



Catalog

Yoga Teacher Training 200-hr
Advanced Yoga Teacher Training 300-hr
Prenatal Yoga Teacher Training 85-hr
&
Fast-Track Prenatal Yoga Teacher Training (a CEU Course)
Yoga Nidra Facilitation Training (a CEU course)

Gilbert Yoga
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Gilbert Yoga is a Registered Yoga School with Yoga Alliance

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<u>Table of Contents</u>	<u>Page</u>
Introduction	2
Academic Policies	8
Admission Requirements and Enrollment	6
Attendance Requirements	8
Cancellations and Refund Policy	9
Certification/Licensing Requirements to Practice in the Field	8
Class Schedules	7
Completion Requirements	6
Conduct Policy	9
Equipment/Technology Requirements	6
Grading System	8
Placement Assistance	8
Postponement of Start Date	8
Program Objectives	3
Programs Offered	2
Satisfactory Academic Progress	8
Books/Texts/Learning Materials Required	5
Tuition/Fees/Payment Options	4

Introduction

Gilbert Yoga (hereinafter referred to as the School) is a Registered Yoga School (RYS) with Yoga Alliance and offers a professional, safe and comfortable environment for the Yoga Alliance approved certificate programs: Yoga Teacher Training 200-hr and the Bhakti Yogasana & Mantra Advanced Yoga Teacher Training 300-hr (hereinafter referred to as the YTT 200-hr and AYTT 300-hr) and the 85-hr Prenatal Yoga Teacher Training program (hereinafter referred to as the PYTT 85-hr). In addition to the above programs, Gilbert Yoga offers many workshops and mini-trainings that can be used for CEU's with Yoga Alliance, including our Yoga Nidra Facilitation Training and Fast-track Prenatal Yoga Teacher Training.

The School is staffed by qualified, trained, and experienced Registered Yoga Teachers who are passionate about sharing their gifts and knowledge of yoga and it's vast tradition.

The school is owned by Cassandra Wallick E-RYT, who is the sole Board Member, Manager, Director, and Treasurer of the School.

Teaching Faculty:

Cassandra Wallick E-RYT 500 - Administrator and Lead Instructor

Monica Page-Subia E-RYT 500 - Lead Instructor

Lanita Ugstad E-RYT 200, PRYT - Prenatal Lead Instructor

Ingrid Ortega E-RYT 200 - Assistant Instructor

Gretchen Bickert E-RYT - Assistant Instructor

Jennifer Wheeler E-RYT - Yoga Nidra Instructor

Programs Offered

Yoga Teacher Training 200-hr (YTT 200hr) - approved by Yoga Alliance.

Upon successful completion of this program the student will receive a Certificate of Completion for Yoga Teacher Training at the 200-hr level, and the student will be able to acquire the Registered Yoga Teacher (RYT) title/designation from Yoga Alliance should they desire it.

*Prerequisite: Students who wish to enroll in the YTT 200-hr program must attend a yoga class with and meet the Director prior to enrolling.

Advanced Yoga Teacher Training 300-hr (AYTT 300-hr) - approved by Yoga Alliance.

Upon successful completion of this program the student will receive a Certificate of Completion for Yoga Teacher Training at the 300-hr level, and the student will be able to acquire the Registered Yoga Teacher at the 500-hr level (RYT 500) title/designation from Yoga Alliance should they desire it.

*Prerequisite: Students who wish to enroll in the AYTT 300-hr program must have completed a Yoga Alliance approved 200-hr YTT (from any school), and must attend a yoga class and meet with the Director/Lead Instructors prior to enrolling.

Prenatal Yoga Teacher Training 85hr* (PYTT 85hr) - as approved by Yoga Alliance.

Upon successful completion of this program the student will receive a Certificate of Completion for

Prenatal Yoga Teacher Training at the 85 hr level, and will be able to register with Yoga Alliance for the title/designation of Registered Prenatal Yoga Teacher should they desire.

