

# Yoga Spirit Academy Yoga Teacher Training in Tulsa



**Yoga Spirit Academy  
11134 E. 75th Place S.  
Tulsa, Oklahoma  
74133  
(mailing address)**

**Janet W. Parachin, Ph.D., C.Y.T.,  
Director  
918-261-9786  
Janet.yogaspirit@gmail.com**

***Catalog effective January 1, 2012***

## **Welcome**

Welcome to Yoga Spirit Academy, providing yoga and meditation training to new and experienced yoga teachers in Oklahoma. This catalog will orient you to the programs and policies of the school. We welcome your questions and participation in all the activities we have to offer. *Namasté. The Divine within us greets and honors and blesses the Divine within you.*

## **Licensing, Registration and Certification**

Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools, 3700 N. Classen Blvd., Suite 250, Oklahoma City, OK 73118, Phone 405-528-3370. YSA is a Yoga Registered School (Y.R.S.) with The Yoga Register, an international organization that registers both yoga schools and yoga teachers who have completed a 200-hour comprehensive curriculum. Graduates of the YSA program may register with this organization as a hatha yoga teacher. See their website <http://theyogaregister.org>. Every graduate of YSA will receive a certificate of completion recognizing them as a Certified Yoga Teacher (C.Y.T.).

## **Controlling Owner and Official of the School**

Dr. Janet W. Parachin, Ph.D., Owner and Director  
Yoga Spirit Academy  
11134 E. 75th Place S.  
Tulsa, Oklahoma 74133  
(mailing address)  
918-261-9786  
Janet.yogaspirit@gmail.com  
<http://yogaspirittulsa.com>

## **Faculty**

Janet W. Parachin, Director and Instructor. Education: M.A. (theology, Claremont School of Theology), M.Div. (ministry, Garrett-Evangelical Theological Seminary), Ph.D. (education and spirituality, Claremont School of Theology), Certified Yoga Teacher (200-hour level, Living Yoga Program), Certified Pilates Reformer and Fitness Chair Instructor (Peak Pilates), Certified Pilates Mat and Ball Instructor (National Exercise and Sports Trainers Association), Ordained Minister (Christian Church (Disciples of Christ)).

Victor M. Parachin, Instructor. Education: M.Div. (ministry, Wycliffe College, University of Toronto), Certified Sports Yoga instructor (National Exercise and Sports Trainers Association), Certified Pilates Mat and Ball Instructor (Ibid.), Ordained Minister (Christian Church (Disciples of Christ)).

Jaylene Howison Johnston, Instructor. Education: Massage Therapy (Oklahoma Health Academy), Reiki Master (The International Center for Reiki Training), Reflexology (Reflexology Resource Center), Licensed Massage Therapist (City of Tulsa, Oklahoma).

## **Location of Classes**

Classes are held at Yoga Co-operative, 5321 S. Sheridan Road, Suite 21, Tulsa, Oklahoma.

## **Tuition**

Yoga Teacher Training Program      \$2800 (\$100 application fee plus \$2700 in tuition)

Yoga Anatomy and Physiology Correspondence Course  
\$250

Anatomy for Yoga classroom course  
\$300

Advanced Anatomy for Yoga Teachers classroom course  
\$300

Advanced Yoga Teacher Training courses  
\$650 (\$50 application fee waived for current students  
and graduates, plus \$600 in tuition)

## **Cancellation/Refund policy**

Rejection policy: An applicant who is not admitted into the program shall receive a cancellation of the Enrollment Agreement and a refund of all monies paid minus an administrative fee of \$25.

Three day cancellation policy: Once the Enrollment Agreement has been signed by both the applicant and the school official and the applicant has made an initial payment, the applicant has three days (72 hours) to request the cancellation of the Enrollment Agreement. The school will refund all monies paid.

Termination date: The termination date for refund computation purposes is the last date of actual attendance by the student.

