

Santosha Yoga LLC
Yoga Teacher Certification Catalog
Volume 1 Number 1 - 2011/2012

Licensed by the State of Michigan
Registered through the Yoga Alliance, RYS 200



Registered Yoga School

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Owner/Director: Theresa May, E-RYT 200/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 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.

I have been practicing yoga for 12 years and teaching for over 5 years. I have been blessed to have taken both my RYT 200 and RYT 500 teacher training with Michael Johnson of North Carolina. I have been influenced by Geshe Michael Roach, Lama Brian Marut, John Friend, Paul Grilley and Sadie Nardini, as well as 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 don't plan on teaching; the personal benefits of the teacher training program are plentiful. Please feel free to contact us with any questions.

~Theresa May~ Owner/Director – E-RYT 200/RYT 500

“Be the change you want to see in the world”. ~ Mahatma Gandhi~

Tuition & Fees:

There is a \$100 application fee to hold your place in the training; this amount applies to your total payment. The total cost of the program is \$2500.00. It includes all practice and lectures sessions during the 16 week curriculum plus a training manual. It also includes a weekend silent retreat at the Lake Huron Retreat Center April 13-15, 2012 for the Winter/Spring 2012 session. No books, lodging (excluding silent retreat) or travel expenses are included in this price. During the duration of the training you will have “Unlimited Yoga Classes” at Santosha, this does not include workshops and special events.

A scholarship of up to \$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 30 days prior to start of next training session and to be included with the yoga teacher training application.

Payment Plan:

Payments Plans are available upon special request. Please contact director of Santosha Yoga directly for consideration. Additional fees apply.

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 \$25.00 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 director of Santosha Yoga as part of the application process as which time they will present the director 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.

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.

Attendance Policies:

Santosha Yoga LLC criteria for teaching certification follow the guidelines set by Yoga Alliance and meet 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 3 months of the date missed.

Certification:

The Santosha Yoga Teacher Certification Course satisfies the entire requirements for the 200 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 Teach (RYT) through Yoga Alliance at the 200 hour level. Placement assistance is not available for students.

**Santosha Yoga LLC Teacher Training Enrollment Application
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:

Tell us about your yoga and meditation practice:

Tell us about any special interests or skills:

Please list any injuries or medical concerns:

200 Yoga Teacher Training \$2500.00 per session. Payment plans available upon request (additional fees apply). Tuition does not include cost of books or personal yoga supplies.

Please complete and mail or bring this application to (along with \$100 registration fee): Santosha Yoga LLC, 48774 Gratiot Ave., Chestfield 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 \$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: February 5, 2012 through June 3, 2012

You will come away from this 16 week program with the knowledge of:

- The inner and outer workings of yoga.
- Master Patangalis “Yoga Sutras”
- Eight Limbs of Ashtanga Yoga
- How to start & keep a meditation practice.
- The Anatomy & Physiology of the yoga poses.
- The types of Yoga & types of students.
- How to teach & sequence a yoga class.
- The principles & importance of alignment.
- Personal Transformation
- Merging Yoga Tradition and Science
- This experience will change your life!

Classes meet on consecutive Sundays from 12:00 PM to 7:00 PM, (excluding Sunday, April 8 and Sunday, April 29); four (4) Saturday classes are required from 1:00 PM to 6:00 PM, February 18, March 17, April 21 and May 19. Students are also required to attend two (2) classes taught by director 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. You may choose between the following:

Tuesday and Thursday nights: 7:00 pm - Vinyasa and 8:15 pm - Slow Flow

Saturday morning: 8:45 am - Vinyasa and 10:00 am – Mixed Levels

Three feedback classes are required for each student with at least one being taught with the director present. Must be one hour in length, contain a philosophical theme and ending with a brief guided meditation. Students will have participants complete a written feedback questionnaire. The format of questionnaire will be supplied by Santosha Yoga. The required styles of yoga are as followed:

1. Ashtanga (modified short form)
2. Slow Flow
3. Basic Hatha

Students will also attend a weekend silent retreat at the Lake Huron Retreat Center in Burtchville, MI (north of Port Huron) that will occur from April 13-15 for the Winter/Spring 2012 session. 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 the cost of the tuition:

- *How Yoga Works* by Geshe Michael Roach (Please read prior to start of training).
- *The Essential Yoga Sutra* by Geshe Michael Roach & Christie McNally
- *Anatomy of Yoga* by Dr. Abigail Ellsworth.
- *Hatha Yoga Illustrated* by Martin Kirk
- *Ashtanga Yoga: The Practice Manual* by David Swenson
- *Yin Yoga* by Paul Grilley

Suggested texts, but not required:

- *Tibetan Book of Meditation* by Christie McNally
 - *Wherever You Go There You Are (Mindfulness Meditation in Everyday Life)* by Jon Kabat-Zinn
 - *Light on Yoga* by B.K.S. Iyengar
 - *Buddha's Brain* by Dr. Rick Hanson
- (All books can be purchased at Amazon.com in new and used condition.)

Instructors:

Theresa May - E-RYT 200/RYT 500 (Director & Primary Instructor of program)

Meaghan Zeoli – RYT 200 (Kids Yoga)

Debbie Jodzis –Trained Yoga Instructor with Yoga Fit (Pre-Natal Yoga)

Prof. Kathy Eubanks – Master of Science with Wayne State University (Anatomy & Physiology)

Jean Charette – RYT 200 (Restorative & Yin Yoga)

(Supporting staff members may change 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 you 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.

Complaints:

If we have unintentionally made you unhappy or are not satisfied, students who wish to file a complaint with the State of Michigan may do so at www.michiganps.net.