*Prerequisite: Students who wish to enroll in the PYTT program must have completed at minimum a 200-hr program (approved by Yoga Alliance) at Gilbert Yoga or another Registered Yoga School (RYS).

Programs Objectives & Program Outlines

Yoga Teacher Training 200-hr Objectives

The purpose of the YTT 200-hr program is to prepare the graduate for instructing yoga (should they desire) in group classes or private sessions with confidence and skillful knowledge in a safe manner, offering a traditional yoga practice to his/her students/clientele. Along with intellectual knowledge and understanding of yoga and its many elements, the graduate will also grow their personal practice of yoga and meditation, thereby deepening their own experience in the path of yoga as a lifestyle, on and off the mat. With emphasis on understanding yoga as it was intended; for the purpose of balancing one's inner and outer energies and realizing oneness with the given reality. In addition to the study of applied philosophy, Jnana Yoga, and the physical aspects of Hatha yoga, the student will be exposed to and will experience: Karma Yoga (the yoga of action/service), Naad Yoga (the Yoga of Sound), and Bhakti Yoga (Devotional/Mantra) practices.

Advanced Yoga Teacher Training 300-hr Objectives

For yoga teachers who have their 200-hr and want to take their teaching to the next level, this training is ideal for those who desire to deepen their own spiritual practice and introduce chant and mantra into their classes, Bhakti events and workshops. Students will learn how to incorporate Bhakti Yoga techniques into all five koshas: physical, energetic, mental, emotional and spiritual. Emphasis will be on creating Bhakti inspired all-level and advanced level yoga classes which include mantra, stories of the deities, and asana practices built around the Divine qualities and energies which the chants and deities embody. We'll go deep into philosophy in order to feel for ourselves the frequency of various mantras and to formulate in-class suggestions for how students can integrate Bhakti Yoga practice into their own lives. We will also go into more depth on physical and energy anatomy, alignment, assists, Sanskrit, meditation, pranayama, mudra and other core teaching methodologies in order to integrate and solidify these skills so completely, that we have the mental, emotional and energetic space as teachers to fully expound the Bhakti Yoga teachings.

Prenatal Yoga Teacher Training 85-hr Objectives

The purpose of the PYTT 85hr program is to prepare the graduate for instructing Prenatal yoga in group classes or private sessions with confidence and skillful knowledge in a safe manner, offering a well rounded practice to his/her students/clientele. Along with intellectual knowledge and understanding of yoga, pregnancy, and its many elements, the graduate will also grow their knowledge of the anatomy of a pregnant women, safety for pregnancy in yoga asana, pre-parent bonding and meditation, there by deepening their own experience in the path of prenatal yoga on and off the mat.

For All Program Outlines, please view the Standards we adhere to as mandated by Yoga Alliance:

<https://www.yogaalliance.org/Credentialing/CredentialsforSchools>

Tuition & Fee's:

Yoga Teacher Training 200-hr:

Option 'A' (Tuition paid in full prior to start date)		*Tuition		*Fee	Total	**Books
Tuition.....		\$2100.				
Registration Fee.....			+	\$150.	\$2250.	+ \$85.
Option 'B'		*Tuition		*Fee	Total	**Books
Due prior to Start Date:	Tuition 1 + Registration Fee.....	\$1100.	+	\$150.	\$1250.	
Due 30 days past Start Date:	Tuition 2 + Processing Fee.....	\$800.	+	\$ 45.	\$845.	
Due 60 days past Start Date:	Tuition 3 + Processing Fee.....	<u>\$200.</u>	+	<u>\$ 45.</u>	<u>\$245.</u>	
		\$2100.	+	\$250.	\$2340.	+ \$85.

* Payments can be made with cash, check, money order. Any payments made with credit/debit card will have an additional fee of 2.6% added on.

** Estimated cost, Non-refundable & subject to change. Books are to be purchased by the student (not through Gilbert Yoga, unless noted.)