Refund policy:

Withdrawal during the first week: Refund is 90% of the contract price, minus \$150, not to exceed \$350.

Withdrawal after the first week, but within 25% of the course: Refund is 75% of the contract price minus \$150.

Withdrawal after 25%, but within 50% of the course: Refund is 50% of the contract price minus \$150.

Withdrawal after more than 50% of the course: No refund.

Correspondence course refund:

Withdrawal during the first week of the course: Refund is 90% of the contract price, not to exceed \$350.

Withdrawal after first week, but within the first three months of the course: Refund is 75% of the contract price.

Withdrawal after three months, but within the first six months of the course: Refund is 50% of the contract price.

Withdrawal after more than six months of the course: No refund.

Special cases: In case of student prolonged illness or accident, death in the family or other circumstances that make it impractical to complete the course, the school shall make a settlement which is reasonable and fair to both.

Discontinued class: If a class is discontinued while students are still enrolled in that class, and the school is still offering training in other areas, all monies paid the school for students enrolled in the class at the time it is discontinued shall be refunded to the entity legally entitled to the refund. The school shall have 30 days to restart the class or pay the refund.

## Fees

Transcript	\$25
Replacement certificate	\$25
Returned check	\$20

## Books and supplies

The following books are required for the program and may be purchased at a bookstore or on-line bookseller. The list prices are indicated in parentheses.

H. David Coulter, *Anatomy of Hatha Yoga*, Honesdale, Penn.: Body and Breath, 2010 (\$29.95)

Victor N. Davich, *The Best Guide to Meditation*, New York: St. Martin's Griffin, 1998 (\$18.95)

Georg Feurstein, *The Deeper Dimension of Yoga*, Boston: Shambhala, 2003 (\$24.95)

Leslie Kaminoff, *Yoga Anatomy*, Champaign, Ill.: Human Kinetics, 2007 (\$19.95)

Judith Lasater, *30 Essential Yoga Poses*, Berkeley: Rodmell Press, 2003 (\$22.95)

Scott Shaw, *The Little Book of Yoga Breathing*, Red Wheel/Weiser, 2004 (\$9.95)

The following books are recommended for the course and may be purchased at a bookstore or on-line bookseller. The list prices are indicated in parentheses.

Mara Carrico, *Yoga Journal's Yoga Basics*, New York: Henry Holt, 1997 (\$19.00)

Swami Durgananda (Sally Kempton), *The Heart of Meditation*, South Fallsburg, N.Y.: SYDA Foundation, 2002 (\$17.95)

Eknath Easwaran, *The Bhagavad Gita: Translated for the Modern Reader*, Nilgiri Press, 2007, 2d ed. (\$10.95)

Victor M. Parachin, *Eastern Wisdom for Western Minds*, Maryknoll, N.Y.: Orbis Books, 2007 (\$16.00)

Richard Rosen, *The Yoga of Breath*, Boston: Shambhala, 2002 (\$18.95)

The following supplies are required for the program and may be purchased at a sporting goods store or from an on-line yoga supplies store. The list prices are indicated in parentheses.

One yoga mat (\$15.00)

Two yoga blocks, 4 inches (\$10.00 each)  
One yoga strap, 8 feet (\$9.00)  
Two yoga blankets (\$15.00 each)

## **Yoga Teacher Training Program Policies and Curriculum**

The Yoga Teacher Training program is a 180-hour course of study with classes covering the following topics: Teaching Techniques; Teaching Methodology; Yoga Philosophy, Lifestyle and Ethics; Practicum; and Directed Study. One of the following must also be taken as a separate course: a 20-hour Yoga Anatomy and Physiology correspondence course or a 20-hour Anatomy for Yoga classroom course. The 180-hour and 20-hour courses together provide the 200 hours needed to receive certification as a hatha yoga teacher.

