



Catalog

Yoga Teacher Training 200hr
&
Prenatal Yoga Teacher Training 85hr

**Gilbert Yoga
6 E Palo Verde St, Ste 11
Gilbert AZ 85296**

Contact for more information: 480-225-1881

**www.gilbertyoga.com
info@gilbertyoga.com**

**Licensed by the Arizona State Board for
Private Postsecondary Education
www.azppse.gov**

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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 Teacher Training 200 hr program (hereinafter referred to as YTT 200hr) and the Prenatal Yoga Teacher Training 85 hr program (hereinafter referred to as PYTT 85hr).

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 – Administrator and Primary Instructor

Lisette Pena E-RYT, PRYT – Prenatal Primary Instructor

Heather Ricciardi E-RYT500 – Assistant Instructor

Ingrid Ortega E-RYT – Assistant Instructor

Heather Janesky RYT - Assistant Instructor

Gretchen Bickert RYT – Assistant Instructor

Lanita Ugstad, RYT, PRYT – Assistant Instructor

Programs Offered (All programs are considered Certificate Programs)

Yoga Teacher Training 200hr (YTT 200hr) - as 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 200hr program must attend a yoga class with and meet the Director 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 200hr program (approved by Yoga Alliance) at Gilbert Yoga or another Registered Yoga School (RYS). A Certificate of Completion from such school may be required for PYTT enrollment.

Yoga Teacher Training 200 hr Program Objectives

The purpose of the YTT 200hr 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.

Through the program we will be using sacred texts from various yoga traditions as a gentle guide, including the Shiva Sutras, Patanjali's Sutras, and the Upanishads. 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.

Yoga Teacher Training 200 hr Program Outline [Contact Hours: 180, Non-contact Hours: 20]

The Gilbert Yoga YTT 200hr program is a class-based instruction program and will cover the following topics as set forth by Yoga Alliance:

1. Techniques Training & Practice - 100 hrs

Includes learning and practicing Asana, Pranayama, Mantra, Meditation and other traditional yoga techniques.

2. Teaching Methodology - 25 hrs

Includes principles of demonstration, instructing techniques, observation of other teachers, assisting/correcting via verbal instruction, teaching styles, qualities of a yoga teacher, individual student's process of learning, and the business aspects of teaching yoga.

3. Anatomy & Physiology – 20 hrs

Includes human body physical anatomy and physiology (body systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and the application of its principles in regard to yoga practice/teaching (benefits, contraindications, healthy movement patterns, etc).

4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers - 30 hrs

Includes the study of yoga philosophies, yoga as a lifestyle, and ethics for yoga teachers.

5. Practicum – 10 hrs

Includes practice teaching with classmates and teaching friends/public (4 one-hour classes minimum), receiving feedback, and observing others teach (4 hrs minimum). Practicum hours may also include assisting students while someone else is teaching.

6. Electives – 15 hrs

Students can opt to attend the lead trainers ongoing yoga classes, Gilbert Yoga Kirtans (Bhakti Yoga), Gong workshops, assist with Kids Yoga classes, Chair Yoga classes, and/or help with community yoga (Karma Yoga) events as part of their elective hours.

Within the classroom students will practice and gain an understanding of: yoga for the individual, based on a breath-centered practice, including yoga for most all ages and levels. We will cover safe yoga for those with common injuries/ailments, contraindications for pregnancy, yoga alignment within postures for a safe practice, dynamic meditations and chakra awareness. Students will be exposed to Kirtan (call and response chanting in a group setting), a yogic diet, and will be exposed to Sanskrit pronunciation (names of yoga poses, basic meanings of common words used in yoga).

In addition to the dedicated YTT classroom hours, the students will be required to log daily home yoga practice time, as well as complete a small amount of academic homework each week.

Prenatal Yoga Teacher Training 85hr Program 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.

Prenatal Yoga Teacher Training 85hr Program Outline [Total Contact Hours: 75, Non-contact Hours: 10]

The Gilbert Yoga PYTT 85hr program is a class-based instruction program and will cover the following topics as set forth by Yoga Alliance:

1. General Background in the Specialty Area - 5 hrs

Understanding the yoga teacher's relationship with health care professionals. Knowing when to suggest that the student consult a health care professional regarding pregnancy issues. Understanding of psychological considerations during pregnancy and how to differentiate between high-risk and non-high-risk pregnancy.

