



# **Chagrin Yoga**

200 Hour Teacher Training

## **Yoga School Catalog Spring 2019**

**Chagrin Yoga, LLC**

524 E Washington St  
Chagrin Falls, OH 44022

Phone: (440)247-4884

Fax: (440)247-4882

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

## **General Information**

(\*Please note: For training beginning in February/August, a minimum of six (6) enrolled students is required for the training to take place.)

### **Administration**

Darcy Providente: Owner/Program Director/Senior Instructor

### **Notice of Disclaimer**

**Chagrin Yoga, LLC** reserves the right to amend, add, or delete classes, programs, policies, tuition and/or facilities without prior notice. **Chagrin Yoga, LLC** also reserves the right to cancel classes due to insufficient numbers of students.

Catalogs of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations. Material in this catalog shall be made available in electronic or written formats to students and prospective students. Revisions made to this catalog shall be provided to the State Board within 10 days of implementation.

### **Statement of Non-Discrimination**

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, or physical disability.

### **Mission Statement**

The purpose of the **Chagrin Yoga Teacher Training Program** is to provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the students to deepen their personal practice and find their voice as a skilled yoga teacher.

**Chagrin Yoga, LLC** will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry. **Chagrin Yoga, LLC** strives to train our students to function as a professional member of the Yoga Instruction Industry.

### **Admissions Requirements**

**Chagrin Yoga, LLC** considers an applicant to be enrolled as a student when he or she meets the following criteria:

1. Completes an initial interview
2. Submits a signed enrollment agreement and yoga school catalog
3. Provides proof of High School Diploma or GED

4. Makes satisfactory arrangements for payment of tuition and other fees.

### **Dress Code**

Students are to be properly attired to practice yoga at all times.

### **Attendance Policy**

Students are required to maintain a minimum of 100% attendance over the length of the program. All Absences must be pre-approved by the instructor and arrangements made to complete the missed amount of classroom time. Failure to make such arrangements may result in termination. If a student must be absent, he/she must call **Chagrin Yoga** at least thirty (30) minutes prior to class start time.

### **Tardiness**

Time missed due to tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum required attendance.

### **Make-up Work**

Assignments and projects not completed during a course must be made up within the timeframe of that course. Arrangements **MUST** be made with an instructor in advance. Please be mindful that make-up work requires instructors to duplicate instruction and detracts from your training experience and others'. Excessive tardiness and absences slow down the training group as a whole and may lead to probation and termination.

### **Grading System**

Whether the student passes or fails the program is based on completion and participation in all assignments, electives, observations, and performance evaluations given during the course of the program.

### **Student Conduct**

Students must adhere to the rules and regulations of **Chagrin Yoga, LLC**. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class at **Chagrin Yoga, LLC** in general. The Administration of **Chagrin Yoga, LLC** reserves the right of judgment, to place on probation and/or terminate a student on any of the following grounds:

1. Excessive absences or tardiness.
2. Non-conformity of rules and regulations of **Chagrin Yoga, LLC**.

3. Conduct that is unsatisfactory to **Chagrin Yoga, LLC**, its staff, faculty, and its students.
4. Falsifying school records.
5. Breach of **Chagrin Yoga, LLC** enrollment agreement.
6. Failure to pay fees when due and/or to make available required documents.
7. Entering school premises while under the influence of alcohol or drugs.
8. Carrying a concealed or potentially dangerous weapon.
9. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of **Chagrin Yoga, LLC**.
10. Theft.

### **Termination Procedure**

Students to be terminated from the program are notified in writing and may appeal to the Director of the **Chagrin Yoga, LLC** Teaching Training Program (Darcy Providente) within three (3) days of "Notice of Termination".

### **Graduation Requirements**

In order to graduate, a student must:

1. Complete with a passing grade all requirements for their program of study within the maximum timeframe permitted.
2. Fulfill all financial obligations to **Chagrin Yoga, LLC**.

### **Chagrin Yoga Hours of Operation**

6:00am ó 8:00pm	Monday
6:00am ó 8:00pm	Tuesday
6:00am ó 8:00pm	Wednesday
6:00am ó 8:00pm	Thursday
6:00am ó 5:30pm	Friday
8:00am ó 4:00pm	Saturday
8:00am ó 5:00pm	Sunday

### **Student Holidays**

Classes will not be meeting on the following holidays:

Memorial Day

### **Start and end dates for Chagrin Yoga, LLC Teaching Training Program**

February 4 ó June 3, 2019

Mondays 8:00am ó 6:00pm

### **Tuition Schedule**

Chagrin Yoga, LLC 200 Hour Teacher Training Program \$3200

To secure your place, \$1600 due prior to the start date, February 4, 2019

Paid in full date is Monday April 8, 2019. Space is limited to 24 students.