### **Admission**

Students admitted to the YSA Yoga Teacher Training Program may begin any month and will continue for twelve consecutive months of training. As a prerequisite, an applicant shall have taken at least 20 yoga classes in the past six months before making application. A prospective student may submit an application form and enrollment agreement along with a \$100 application fee. Applications and enrollment agreements are due the 20th of the month prior to the month a student wishes to begin training. Those admitted into the program will receive a letter of acceptance, a book and supply list, and a schedule of weekend training dates. Those who are not admitted into the program will receive a refund of their application fee minus an administrative fee of \$25.

### **Re-admission**

Students who withdraw or are dismissed from the Yoga Teacher Training Program may be eligible for re-admission. They may submit a new application and enrollment agreement with a discounted application fee of \$50. All weekend training hours completed in the Yoga Spirit Academy Yoga Teacher Training Program within the past year prior to re-admission will be accepted for credit. Yoga Anatomy and Physiology courses completed within the past five years will be accepted for credit in keeping with the transfer procedures listed under "Transfer Credit." Directed Studies completed within the past three years will be accepted for credit. The date used for all credit transfers will be the date the new application is received in the school office. Tuition will be pro-rated according to the number of hours remaining to complete the program. Prior tuition, administrative fees and late fees paid by the student will not be credited toward tuition.

### **Transfer credit**

A student may request transfer credit of up to 20 hours for the yoga anatomy and physiology course. To request credit, a student may submit to the Director a copy of the syllabus or course outline and a copy of a certificate or transcript as evidence that the student completed and passed the course along with the required transfer request form. The course for which transfer credit is sought must have been taken no more than five years before the date of the transfer request. The Director will compare the completed course to the course

offered by YSA and determine how much credit (from 0 hours to 20 hours) can be transferred. In cases where partial credit is granted, a student can make up the additional hours from the Yoga Anatomy and Physiology correspondence course with tuition pro-rated according to the number of hours still required. Additional hours can also be made up through private instruction from the instructor of the Yoga Spirit Academy anatomy courses.

## **Tuition**

The cost of the Yoga Teacher Training Program is \$2800 (\$100 application fee plus \$2700 in tuition). Tuition is based on a twelve month contract and is due in three payments: \$900 on or before the first monthly training, \$900 on the first day of month five, and \$900 on the first day of month nine. Tuition is due even if a student misses all or part of the monthly trainings. Late tuition payments will be charged a \$20 late fee.

## **Length of Program and Time limits**

All requirements for the program can be completed in one year. Students have up to three years to complete all course work.

## **Leave of absence**

Students may take a six month leave of absence from the Yoga Teacher Training Program by writing a letter of request to the Director. Students may request a second six month leave of absence by writing a letter of request to the Director. Students who do not return to the program at the end of the leave of absence will be dismissed from the Program.

## **Dismissal from the Program**

Students who do not attend weekend trainings for three consecutive months and do not request a leave of absence will be dismissed from the Yoga Teacher Training Program. Students who are habitually tardy may also be dismissed from the Program. Students who request a leave of absence and do not return to the weekend trainings at the end of their leave of absence will be dismissed from the Program. Any refund of tuition will be determined by the last date of attendance. (See Cancellation/Refund Policy).

## **Calendar for the Yoga Teacher Training Program**

### **Admission deadlines**

Applications are due on the 20th day of the preceding month

### **Tuition due dates**

Tuition is due in three installments in the first, fifth and ninth months of training according to a twelve month contract

### **Training dates**

Classes meet once a month on Saturday and Sunday afternoon

## Course schedule

Classes meet for 12 hours once a month for one year. Classes generally meet on Saturday afternoon and Sunday afternoon. The total number of hours received through the weekend trainings is 144 hours. The remaining 56 hours are divided in the following way: 16 hours of in-depth workshops; a 20-hour course in yoga anatomy and physiology, and 20 hours of Directed Studies.

## Curriculum

### I. Teaching Techniques (100 hours)

#### Asana Theory and Practice

Over 50 yoga postures are studied in depth, covering how to perform the poses, how to teach the poses, and learning the benefits, contraindications and modifications for each pose. The use of yoga props is also demonstrated.

