

# Santosha Yoga LLC

## Yoga Teacher Certification Catalog

Volume I Number XIII - 2023/2024

200 Yoga Teacher Training

Next training starts October 2023

(Exact start date to yet to be determined)

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: Theresa May, E-RYT 500



## **Welcome to Santosha Yoga:**

Thank you for your interest in Santosha Yoga and our teacher training program.

What in your life has piqued your interest into taking our yoga teacher training? Have you been practicing for a while and like the changes you have seen in your body, mind and soul and want to pass that on? Is there a yoga teacher/mentor that has helped you? Are you looking for a community of like-minded people? Do you just want to deepen your personal practice at this time and don't intend on teaching? Whatever the reason, we can help take you through your journey.

We all have the capability and need to grow and learn to bring out the pure potential that we all have inside of us. What a great gift you can give yourself and in turn those around you when you take the training. As we change and grow, so do those in our lives.

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 learn about 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.

A little bit about me. I have been practicing yoga since 2000 and teaching since 2006. I have been blessed to have taken both my RYT 200 and RYT 500 teacher training with Michael Johnson of North Carolina. In the past I have studied with Doug Keller, Doug Swensen, Sean Corne and Alan Haras (Bhaktadas Om). I have been greatly influenced by Jason Crandell as well as Paul Grilley, Bernie Clark, B.K.S. Iyengar and Sri K. Pattabhi Jois, widely acknowledged as this generation's master of Ashtanga yoga.

As the benefits of yoga are becoming more recognized the opportunity and need for teachers increases. Even you do not plan on teaching; the personal benefits of the teacher training program are plentiful. Call or email me so we can set up a time to meet to discuss your future in Santosha Yoga 200 Yoga Teacher Training.

~Theresa May~ Owner/Director – E-RYT 500

*"Be the change you want to see in the world". ~ Mahatma Gandhi~*

## **Tuition & Fees:**

The total cost of the program is \$2800.00. Books There is a \$200 application fee to hold your place in the training; this amount applies to your total payment. Books, lodging, or travel expenses are not included in this price. During the duration of the training, you will have "Unlimited Yoga Classes" at Santosha Yoga with any of our teachers; 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 teach yoga and a proposal of Karma Yoga they plan to do in the community once their training is complete. This must be submitted no later than 30 days prior to start of next training session and to be included with the yoga teacher training application.

**Payment Options: (dates for payment options will change once exact start date of class is determined).**

**\$2,800.00** – \$200.00 deposit due with application. \$2600.00 due on or before October 2, 2022.

**\$2,800.00** – \$200.00 deposit due with application. Four payments of \$650.00 due by October 2, 2022, November 13, 2022, January 15, 2023, and February 26, 2023. We will not charge interest if you are using the payment plan and staying current.

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

**Program Refund Policy:**

The tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An application fee of \$50.00 may be retained by the school if the application is denied. 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.

**Pre-requirements & Application:**

Each applicant is required to meet with the lead trainer of Santosha Yoga as part of the application process as which time they will present the lead trainer with a one-page essay as to why they would like to take the 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. We also need to know if you have any medical concerns, this information will be held in strictest confidence. A regular yoga practice of at least 6 months is highly recommended prior to teacher training.

**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 200 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 June 30, 2023. 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. If inclement weather prevents students from attending class, the class will still be held via live streaming.

**Certification:**

The Santosha Yoga Teacher course satisfies the entire requirements for the 200 Hour Yoga Teacher Training as required by the Yoga Alliance (a national registry for yoga schools). If you did the work that was asked of you, you should 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 Teach (RYT) through Yoga Alliance at the 200-hour level. Placement assistance is not available for students.

**Santosha Yoga LLC Teacher Training Enrollment Application & Contract  
200 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 Teacher Training:

- ❖ Why do you want to take this program.
- ❖ Write your own definition of yoga.
- ❖ 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.
- ❖ 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)

**200 Yoga Teacher Training \$2800.00 in full before session starts. Payment plan available as described above includes additional fee. 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 along with one page essay as stated in catalog under Pre-requirements and Applications. 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 \$50.00 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

(Upon signing this you agree and understand all the requirements and guidelines as explained and listed in the catalog.)