### **Cancellation and Refund Policy**

An applicant requesting cancellation more than three (3) 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.

Approved tuition refunds are determined as follows:

- a. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition.
- b. After the commencement of classes, the tuition refund amount shall be determined as follow:

#### **% of the clock hours attempted:**

10% or less

More than 10% and less than or equal to 20%

More than 20% and less than or equal to 30%

More than 30% and less than or equal to 40%

More than 40% and less than or equal to 50%

More than 50%

#### **Tuition Refund Amount:**

At least a 90% refund

At least a 80% refund

At least a 70% refund

At least a 60% refund

At least a 50% refund

No refund is required

Special Cases: In case of prolonged illness or accident, death in the family, or other circumstances that make it impractical for the student to complete the program, the school may make a settlement that is reasonable and fair.

### **Holder in Due Course Statement**

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5-14-76).

## **Program Course of Study**

Chagrin Yoga 200 Hour Level Teacher Training Program

### **Prerequisites**

Passion for yoga is recommended.

### **Clock Hours**

200 hours

### **Course Title**

Chagrin Yoga 200 Hour Level Teacher Training Program

### **Course Description**

Topics covered in the 200 hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

**Techniques** ó the guided practice of, and analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation.

**Teaching Methodology** ó principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga.

**Anatomy and Physiology** ó both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, meridians, etc).

**Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers.**

**Practicum** ó actual practice teaching, giving and receiving feedback and observing others teaching.

**Reiki Level 1** Attunement Included

### **General Outline of the Sessions**

- Basic history, philosophy and evolution of vinyasa yoga
- Gain knowledge of basic and advanced asanas (postures) of vinyasa yoga
- Pranayama and the use of breath as a transformative tool
- Yogic diet
- Art of sequencing to create a fluid and balanced class
- Use of music to enhance a class
- Basic yogic anatomy and physiology
- Therapeutic value of various asanas
- Alignment and how to avoid injuries
- Verbal adjustments and physical assists
- Ability to develop and communicate a themed class that teaches and inspires
- How to read bodies ó physically and energetically
- Bandhas (energy locks) and inward focus
- Art of meditation ó developing deeper levels of awareness

## The Ground Rules

Be early and be prepared to learn at the start time. Have your props, mat, workbook, pen, extra paper, water, and yoga-appropriate clothes. See Attendance Policy, Tardiness, and Make-Up Work sections above for more details. BE READY.

Sit or stand for lectures and discussions. Do not lie down. Do not eat. Do not chew gum. Do not use phones or other devices. Be fully attentive to what is happening inside you and around you. Be aware of the teacher and your fellow trainees. For some sessions you will write notes down. For others, you will watch other people move. For others, you will listen and talk. For others, you will participate kinesthetically, doing the practices. For many sessions you will do ALL these things. BE READY.

Lunch will be 30 minutes. Additional breaks will be 5-15 minutes. These are the times to eat, rest, and, if necessary, check devices.

Respect each other. You may be asked to leave if your behavior is disruptive or disturbing to teachers or students. Read the Student Conduct section above. Follow it.

When your fellow trainees ask questions and make comments: Listen. Listen like they're your yoga students. You will need to be fully attentive to your students when they move and when they speak, so practice that now. No side conversations.

You will be required to teach us what you have learned. You will face emotional resistance sometimes. We will help you through it.

All discussions and insights stay within this group. They're confidential - just like your discussions with your students will be. You may choose to talk about your own experiences with others, but please keep your fellow trainees' private.

Requirements for completing this training to Yoga Alliance and Chagrin Yoga standards (and receiving certification):

Your workbook must be complete.

You must pass a short anatomy exam (written and oral).

You must complete the required readings.

You must pass the practicum (teaching fellow trainees).

You must schedule (with a certified teacher) and pass the assist practicum (assisting that teacher).

You must sign up for and attend at least 3 workshops at Chagrin Yoga during the training weeks. (Outside workshops can be substituted with advance approval.)

You must observe and take notes on 4 classes.

You must practice in 48 classes and log those classes in your workbook..

You must practice teach at least 1 hour per week outside of Chagrin Yoga Teacher Training and log those hours in your workbook. (Preferably with a fellow trainee, although other volunteers you find are acceptable. You can also teach into your phone or other device and practice to your own teaching.) This will prepare you to teach to your trainees and us!

Reach out to us when you have questions or areas you'd like to explore further - we are here to guide you on this incredible, eye-opening journey!

**I have read and understood the information in this Catalog, including the Student Conduct, Attendance Policy, Tardiness, and Make-Up Work sections, as well as these Ground Rules, and I agree to abide by these.**

Sign: \_\_\_\_\_ Print: \_\_\_\_\_ Date: \_\_\_\_\_