Asana 1: Standing Poses (8 hours)

Asana 2: Balancing Poses (8 hours)

Asana 3: Sitting Poses (8 hours)

Asana 4: Twisting Poses (8 hours)

Asana 5: Supine and Prone Poses (8 hours)

Asana 6: Backbending Poses (8 hours)

Asana 7: Inversion Poses (8 hours)

Asana 8: Restorative Poses (8 hours)

#### Meditation Theory and Practice (18 hours)

This class covers the physical, psychological and spiritual benefits of meditation; how to meditate; and how to incorporate meditation into a yoga class.

#### Pranayama Theory and Practice (12 hours)

This class covers various breathing techniques, how they benefit the physical body, how they affect the emotions, and how to incorporate them into a yoga class.

#### Directed Study in Teaching Technique (5 hours)

In consultation with an approved instructor, a student reads a book, listens to a tape, watches a video and/or attends a workshop on meditation or pranayama and develops two scripts for use in a yoga class. The student must first submit a proposal on the appropriate form. Once approved, they complete the independent study and turn it in to the instructor to receive credit.

#### Chanting and Mantra (1 hour)

This class explores the yoga of sound, making connections among chanting, mantra and breathing and showing how they can be incorporated into a yoga class.

### II. Teaching Methodology (25 hours)

#### In-depth Yoga Workshops (16 hours)

One workshop is required from each of the following topics: Yoga Asana, Pranayama, Dhyana, and the History and Philosophy of Yoga.

Assisting and Adjusting in Yoga (6 hours)

This class looks at ways the yoga instructor can safely and effectively provide assistance and adjustment to students in their classes.

The Business of Yoga (3 hours)

This class encourages new yoga instructors to dream about how they will use their training and offers ideas for finding places to teach and how to market oneself as a yoga teacher.

### **III. Yoga Anatomy and Physiology (20 hours)**

*These courses are offered separately from the 180-hour Yoga Teacher Training Program. Only one course is required to complete the 200 hours needed to receive certification as a hatha yoga teacher.*

A. Yoga Anatomy and Physiology correspondence course (20 hours)

This course explores physical anatomy and physiology as it relates to the practice and teaching of yoga. It is taught as an independent study, so is designed for students who can work well on their own without much interaction with a teacher. The course is divided into 10 modules, each one taking approximately 2 hours to complete, for a total of 20 hours. Tuition for the Yoga Anatomy and Physiology correspondence course is \$250 due when the student enrolls in the course. All modules must be completed within one year of enrolling in the course in order to receive credit for the course. Students who wish to transfer from the correspondence course to the classroom course may do so by paying a \$25 transfer fee and the additional \$50 of tuition. Any modules already completed in the correspondence course will be charged at the pro-rated amount of \$25 per module.

B. Anatomy for Yoga classroom course (20 hours)

This course is offered in an intensive classroom format, providing a hands-on introduction to physical anatomy and physiology as it relates to the practice and teaching of yoga. It is designed for the student who prefers to have one-on-one interaction with a teacher in a classroom setting. Tuition for the Anatomy for Yoga classroom course is \$300. To enroll, students may complete the enrollment agreement and make a \$50 deposit. The remainder of the tuition is due on the first day of class.

C. Advanced Anatomy for Yoga Teachers classroom course (25 hours)

Prerequisite: Yoga Anatomy and Physiology correspondence course, Anatomy for Yoga classroom course, or equivalent course in anatomy for yoga teachers. This course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; and the anatomy of breathing. Tuition for the Advanced Anatomy for Yoga Teachers classroom course is \$300. To enroll, students may complete the enrollment agreement and make a \$50 deposit. The remainder of the tuition is due on the first day of class.

