policy:
  - (1) Rejection. An applicant rejected by the school shall be entitled to a refund of all monies paid minus any stated application fee, not to exceed \$25.00.
  - (2) Three day cancellation. All monies paid by an applicant will be refunded if requested within three days after signing an enrollment agreement and making an initial payment.
  - (3) Other cancellation. An applicant subsequently requesting cancellation shall be entitled to a refund of all monies paid minus a registration fee of 15% of the contract price of the course, but in no event may the school retain more than \$150.00.
  - (4) First week. For a student terminating training after entering school and starting the course of training but within the first week, the tuition retained by the school shall not exceed 10% of the contract price of the course plus \$150.00 but in no event more than \$350.00. The Board may waive this requirement upon written request by the school if it feels the request is justified.
  - (5) After first week. For a student terminating training after one week but within the first 25% of the course, the tuition retained by the school shall not exceed 25% of the contract price of the course plus \$150.00.
  - (6) After 25%. For a student terminating training after completing over 25% but within 50% of the course, the tuition retained by the school shall not exceed 50% of the contract price of the course plus \$150.00.
  - (7) After 50%. A student completing more than 50% of the course is not entitled to a refund of any tuition.
  - (8) Special cases. In case of student prolonged illness or accident, death in the family, or other circumstances that make it impractical to complete the course, the school shall make a settlement which is reasonable and fair to both.
  - (9) Discontinued class. If a class is discontinued by a school while students are still enrolled in that class, and the school is still offering training in other areas, all monies (student loan, grant, and etc.) paid the school for students enrolled in the class at the time it is discontinued will be refunded to the entity legally entitled to the refund. A school will have 30 days to restart the class or pay the refund.
- (c) Students shall not be liable for periods of enrollment which they did not attend.
- (d) Extra expenses. Items of extra expense to the student such as housing, board, instructional supplies or equipment, tools, student activities, laboratory fees, service charges, rentals, deposits and all other extra charges need not be considered in tuition refund computations provided they are separately shown in the enrollment agreement and catalog. When items of major expense are separately shown for this purpose, the school must also state its policy for reasonable settlement of such charges in the event of early termination.
- (e) Severability of refund policy. The provisions of this section are severable and the invalidity of one shall not impair the enforceability of the remaining provisions.

**10. Grievance Procedure:** All grievances should be reported to the School Director in written form. Complaints will be carefully reviewed and discussed to aid all concerned parties in reaching a satisfactory conclusion. In the event that the student is not satisfied, COMPLAINTS AGAINST THIS SCHOOL MAY BE REGISTERED WITH THE OKLAHOMA BOARD OF PRIVATE VOCATIONAL SCHOOLS, 3700 CLASSEN BOULEVARD, SUITE 250, OKLAHOMA CITY, OK 73118-2864. PHONE (405) 528-3370.

**If a student wishes to terminate the program, they may contact Sara Alavi and then give reasons in writing.**

### **Yoga Home's Studio Etiquette**

**PLEASE READ THE FOLLOWING AS WE WANT TO PROVIDE EVERY STUDENT WITH THE HIGHEST QUALITY CLASS EXPERIENCE.**

#### **Respect for the Space and Others Sharing it with You**

1. Follow the rules of the studio. Do your part to keep the space clean and tidy.
2. Please be as unobtrusive as possible if leaving the room (for restroom, etc.) or if you need to change position during relaxation.
3. Please, be on time. We will lock doors once class starts. If you arrive late, wait 15 minutes from the start time, then knock for door to open.
4. Please, walk on the floor or your own mat, avoid stepping on or using other students' mats.
5. Stay aligned with the room. In general align your mat with other students.
6. Avoid wearing strong scents, perfumes or essential oils. Many people are allergic.

#### **Respect for yourself**

1. Do your practice for your own personal growth and exploration, not to perform.
2. Wear light, happy colors. The body feels so much happier in happy colors. Make a decision to start shopping for happier colors from now on.
3. Eat and sleep well.