Advanced Yoga Teacher Training 300-hr:

Option 'A' (Tuition paid in full prior to start date)		*Tuition		*Reg.Fee		Payable to GY	**Books
Tuition & Registration Fee paid after Jan. 15, 2019		\$2950	+	\$150.	+	\$3100	+ \$85.
Option 'B'		*Tuition		*Reg.Fee		Payable to GY	**Books
Due prior to Start Date:	Tuition 1 + Registration Fee	\$1350.	+	\$150.	+	\$1500.	
Due 30 days past Start Date:	Tuition 2 + Processing Fee	\$800.	+	\$ 45.	+	\$845.	
Due 60 days past Start Date:	Tuition 3 + Processing Fee	<u>\$800.</u>	+	<u>\$ 45.</u>	+	<u>\$845.</u>	
		\$2950.		\$240.		\$3190.	+ \$85.

* Payments can be made with cash, check, money order. Any payments made with credit/debit card will have an additional fee of 2.6% added on.

** Estimated cost, Non-refundable & subject to change. Books are to be purchased by the student (not through Gilbert Yoga, unless noted.)

Prenatal Yoga Teacher Training 85-hr:

Option 'A' (Tuition paid in full prior to start date)		*Tuition		*Fee	Total	**Books
Tuition.....		\$850.				
Registration Fee.....			+	\$100.	\$950.	+ \$65.
Option 'B'		*Tuition		*Fee	Total	**Books
Due prior to start date:	Tuition 1 + Registration Fee.....	\$500.	+	\$100.	\$600.	
Due half-way thru program:	Tuition 2 + Processing Fee.....	<u>\$350.</u>	+	<u>\$ 65.</u>	<u>\$415</u>	
		\$850.	+	\$165.	\$1015.	+ \$65.

* Payments can be made with cash, check, money order. Any payments made with credit/debit card will have an additional fee of 2.6% added on.

** Estimated cost, Non-refundable & subject to change. Books are to be purchased by the student (not through Gilbert Yoga, unless noted.)

Texts and Learning Materials Required (subject to change)

YTT 200-hr Program:

1. *Yoga Mind, Body & Spirit, A Return to Wholeness, Donna Farhi*
2. *Yoga Anatomy, Leslie Kaminoff*
3. *Yoga Teacher Toolbox* (Purchase from Gilbert Yoga)
4. *The Bhagavad Gita, Stephen Mitchell*
5. *The Bhagavad Gita: God Talks With Arjuna by Paramahansa Yogananda, Self Realization Fellowship* (in paperback, 2 book set) *OPTIONAL*

In addition to the books listed above, the student should have a 3-ring binder with 10 tabbed dividers and loose leaf note paper, plus a personal journal.

Advanced YTT 300-hr Program:

1. *The Bhagavad Gita: God Talks With Arjuna, by Paramahansa Yogananda, Self Realization Fellowship* (in paperback, 2 book set)
 2. *From Suffering to Joy, by Prem Baba*
- (additional book titles will be emailed to registrants prior to training start date)

PYTT 85-hr Program:

1. *Preparing for Birth with Yoga, Janet Balaskas*
2. *Guide to Childbirth, Ina May Gaskin*
3. *Spiritual Midwifery, Ina May Gaskin*
4. *HypnoBirthing, The Mongan Method, Marie F. Mongan*
5. *Birthing from Within, Pam England and Rob Horowitz*
6. *Pushed, The Painful Truth about Childbirth and Modern Maternity Care, Jennifer Block*
7. *Physiology in Childbearing: with Anatomy and Related Biosciences, Dot Stales* (optional)

In addition to the required books listed above, the student should have a 3-ring binder with note paper plus a personal journal.

Equipment/Technology Requirements for All Programs

The student should have a basic level of competency with regard to use of the internet and emailing, as these methods will be used for outside of classroom teacher-to-student/student-to-student communication throughout the program. The student should have access to a computer/internet for the purpose of homework and researching various topics discussed in the classroom.