### **IV. Yoga Philosophy, Lifestyle and Ethics (30 hours)**

History of Yoga (10 hours)

This class covers the history of yoga including raja, bhakti, jnana, tantra, hatha, mantra, and karma yoga. Includes a special focus on the many different styles of hatha yoga, their founders, and special characteristics.

#### Yoga Philosophy (10 hours)

Using the Yoga Sutras of Patañjali and other classical yoga texts, this class explores the philosophical basis of yoga, especially concepts such as *ahimsa* (non-harming), *svadhyaya* (self-study), *tapas* (effort), and *samadhi* (liberation).

#### Living Your Yoga (3 hours)

Students explore how to live the life of a yogi, especially in their yoga teaching, using discussion, observation and reflection.

#### Ethics of a Yoga Teacher (3 hours)

This class looks at ethical issues in teaching yoga using case studies and role play to explore various situations that can arise.

#### Sanskrit Names of Poses (2 hours)

Students learn the Sanskrit names of the poses and their English translations.

#### Energy Systems (2 hours)

This class explores energy anatomy and physiology through the chakras, nadis and meridians.

### **V. Practicum** (10 hours)

#### Yoga Teaching Practicum (10 hours)

This class offers practical experience in yoga teaching, assisting, receiving feedback, observing and giving feedback.

### **VI. Directed Studies** (15 hours)

#### Directed Study 1 (5 hours)

#### Directed Study 2 (5 hours)

#### Directed Study 3 (5 hours)

Students, in consultation with the Director, develop independent studies on topics of interest to them. They must first submit a proposal on the appropriate form. The Director will assign an instructor based upon the instructor's qualifications to advise the chosen topic. Once approved, the student completes the independent study and turns it in to the instructor to receive credit. Students may also complete pre-approved Directed Studies which are available from the Director. These projects do not require a proposal.

## **Advanced Yoga Teacher Training Policies and Curriculum**

Yoga Spirit Academy Advanced Yoga Teacher Training is for yoga teachers who are seeking to expand their understanding and skills. These courses are designed to build upon prior knowledge and experience. Therefore, only teachers with substantial yoga teacher training and/or experience will be considered for admission to these courses.

### **Admission**

Advanced Yoga Teacher Training is open to those teachers who have basic training in yoga instruction or substantial experience as a yoga teacher. The prerequisite for enrollment is

one of the following: completion of at least 100 documented hours of yoga teacher training or 300 documented hours of yoga teaching. A prospective student may submit an application form and a \$50 application fee. The fee is waived for current students in good standing and graduates of Yoga Spirit Academy. Applications will continue to be accepted up to the first weekend of training if space is available. Those admitted to the course will receive a letter of acceptance, a book and supply list, and a schedule of weekend training dates. Those who are not admitted will receive a refund of their application fee minus an administrative fee of \$25.

## **Transfer Credit**

Yoga Spirit Academy cannot accept any transfer credit from other schools or workshops for the Advanced Yoga Teacher Training program. Students who withdraw from a course and then re-enroll in the same course may transfer hours from that course as long as those hours were completed within one year preceding the re-enrollment. The date used for credit transfers will be the date the new application is received in the school office. Hours completed one year before the re-enrollment will not be accepted for credit.

## **Tuition**

The cost of each Advanced Yoga Teacher Training course is \$650 (\$50 application fee waived for current students and graduates, plus \$600 in tuition). Tuition can be paid in two monthly installments of \$300 each due the first day of the month. A \$20 late fee will be charged for late tuition payments.

## **Length of Courses and Time Limits**

The classes for each course are held over one semester, approximately 15 weeks. The time limit for completing all requirements for each individual course is six months. Students may request a six month extension by writing a letter to the Director.

