

# Santosha Yoga LLC

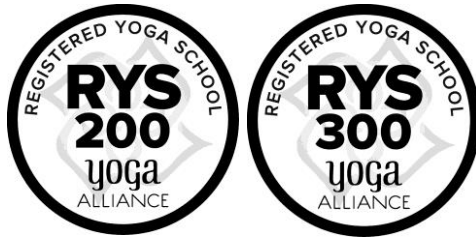
## Yoga Teacher Certification Catalog

Volume 2 Number II- 2020/2021

300 Yoga Teachers Training

Next training starts September 20, 2020

Registered through the Yoga Alliance RYS 200 & RYS 300



48774 Gratiot Ave.  
Chesterfield MI 48051

586-949-5515

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

[SantoshaYogaMI@yahoo.com](mailto:SantoshaYogaMI@yahoo.com)

Owner/Director/Lead Instructor: Theresa May, E-RYT 500

Co-Instructor: Cindy Chase, E-RYT200/RYT 500

Co-Instructor: Penny Carroll, E-RYT 500

## **Welcome to Santosha Yoga:**

Thank you for your interest in Santosha Yoga and our teacher training program. The word Santosha in Sanskrit means “contentment” and that is what yoga has brought into my life and that is my hope for you. In this training you will go deeper into the inner and outer workings of yoga, how yoga really works. The true essence of the meaning of yoga, and in the process, you will find and bring out the pure potential that we all have inside of us. All of us at Santosha Yoga reinforce through our teaching that yoga *is* for everyone.

Theresa, Cindy & Penny have been students of yoga for 20 years each and combined teaching experience of over 35 years. They will each bring their own different voice, knowledge and teaching to the training while also working together to bring you the best experience.

As the benefits of yoga are becoming more recognized the opportunity and need for teachers increases. Even you don't plan on teaching; the personal benefits of the advanced teacher training program are plentiful. Please feel free to contact us with any questions.  
~Theresa May~ Owner/Director – E-RYT 500

***“LIFE IS A JOURNEY, NOT A DESTINATION.” ~ RALPH WALDO EMERSON~***

### **Tuition & Fees:**

There is a \$200 application fee to hold your place in the training; this amount applies to your total payment. The total cost of the program is \$3500.00. It includes all practice and lectures sessions during the 25-week curriculum plus a training manual. No books, lodging or travel expenses are included in this price. During the duration of the training you will have “Unlimited Yoga Classes” at Santosha Yoga; this does not include workshops or special events.

A scholarship of \$500 is awarded to one participant in each training group. Applicants must present an essay outlining what yoga means to them, their financial needs, why they want to advanced their training, what it will mean to them and a proposal of Karma Yoga they plan to do in the community once their training is complete. This must be submitted 30 days prior to start of next training session and to be included with the yoga teacher training application.

### **Payment Options:**

**\$3,500.00** – \$200.00 deposit with application.  
\$3300.00 due on or before September 20, 2020.

**\$3,500.00** – \$200.00 deposit with application.  
\$660.00 on or before September 20, 2020.  
Four (4) additional payments of \$660.00 due 10/15/20, 11/15/20,  
02/15/202 and 03/15/2021. (As a courtesy to you, we have decided not to charge interest if you are on the payment plan).

Failure to stay current with payment requirements will cease student's ability to continue the program.

**Program Refund Policy:**

All tuition and fees paid by the applicant shall be refunded if requested within three (3) business days after signing a contract with the school. All requested refunds will be returned within thirty (30) days. Once the three (3) business days have elapsed the following policy will apply: once the program starts, no refunds are granted.

**Prerequisites & Application:**

Each applicant is required to meet with the director or co-teachers of Santosha Yoga as part of the application process at which time they will present the director with a one-page essay as to why they would like to take the 300 hour teacher training program and what they wish to receive from it. Also include your previous yoga experience, why you started practicing yoga and any interest or special talents you bring to your practice.

**Grading System:**

Grading system is complete or incomplete. Any incompletes may be made up per Attendance Policy.

**Graduation Requirements:**

Students must fulfill the required hours determined by the Yoga Alliance for the 300 hours yoga teacher training and have a thorough understanding of the teaching and philosophy of Hatha Yoga. All requirements for completion (feedback classes, test, assisting, observing, etc.) **MUST** be completed in full by July 31, 2021. Exceptions will be made only with approval of lead trainer.

**Attendance Policies:**

Santosha Yoga LLC criteria for teaching certification follow the guidelines set by Yoga Alliance and meet and exceed those national standards. Therefore, in maintaining the integrity of this professional standard, all classes must be attended in full. Any class or portion of classes must be made up at a future date agreed upon by both student and director within 2 months of the date missed. An additional cost will apply if a student requires more than one makeup date.

**Certification:**

The Santosha Yoga Teacher Certification Course satisfies the entire requirements for the 300 Hour Yoga Teacher Training as required by the Yoga Alliance (a national registry for yoga schools) certification. You will become equipped with the necessary knowledge, experience and confidence to teach yoga in the community and private sector. You will receive a Certificate of Diploma upon completion and be eligible to become a Registered Yoga Teacher (RYT) through Yoga Alliance at the 300-hour level. Placement assistance is not available for students.