Admission/Eligibility Requirements and Enrollment

The school does not discriminate based on race, sex, religion, ethnic origin, or disability. Prospective students must have a high school diploma or equivalency diploma to be accepted for enrollment, unless pre-approval from the Director has been obtained.

The school does not offer tuition reductions or discounts, educational loans, or scholarships at this time. In order to enroll in the YTT 200hr program the student must have some experience of yoga, and must meet with the Director prior to enrolling.

If prospective student has accumulated partial hours from another Registered Yoga School (Yoga Alliance) 200hr program, some or all of those hours may be accepted and transferred over, per the Directors discretion.

In order to enroll in the PYTT 85-hr program, the student must have a Certificate of Completion from a minimum of a 200-hr Yoga Teacher Training program which has been approved by Yoga Alliance. In order to enroll in the AYTT 300-hr program, the student must have a Certificate of Completion from a 200-hr YTT program.

Enrolling students should have a strong desire for deepening their knowledge and experience of yoga and its many elements. It is desirable, but not mandatory, for the student to have had their own personal yoga/meditation practice prior to starting the program. Each potential student will meet with the primary instructor for an interview/yoga class prior to enrollment in the program.

Enrollment:

Prospective students may enroll up to day 1 of actual program. Late enrollments will only be accepted under special circumstance, as deemed by the Director.

The Registration fee of \$150 is due at the time the enrollment agreement is signed in order to secure a spot in the program.

Completion Requirements

Yoga Teacher Training 200-hr & 300-hr:

In order to receive the Certificate of Completion the student will be required to have attended the required minimum of YTT class time, plus the student must have performed, logged and turned in the required hours of outside YTT program practice/study, including the required Practicum hours for the particular program, all within 60 days after the completion of the last class in the scheduled YTT program. The student must also demonstrate the ability to confidently teach and express the subject matter in a yoga class setting (as determined by the primary instructor).

Missed classes (those which are unable to be made-up) are not to exceed 10% of the required contact hours. Students who have to miss class must arrange to meet with other students to study the missed material and this will be considered Make-up time. Additional homework assignments to cover missed classes may be given at the instructor's discretion.

Prenatal Yoga Teacher Training 85-hr

In order to receive the PYTT 85hr Certificate of Completion the student will be required to have attended the required 90% of the 75 hours of PYTT class time, plus the student must have performed, logged and turned in the required 10 hours of outside PYTT program practice/study, including the required Practicum hours for the particular program (listed in the program Outline), all within 60 days after the completion of the last class in the scheduled PYTT program.

Missed classes (which are unable to be made-up) are not to exceed 7.5 hours of PYTT 85hr class time. Students who have to miss class must arrange to meet with other students to study the missing material covered. Additional homework assignments to cover missed classes may be given at the instructor's discretion.

Program Schedules

YTT 200-hr is offered as an approximate 3 to 4-month program 2 weekday evenings plus multiple weekends at Gilbert Yoga.

Please request the current calendar for specific dates and times via email:

info@gilbertyoga.com

AYTT 300-hr is offered as an approximate 6 month course, meeting 2 evenings per week plus multiple weekends, and including a 8-9 day retreat. Details will be given to potential participants by way of a pdf calendar with exact dates/times.

Please request the current calendar for specific dates and times via email:

info@gilbertyoga.com

PYTT 85-hr is offered in a 1-2 month time period, meeting primarily over 4 weekends, plus 1-2 weekday evenings/week.

Please request the current calendar for specific dates and times via email:

info@gilbertyoga.com

Classes are not held on the following holidays:

Christmas Eve	New Year's Eve
Christmas Day	New Year's Day
Thanksgiving Weekend	Memorial Day Weekend
Labor Day Weekend	Independence Day
Presidents' Day	Martin Luther King Day

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by phone and/or email

Certification/Licensing Requirements to Practice in the Field

At this time there are no *legal* requirements to teach yoga. In the industry, it is a common practice that facilities where yoga is offered require a yoga teaching certification of some kind, but the facilities are not required to do so by law.

