



## TEACHER TRAINING CATALOG OF SCHOOL POLICIES VOLUME 3: MARCH 2010 – JANUARY 2011

### **School Information**

Sangha Yoga, LLC  
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### **Training Director & Governing Body:**

Karina Ayn Mirsky E-RYT  
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### **Teacher Training Mission:**

Sangha Yoga aims to extend the authentic teachings of Yoga and meditation to all students, *regardless of age, race, sex, sexual orientation, gender identification, disability, religion or economic status*. Our goal is train exceptional yoga teachers who share an ability to lead people safely and systematically into practicing an authentic tradition of yoga, and meet the Yoga Alliance standard of excellence.

### **Teacher's Creed:**

Sangha Yoga teachers believe that continuity & commitment create a strong sense of community. We're committed to empowering students with personal knowledge through intelligent instruction which honors each unique body. The consistent use of language amongst teachers who share a similar comprehensive understanding of yoga & meditation helps students to feel "at home" in each class and able to progress quickly.

### **Teacher Training Program Description:**

Sangha Yoga's 200 Hour Teacher Training program is hosted by E-RYT and ParaYoga Certified Teacher, Karina Ayn Mirsky. This ParaYoga inspired training is open to all who are seeking a deeper understanding of yoga: *dedicated practitioners, experienced yoga teachers, and those aspiring to teach*.

ParaYoga is rooted in the ancient spiritual tradition of yogic science. It is developed to support and positively impact every aspect of modern life. Classical Yoga, Ayurveda and Tantra all inform this holistic and personalized approach to yoga practice. (For more information about ParaYoga, please visit [www.parayoga.com](http://www.parayoga.com))

One goal of this program is to train yoga students to become exceptional yoga teachers with an ability to lead people (of all kinds) into practicing an authentic tradition of yoga. Participants will learn how to safely and systematically practice and teach a wide range of yoga postures, breathing, relaxation and meditation techniques from ParaYoga's comprehensive catalog. They will learn how to teach ALL levels of yoga practitioners while integrating ParaYoga philosophies and practices into teaching basic yoga classes. Since beginning students, stiff bodies, large and/or limited bodies need the most coaching, modifications and adaptations for these kinds of students will be shared.

This training is also a personal transformation experience; an opportunity for dedicated yoga practitioners to delve deeply into their own practice, immerse themselves in self inquiry, intensive study and sadhana. We will learn and grow together out of our own personal experiences, interests, histories, awakenings and limitations. *You are invited to come as you are, into a sacred space to learn, heal, grow and become... Become more than just a "yoga instructor" going through the motions; become a guide, a light to yourself and to others...become a true teacher, become a yoga teacher.*

**2009-2010 Enrollment Dates:** 6/13-6/20/09; 9/26-10/03/09; 1/02-1/09/10

**School Facilities and Location:**

Sangha Yoga, Kalamazoo,MI. Some props will be provided.

**Housing:**

Sangha Yoga does not provide housing. However, there are several B&B's, motels and hotels nearby. Names and accommodation locations are available upon request. Some "host homes" may also be available.

**Admissions and Entrance Requirements:**

Applicants should be 18 years of age. (Exceptions will be considered upon submission of additional application materials.)

- ❁ There is a \$108 application fee (refundable within 30days) to be submitted with the application.
- ❁ Applicants should have a regular yoga practice for at least six months prior to applying, one year is preferred.
- ❁ Applicants should be able to physically perform techniques they will teach.
- ❁ Applicants must sign the Sangha Yoga Liability Waiver & Registration form.
- ❁ Applicants must sign the Yoga Teacher Code of Ethics form.
- ❁ Applicants must sign the Catalog Release Form/ Contract.
- ❁ Applicants should be computer literate and have access to e-mail. Course materials and correspondence will occur electronically. All book reports and essays must be submitted in typed for, double spaced.

### **How to Apply:**

Applications should be received at least two weeks prior to the start of a Teacher Training Program:

- ✿ Submit a completed application form along with \$108 application fee to the instructor. Application to the program does not guarantee acceptance.
- ✿ Applicants are encouraged to submit applications early, as spaces in the program are limited and filled as qualified applications are approved.
- ✿ Applicants will be notified of acceptance by e-mail.

### **Advanced Standing:**

The school does not offer advanced standing for any previous trainings or course work. (A financial discount is offered to those who have participated in Karina's 20 hour Foundations Training but full attendance is required.)

## **Program Requirements**

Students will either Pass or Fail this program. In order to pass, students must pay in full for the course, attend all sessions (or make up all clock hours), complete and pass all written assignments, pass the written test, demonstrate safe instruction, complete all personal practice and Seva assignments, sign and uphold the code of ethics.

### **Attendance at All Training Sessions**

Attendance in all sessions is mandatory. If you anticipate missing class sessions, please reconsider your participation in the program. Attendance will be taken at each class session. Please arrive 15 minutes early to adequately prepare for the class. In the event of an absence, the participant must meet with the course instructor(s) to agree on a plan to learn the missed content and fulfill the required hours. Meetings, conferences, make-up, reviews, and any other occurrences resulting from absences will be charged \$75 per hour. All missed material is expected to be made up prior to the next class session.

### **Tardiness:**

Punctuality is required. If the scheduled session begins and the participant is not present that is considered tardy. If participant is more than ten minutes late for a session one hour will be deducted from their total contact hours. This hour must be made up as described in "Attendance" and will be charged at \$75 per hour.