2. Techniques Training & Practice - 25hrs

Includes yoga techniques specialized to the needs of the pregnant woman, including practice and teaching skills for trimester-specific yoga techniques. Techniques include: alignment for the expectant mother, appropriate yoga techniques for each trimester, how to practice yoga techniques safely and relaxation and stress management techniques.

3. Teaching Methodology -10 hrs

Includes design of lesson plans for the beginning and/or advanced student during each trimester.

4. Anatomy & Physiology - 10 hrs

Human anatomy and physiology (both physical and subtle body) related specifically to considerations during pregnancy. Topics include but are not limited to: overview of what is normal anatomy and physiology during pregnancy, how organs function during pregnancy, overview of the complications, including miscarriage, premature labor, hypertension, preeclampsia and body mechanics.

5. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers - 5 hrs

Includes traditional yoga philosophy as it may apply to lifestyle and well-being during pregnancy.

6. Practicum - 20 hrs

Observing: 10 hours

These hours must be spent observing another teacher lead a prenatal yoga class. 6 hours with Primary instructor leading.

Teaching: 10 hours

These hours must be spent teaching a prenatal yoga class, to classmates and/or public; 4 hours as the lead teacher.

7. Electives - 10 hrs

Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

After completing training with a Registered Prenatal Yoga School (RPYS), graduates must also teach 30 hours of prenatal yoga before they may register as Registered Prenatal Yoga Teachers (RPYT®s) with Yoga Alliance, should they desire to do so. These hours of prenatal yoga must be taught *after* graduating from a RPYS, such as Gilbert Yoga.

Yoga Teacher Training 200 hr - Tuition/Fees/Payment Schedules

Program Tuition Registration Total Tuition/Fees + Books/Supplies

YTT 200hr \$2100 + \$150 = \$2250 + \$85*

YTT 200 hr Payment Option 'A':

Tuition due and paid in full prior to Start Date

	<u>Tuition</u>		<u>Fee</u>	<u>Total</u>	<u>Books</u>
Tuition.....	\$2100.				
Registration Fee.....		+	\$150.	\$2250.	+ \$85.*

YTT 200 hr Payment Option 'B':

(Payment Plan not available for the Intensive Program)

		<u>Tuition</u>		<u>Fee</u>	<u>Total</u>	<u>Books</u>
Due prior to Start Date:	Tuition 1 + Registration Fee.....	\$1100.	+	\$150.	\$1250.	
Due 30 days past Start Date:	Tuition 2 + Processing Fee.....	\$800.	+	\$ 75.	\$875.	
Due 60 days past Start Date:	Tuition 3 + Processing Fee.....	<u>\$200.</u>	+	<u>\$ 75.</u>	<u>\$275.</u>	
		\$2100.	+	\$300.		
Total.....					\$2400.	+ \$85.*

*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 - Tuition/Fees/Payment Schedules

Program Tuition Registration Total Tuition/Fees + Books/Supplies

PYTT 85hr \$1100. + \$150. = \$1250. + \$85.*

PYTT 85hr Option 'A':

Tuition & Fees paid in full prior to Start Date

	<u>Tuition</u>		<u>Fee</u>	<u>Total</u>	<u>Books</u>
Tuition.....	\$1100.				
Registration Fee.....		+	\$150.		
Total.....				\$1250.	+ \$85.*

PYTT 85hr Option 'B' Payment Plan:

		<u>Tuition</u>		<u>Fee</u>	<u>Total</u>	<u>Books</u>
Due prior to or on Start Date:	Tuition 1 + Registration Fee.....	\$600.	+	\$150.	\$750.	
Due prior to half-way through program:	Tuition 2 + Processing Fee.....	<u>\$500.</u>	+	<u>\$ 75.</u>	<u>\$575.</u>	
		\$1100.	+	\$225.	\$1325.	+ \$85.*

* Estimated cost, Non-refundable & subject to change. Book are to be purchased online or at a local bookstore by the student.