The Yoga Alliance organization sets the standards for the Yoga Teacher Training 200hr and Prenatal Yoga Teacher Training 85hr as a way to provide the public with qualified teachers who have studied in-depth the various aspects of the art and science of yoga, in order that they may offer a safe environment for the students. Completing a yoga teacher training program from a Licensed Private Post-secondary School approved by the State of Arizona provides evidence to potential employers that the new yoga teacher has completed a nationally recognized program and has been offered a professional level of schooling, knowledge, experience and competency which they can carry forward into their own teaching of yoga.

Placement Assistance

Gilbert Yoga does not offer employment assistance to graduates. By law, we make no guarantee, expressed or implied, of future employment. Current law prohibits any school from guaranteeing job placement as an inducement to enroll students.

Academic Policies:

Attendance Requirements

Students are expected to arrive on time for class with proper materials. An overall classroom attendance rate of at least 90% is required. Instructors may request your withdrawal from a course or program if absences or tardiness exceed 90%. Classroom hours missed will need to be made-up within 10 days after the missed class in order to be considered 'made-up' classes.

Postponement of Start Date or Cancellation of Course

Postponement of a starting date, whether at the request of the School or the student, requires a written agreement signed by the student and the School. The agreement must set forth:

- a. Whether the postponement is for the convenience of the School or the student, and;
- b. A deadline for the new start date, beyond which the start date will not be postponed. If the course/program is not commenced and is canceled, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the School's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

Satisfactory Academic Progress

In order to receive a Certificate of Completion for the Program, students must be able to demonstrate a thorough understanding of the various topics covered throughout the program, either by written or verbal exam. Students must log and turn in homework/home practice hours throughout the program. Those who do not complete assignments and/or turn in homework logs will be placed on probation for 30 days. During the probation period the student must complete all missing assignments and turn in a written essay demonstrating their knowledge on the information from missing assignments. The student may be terminated from the program if they continue to fail to turn in logs and assignments. Termination shall be at the discretion of the School Director. The Director has final authority and shall notify the student of the final decision.

Grading System

Programs are pass/fail, based on participation and to be determined by the Primary Instructor or Director.

Conduct Policy

All students are expected to act maturely and are required to respect other students and faculty members. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on School property. Any violation of School policies may result in permanent dismissal from School.

Cancellation and Refund Policy:

If for any reason an applicant is not accepted by the School, the applicant is entitled to a refund of all monies paid.

Three-Day Cancellation:

An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, the School shall provide the 100% refund.

Other Cancellations:

An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the School, is entitled to a refund of all monies paid (*minus the Registration fee of \$150.*)

Refund after the commencement of classes:

1. Procedure for withdrawal/withdrawal date:
 - A. A student choosing to withdraw from the School after the commencement of classes is to provide written notice to the Director of the School. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
 - B. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 consecutive class days.
 - C. All refunds will be issued within 30 days of the determination of the withdrawal date.
2. Tuition charges/refunds:
 - A. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition (*less the Registration fee of \$150.*)
 - B. After the commencement of classes, the tuition refund (*less the Registration fee of \$150.*) amount shall be determined as follows:

% of the clock hours attended:	Tuition refund amount:
10% or less	90%
More than 10% and less than or equal to 20%	80%
More than 20% and less than or equal to 30%	70%
More than 30% and less than or equal to 40%	60%
More than 40% and less than or equal to 50%	50%
More than 50%	No Refund is required

The percentage of the clock hours attended is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last day of attendance, by the total number of clock hours in the program. **Refunds** will be issued within 30 days of the date of student notification, or date of School determination (withdrawn due to absences or other criteria as specified in the school catalog).

Books and Supplies: Costs of books and/or other supplies purchased for the course by the student will not be refunded by the School.