### **Leaves of Absence:**

We do not offer a leave of absence from the 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 at the end of this contract will apply to unused tuition.* 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.

**Probation, Dismissal and Re-admittance:**

Students who behave inappropriately (see “Student Conduct”) will receive a written warning. A second incident of conduct policy violation will result in termination from the program. The School Director will determine if a student will be terminated from the program. Students may apply for re-admission to a future class. Admission is not guaranteed.

**Completion of all Reading & Writing Assignments**

Students understanding of the material presented will be assessed through: one essay test, three book reports, asana performance and practice teaching. Through the essays and book reports students will demonstrate an understanding of the knowledge conveyed during the training. Through the practicum students will demonstrate an ability to practice and teach yoga in a safe and informed manner.

**Book Reports:**

Two book reports will be required for *The Heart of Yoga* and *The Art of Joyful Living*. A third book report can be chosen by the participant out of any of the required or suggested reading lists. Book reports will be graded pass/fail.

**Book Report Guidelines:**

1. Write a 1 page overview/synopsis on the material covered.
2. Write one paragraph on each of the **three** most compelling (to you) points of the reading. This may include topics that are most relevant in regards to your teaching (either current or future) or topics relevant to your practice or life at the present time.
3. Book reports need to be typed and double spaced. They should be between 2-4 pages long.

**Non Passing Assignments:**

Students will be allowed to retake the essay exam one time and re-write book reports one time if they do not pass on the initial attempt.

**Personal Practice (Sadhana)**

Students are expected to practice asana for at least 30 minutes to 2 hours per day and practice meditation or pranayama for at least 10-20 minutes per day. Daily journal writing to record the above practices and the students’ reflections will document compliance with this requirement. Journals will be reviewed on a monthly basis between the student and an assigned staff member.

**Selfless Service (Seva)**

An important aspect of yoga is community service.

- 🌸 Each student will participate in karma yoga activities at the training site during each training tier.
- 🌸 Each student is must practice teach at the SYTT class held on Sundays at 4pm at Sangha Yoga, and/or assist a teacher at Sangha Yoga. 2-3 times between the 2<sup>nd</sup> and 3<sup>rd</sup> tiers.

Diksha (Initiation) is recommended, but not mandatory.

At some point before graduation, each trainee is advised to have one private session with the instructor to receive a personal meditation practice. There is a “love offering” for this session which is not included in the training fee. (Love offerings for diksha typically range from \$25-75.)

## Certificate of Completion

Upon successful completion of this program, you will receive a certificate of completion from Sangha Yoga. You will also be eligible to apply for Yoga Alliance Registered Teacher Status (RYT200).

### NOTE:

Students must pass all exams and book reports, complete all assignments satisfactorily, paid the complete tuition and have 100% attendance to receive their certificate of completion.

If progress is not satisfactory at any point during the training, students will be notified immediately to schedule a meeting with the School Director to discuss ways to improve performance and complete past requirements.

### The certificate will be withheld if:

- The student fails to demonstrate safe instruction.
- The student does not complete the required assignments or attendance.
- The student fails to demonstrate understanding of the material presented.
- The student fails to pay for the course.
- The student violates the Code of Ethics.

### Student Conduct

Ethics are taken very seriously at Sangha Yoga as they are essential to a personal practice of yoga. The Code of Ethic statement outlines our behavioral expectations. Participants should be familiar with the entire Code of Ethics statement and adhere to it. (The ethics statement and ethical behavior will be studied in class.)

Students are required to follow all school rules and policies as outlined in the catalog. Students are expected to behave as mature adults. Students that are disruptive may be terminated from the program at the school’s 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 or alcohol during sessions, destruction of school property, behavior creating a safety concern, or abusive language. Students will receive one written warning from staff. If disruptive behavior continues, the student will be terminated from the program.

## **Student Complaints**

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school staff member in writing. The School Director's decision on all complaints is final. If a student is unable to resolve their complaint after following the school's complaint process, the student can file a formal complaint with the MDELEG Proprietary Schools office at [www.michiganps.net](http://www.michiganps.net).

## **Job Placement**

Placement is not guaranteed by Sangha Yoga.

## **Tuition and Fees**

Tuition for the group course is \$2108. (Check or Cash Only). The entire tuition is due prior to the first day of the last tier. The \$108 application fee will be applied toward the total tuition payment.

Please budget approximately \$100 for the required textbooks. Textbooks can be purchased through any book retailer, Amazon.com often has cheaper used copies. (Parts Work can be purchased from Sangha Yoga directly.)

If clock hours are missed by the student and no agreement can be made about how the student can make them up, there is a \$75/hr charge for making up those hours in a private session with the instructor.

## **Cancellation and Refund Policies:**

All tuition and fees paid by the applicant shall be refunded if (by the unlikely chance) the applicant is not accepted to the program. All tuition and fees paid by the applicant shall be refunded if requested within three business days after the approval of this application. An application fee of not more than \$25 may be retained by the school if the applicant withdraws from the program after 3 business days of application approval.

A student who withdraws or is dismissed after attending at least one day in any tier will be refunded for the full amount of any following tiers, but not for the tier from which they have attended any portion of. (For example, if a student completes tier one, but withdraws half way through tier two, 33% of the total tuition will be refunded for tier three) No portion of tiers attended will be refunded. All refunds shall be returned within 30 days.