#### **Respect for the Teacher**

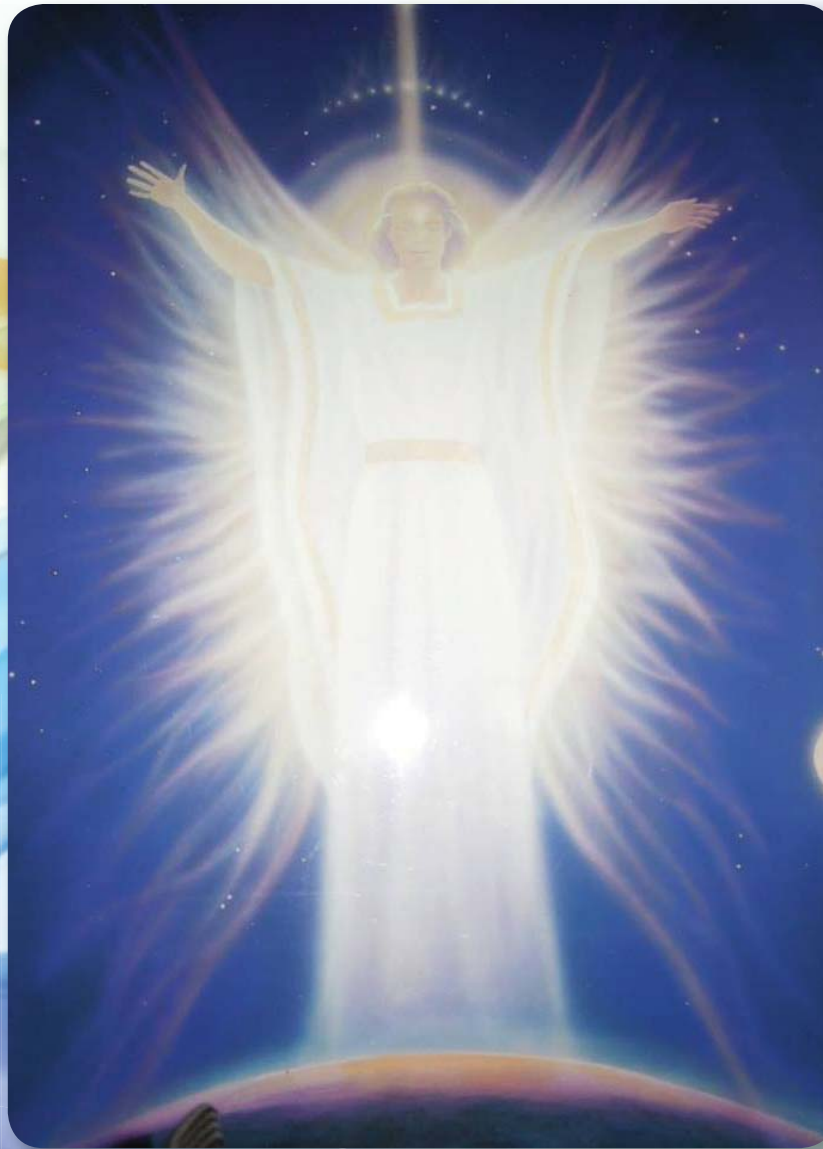
1. If you must leave early for any reason or you know you are going to be late, let teacher know ahead of time. Teacher can also keep time for you.
2. Listen attentively when the teacher is speaking. If you need to leave early, let the instructor know before class and then leave quietly before relaxation pose (savasana) begins.
3. Stay focused on the instructions given.
4. Follow the teacher's instructions with the rest of the class. In general, do not deviate from the poses instructed at the time and follow teacher's advice/instructions/guidance; that is why you are in class so that you learn to explore in a safe and respectful manner.

#### **Respect for material objects:**

1. Use your hands to lift and move props or anything else. Avoid kicking or pushing away things with your feet. Show extreme respect for studio's neatness and cleanliness.
2. Follow studio's procedure for the use and care of the props. Please, fold blankets very neatly and place with fringes away from the studio room.

- \*We encourage students to arrive at least 10 to 15 minutes prior to class to sign in and get situated. New students must sign up a waiver and payment must be made before participating in class.
- \*Please, remove shoes and clean feet before entering the studio. Wear comfortable, nonrestrictive clothing. Please refrain from wearing perfume or cologne to class and practice proper hygiene.
- \*Please silence your cell phones and leave them in the student cubby area. No calls, text messages or emails are to be taken or made inside of studio. This time is for you.
- \*Please, no food, drink or gum inside the studio. Water is allowed in the front desk/student cubby area only. We recommend students properly hydrate before and after class, not during, as it can be a distraction to your personal practice and those around you. It is best to avoid eating 1 to 2 hours prior to class starts.
- \*We love that our students have a strong sense of community. However, loud socializing creates noise issues for classes that are in session or about to start and can disrupt the peaceful energy in the studio. We want to be respectful to all students arriving and leaving. You are welcome to go outside away from the front door and keep your voices down to a whisper.
- \*Please, do not adjust the thermostat. The studio is kept at a comfortable temperature to allow the muscles to stay warm throughout the entire class.
- \*If class has started and there is space available, enter the room quietly after opening meditation/relaxation is over. Please make every effort not to interrupt the class in session or displace students who have arrived on time.
- \*Once class has started please be quiet and respectful of your instructor and the other students during class. Class time is not a time for social interaction. Remember that everyone is trying to listen to the instructor for proper alignment cues and mindful of what they are doing.
- \*We encourage students to listen to their bodies during class and modify as needed. If you have health conditions, such as pregnancies or injury that you would like the instructor to aware of, please inform them before class so they can modify postures for you. If you need additional help with modifications, please see teacher after class.
- \*If you use one of the studio's mats please wipe it down with the provided disinfecting spray using provided towels and neatly roll up and placed all borrowed times back so they are ready for the next students. **THANK YOU FOR YOUR UNDERSTANDING, RESPECT AND SUPPORT!**





Catalogue Design & Date  
April 1, 2018