Texts and Learning Materials Required (subject to change)

YTT 200 hr Program:

1. *Light on Yoga*, B.K.S. Iyengar
2. *The Heart of Yoga: Developing a Personal Practice*, T.K.V. Desikachar
3. *Yoga Anatomy*, Leslie Kaminoff
4. *Yoga Teacher Toolbox* (Purchase from Gilbert Yoga)
5. *Optional: The Living Gita: The Complete Bhagavad Gita – A Commentary for Modern Readers*, Sri Swami Satchidananda

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

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 85hr 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. 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:

In order to receive the YTT 200hr Certificate of Completion the student will be required to have attended the required minimum (90% of 180 hours) of YTT class time, plus the student must have performed, logged and turned in the required 20 hours of outside YTT 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 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 (which are unable to be made-up) are not to exceed 9 hours of YTT 180hr class time. 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.

YTT 200hr Class Schedule:

The YTT 200hr Program is a classroom based system, offered in two formats:

1. As an approximate 3 to 4-month program at Gilbert Yoga
2. As an Intensive (16 day off-site retreat)

Please request the current calendar for specific dates and times via email: info@gilbertyoga.com

PYTT 85hr Class Schedule:

The PYTT 85 hr Program is a classroom based system, offered in over a 1-2 month time period, meeting primarily over 4 weekends.

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.

Leave of Absence

Leave of Absences will not be permitted. If the student is forced to terminate the program, a refund will be issued in accordance with the School's Cancellation and Refund Policy.

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.

Dismissal, Probation and Student Re-Enrollment

Dismissal and Probation:

Any student may be dismissed for violations of rules and regulations of the School, as set forth in School publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The Director, after consultation with all parties involved, makes the final decision.

The Director of the School may place on probation or dismiss students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to School standards of conduct, may be allowed to resume attendance. The Director will review each case and decide upon re-admittance.

Student Re-Enrollment:

If a student has withdrawn from the program, the student may re-enroll in a subsequent equivalent program. In such cases, the student shall pay full Tuition plus a Registration Fee in advance of the subsequent program the student wishes to enroll in. If the student has been expelled or dismissed, student re-admittance will be determined on an individual basis. The School Director shall determine if re-admittance will be allowed.

Student Records

All student academic, financial and attendance records are maintained and filed in a secure and safe manner in perpetuity. Students are allowed to view their records, but the records must not leave the School. Should the institution cease operation, whether voluntarily or involuntarily, all educational records or legible true copies shall be filed with the Arizona State Board for Private Postsecondary Education within 15 days of ceasing educational operations.

Student Grievances and Grievance Procedure

The primary objective of the Student Grievance Procedure is to ensure that students have the opportunity to present grievances to the School regarding a certain action or inaction by a member of the School community and that the School has a consistent method of resolving those grievances in a fair and just manner.

Informal Resolution:

If a student has a complaint, grievance or dispute with the School during the course of the program, the student is strongly encouraged to discuss his/her grievance with the person alleged to have caused the grievance. The discussion should be held as soon as the student first becomes aware of the act or condition that is the basis of the grievance. Additionally, or alternatively, the student is encouraged to present his/her grievance in writing to the person alleged to have caused the grievance as well as to the Director of the School. In either case, the person alleged to have caused the grievance must respond to the student promptly, either orally or in writing, and the Director of the School should be notified of such response.

If informal resolution attempts fail to lead to a satisfactory end, the student shall submit a written notice of grievance to the School Director. Within 10 days of receiving notice of a student grievance, the School Director will respond to and investigate the student complaint. The Director will conduct fact-finding research and document the findings, in efforts to resolve the issue. Written documentation of the School's response and investigation will be recorded at the School and shared with the student in a timely manner. All efforts to resolve the issue to a satisfactory end will be extended by the School/Director within 20 days of the initial grievance being filed.

Student Rights in Regard to Grievance:

If the student complaint cannot be resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Arizona State Board for Private Postsecondary Education. The student must contact the State Board for further details. The State Board address is 1400 W. Washington Street, Room 260, Phoenix, AZ 85007, Phone # 602-542-5709, website address: www.azppse.gov.

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.

Facilities

The School is located at 6 East Palo Verde St, Ste 11, Gilbert Arizona 85296. Our classrooms/yoga rooms are furnished with all of the equipment needed to study and practice yoga.

Acknowledgements

The School Catalog is available to students and prospective students via electronic format/email, or in written hard copy when requested.

Within 10 days from the date of a catalog revision, the revised catalog shall be submitted to the State Board.

Catalog

The School Catalog is available to students and prospective students via electronic format/email, or in written hard copy when requested. Within 10 days from the date of a catalog revision, the revised catalog shall be submitted to the State Board.