**Next Yoga Teacher Training Schedule: The exact start date for the 2023 session has yet been determined. However, it will be early October and run through mid-March of 2024. Class will have a 2 week break in between the Christmas holidays.**

### **Course Objectives:**

- ❖ To provide each student with an in-depth experience of yoga, deepening the personal consciousness and inner self-awareness yoga practice foster.
- ❖ To learn asana (postures), pranayama (breathing techniques), meditation, chanting and other yogic practices through direct experiential learning.
- ❖ To learn the methodology and basic skills to effectively teach a yoga class.
- ❖ To emphasize safe, effective, and inspiring teaching methods which prepare you to be a proficient yoga teacher.
- ❖ To offer knowledge in how to live the yogic lifestyle, enhancing spiritual health and centeredness through yoga.
- ❖ To learn modifications and adjustments in the postures to adapt a style of practice personalized for different body types.
- ❖ To provide a non-competitive environment to practice and learn from each other.
- ❖ To give guidance on how to establish your profession as a yoga teacher (the business side of yoga).
- ❖ To give a solid foundation in the philosophies of yoga and their applications to daily life in the Western world.
- ❖ To help students find their own teaching styles and “voice”.
- ❖ To uphold the principles of yoga teaching by meeting and exceeding the standards of Yoga Alliance for students to receive the most out of their yoga education experience.

### **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 completion of course. Students must also complete and pass a written test at the end of the training.

Students are also required to attend two (2) asanas classes taught by director/lead trainer or co-trainer each week during the training weeks as part of the contact hours required by the Yoga Alliance. You will have unlimited class access at Santosha for the duration of the training. Please check our current schedule for the classes that the lead trainer and co-trainer teach.

Six (6) feedback classes are required for each student with at least three (3) being taught with the lead trainer or co-trainer present. They must be one hour in length, contain a philosophical theme and begin with a brief guided meditation and pranayama (breath work). Students will invite their friends and family to attend the feedback classes and afterward have them complete a written feedback questionnaire. The format of questionnaire will be supplied by Santosha Yoga. The required styles of yoga are as followed:

1. Two (2) Ashtanga (modified short form)
2. Two (2) Slow Flow
3. Two (2) Basic /Beginners
4. Students must also assist three (3) classes with the director (subject to change).
5. Students are also required to observe 3 classes being taught (more details later).

Students will also attend a four-day silent retreat at Marysville Retreat Center in Holly Michigan the second weekend of December 2023. Exact dates to be announced. If you are unable to attend the retreat, please discuss this with the director. Not being able to attend will not affect the status of finishing your requirements, however the hours will have to be made up at a later date.

A silent retreat is a rare and wonderful opportunity to dive deeply into awareness of what is true, enduring, unchanging. External and internal silence helps us to recognize this subtle yet continuous undercurrent of the real awareness of what is. Natural settings facilitate our ability to notice the world instead of our mental constructions of the world. A shared group intent formed as individuals practice attunement to reality together raises everyone's ability to pay attention. This group-generated energy is very real, almost palpable. Silence, concentration, lack of distractions, and seriousness of purpose will help guide all students to their awareness of self.

**Required text not included in the cost of the tuition:**

- ❖ *How Yoga Works* by Geshe Michael Roach (Please read prior to start of training).
- ❖ *Ashtanga Yoga: The Practice Manual* by David Swenson
- ❖ *The Yamas & Niyamas* by Deborah Adele
- ❖ *The Yoga Sutras of Patanjali* by Geshe Michael Roach

**Instructors:**

Theresa May - E-RYT 500 (Director & Lead Trainer of program.)  
Cindy Chase – RYT 500 (Co-Trainer)  
Lori Krajenke– RYT-200, RPYT-85  
Debbie Kowalski – RYT 200, Physical Therapist & CPI  
Amanda Hodge - RYT 200

(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.

**Description and Location of Santosha Yoga:**

Santosha Yoga is located at 48774 Gratiot Ave. in Chesterfield MI in the Kingston Plaza, between 21- & 22-mile roads and the east side of the street. We are easily accessible to Interstate 94. Experience your teacher training in a warm, inviting and non-judgmental environment in our 1150 square foot practice room within our 2600 square foot studio.