**Santosha Yoga LLC Teacher Training Enrollment Application**  
**300 Hour Yoga Alliance Certification Program**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zipcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_

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

Address \_\_\_\_\_

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

Emergency Contact \_\_\_\_\_

How did you hear about the Santosha Yoga 300 Hour Teacher Training:

- ❖ Why do you want to take this program.
- ❖ How many years have you been a student of yoga.
- ❖ How many years have you been a teacher of yoga.
- ❖ Where and when did you take your 200 hour training & who was the lead instructor.
- ❖ Do you or will you have the required 100 teaching required by Yoga Alliance by the start of the program.
- ❖ Please share your own spiritual practice/asana practice of yoga.
- ❖ What are your other interests and activities.
- ❖ Do you have any physical limitations, disabilities or chronic injury/illness?
- ❖ What is your current occupation of the mat.
- ❖ What are your expectations of this program (and of yourself).
- ❖ Tell us about any special interests or skills.
- ❖ (Please use a separate piece of paper for your answers)

**300 Yoga Teacher Training \$3500.00 in full before session starts. Payment plan is described above. Tuition does not include cost of books or personal yoga supplies.**

**Please complete and mail or bring this application to (along with \$200 registration fee): Santosha Yoga LLC, 48774 Gratiot Ave., Chesterfield MI 48051. Please include check payment or contact Santosha Yoga directly to make payment by credit card.**

\*\*All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An applicant fee of not more than \$25.00 may be retained by the school if the applicant is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. All refunds shall be returned within 30 days.\*\*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Next Yoga Teacher Training Schedule: The training will be in two modules: September 20, 2020 through December 20, 2020 for 13 weeks (Classes not held November 29, Thanksgiving weekend) with a 2 week break between the holidays then continuing Saturday, January 9, 2021 through March 28, 2021 for 12 weeks.**

### **Course Objectives:**

- ❖ To provide each student with deeper experience of yoga and personal consciousness and the inner self-awareness that your yoga practice foster.
- ❖ Understanding the business of yoga.
- ❖ A final project designed to help define yourself as a yoga teacher.
- ❖ To take your asana (postures), pranayama (breathing techniques), meditation, chanting and other yogic practices to another level that will benefit you and then in turn your students.
- ❖ Study the Yoga Sutras, Bhagavad Gita and the Heart Sutra
- ❖ One-on-one mentor relationship to guide you throughout the program and beyond
- ❖ Delving into the history and true essence of what yoga really is all about.
- ❖ To provide a non-competitive environment to practice and learn from each other. Be open and come with a beginner's minds.
- ❖ Advanced Anatomy & Physiology.
- ❖ To reinforce how to live with a solid foundation in the philosophies of yoga and their applications to daily life in the Western world.
- ❖ PTSD and yoga for students who have experience Trauma.
- ❖ To continue to uphold the principles of yoga teaching by meeting and exceeding the standards of Yoga Alliance in order for students to receive the most out of their yoga education experience after which you will be able to register through Yoga Alliance as a RYT 500.

### **Coursework:**

To benefit and enhance your teaching skills, we require a series of assignments to be completed. These assignments include, yet are not limited to reading books, writing out essays, completing an online A&P course, journaling, oral presentation, meeting with a study partner, practice teaching and so on. Written material must be handed in before certification.

Classes meet on consecutive Sundays from 12:00 PM to 6:00 PM and alternating Saturdays and Sundays from 12:00 PM to 6:00 PM. Classes will not meet the Sunday of Thanksgiving weekend and will break for the Christmas holiday on December 20, 2020 resuming on January 9, 2021. You will have unlimited class access at Santosha for the duration of the training.

**Required texts not included the cost of the tuition: TBD at this time.**

### **Instructors:**

Theresa May - E-RYT 500 (Director & Lead Instructor of program)

Cindy Chase – E-RYT 200/RYT 500 (Co-Instructor)

Penny Carroll – E-RYT 500 (Co-Instructor)

Debbie Kowalski – RYT 200, Physical Therapist & CPI

(Supporting staff members may be added or changed due to availability.)

## **Student Code of Conduct:**

1. Please arrive on time for all classes and be ready to learn.
2. Bring your own yoga mat to class or you can purchase one at the studio.
3. Props such as blocks, straps and blankets will be available for student use.
4. All cell phones and electronics must be turned off.
5. Please keep your space clean and put all props, etc. away.
6. Make sure that you have all books and equipment required for the day's class topics.
7. Please respect your fellow students and treat them as you yourself would like to be treated (Karma).
8. Keep perfume and any scents at a minimum to respect those with allergies.
9. Practice aparigraha (non-attachment) and leave all personal belongings outside the practice room.
10. Please dress in comfortable and appropriate clothing for the class and asana practice.
11. Students who do not follow these policies may be dismissed with no refunds given.
12. Practice the Yamas & Niyamas (morals & ethics of yoga) at all times.