## **Calendar for the Advanced Training Courses**

### **Admission deadlines**

February 1                      Deadline for Spring semester courses

August 1                         Deadline for Fall semester courses

*Note: Applications will be accepted until the course is full.*

### **Tuition due dates**

Tuition is due the first day of the month

### **Training dates**

Classes meet once a month on Saturday afternoon and Sunday afternoon

### **Final Project due dates**

July 31                             Deadline for Spring semester projects

January 31                        Deadline for Fall semester projects

## **Advanced Training Elective Courses**

### **Yoga Plus Restorative** (50 hours)

This course explores several different types of yoga focused on relaxing and rehabilitating body, mind and spirit. The following classes are required:

#### Restorative Yoga (8 hours)

A prop-intensive form of yoga that provides deep relaxation for body and mind.

#### Yin Yoga (8 hours)

Informed by Taoist philosophy, yoga that gently stretches connective tissues.

#### Yoga Nidra (8 hours)

The "Yoga of Sleep" takes the body into a state between being awake and asleep.

#### Therapeutic Yoga (8 hours)

Exploring how yoga heals and prevents acute and chronic injuries and illness.

#### Restorative Yoga Teaching Practicum (8 hours)

Teaching, assisting, observing, giving and receiving feedback.

#### Directed Study in Yoga Plus Restorative 1 (5 hours)

#### Directed Study in Yoga Plus Restorative 2 (5 hours)

Students will complete two projects assigned by the instructor of the course. Projects must be received by the instructor before the project due date in order for the student to receive credit.

### **Yoga Plus Pilates** (50 hours)

The principles of Joseph Pilates' method for precision and flowing movement are combined with yoga to create more balance and strength in the core body. The following classes are required:

#### Pilates Method (10 hours)

An exploration of Joseph Pilates' exercise method, including principles of alignment, concentration and control. The history and prominent teachers of the Pilates Method and different styles they have developed.

#### Mat Pilates for Yoga (12 hours)

The similarities and differences between Yoga and Pilates, how they complement one another, and ways to incorporate Pilates exercises into yoga class. Contraindications and modifications of the exercises.

#### Breathing and Anatomy for Pilates (5 hours)

Learning to teach Pilates breathing and understanding the anatomy of the core body.

#### Pilates Props (5 hours)

The use of foam rollers, bands, circles, and balls.

#### Yoga Plus Pilates Teaching Practicum (8 hours)

Teaching, assisting, observing, giving and receiving feedback

Directed Study in Yoga Plus Pilates 1 (5 hours)

Directed Study in Yoga Plus Pilates 2 (5 hours)

Students will complete two projects assigned by the instructor of the course. Projects must be received by the instructor before the project due date in order for the student to receive credit.

### **Yoga Plus Meditation** (50 hours)

This course will enable yoga teachers to deepen their own practice of meditation and learn how to incorporate different forms of meditation into their yoga teaching. The following classes are required:

Meditation in Hinduism (6 hours)

The history, tradition and literature of meditation in Hinduism with emphasis on different styles and prominent spiritual teachers.

Meditation in Buddhism (6 hours)

The history, tradition and literature of meditation in Buddhism with emphasis on different styles and prominent spiritual teachers.

Meditation in Zen Buddhism (6 hours)

The history, tradition and literature of meditation in Zen Buddhism with emphasis on different styles and prominent spiritual teachers.

Meditation in Christianity (6 hours)

The history, tradition and literature of meditation in Christianity with emphasis on different styles and prominent spiritual teachers.

Meditation Teaching Practicum (8 hours)

Teaching, assisting, observing, giving and receiving feedback.

Directed Study in Yoga Plus Meditation 1 (5 hours)

Directed Study in Yoga Plus Meditation 2 (5 hours)

Students will complete two projects assigned by the instructor of the course. Projects must be received by the instructor before the project due date in order for the student to receive credit.

### **Yoga Plus Energy** (50 hours)

This course focuses on how and why yoga postures, breathing exercises and visualizations activate the flow of both physical and subtle energy and the effects on body, mind, emotions and spirit. The following classes are required:

Energy Theories (12 hours)

Exploring various understandings of energy as shakti, prana, chi and ki. Following the flow of energy through chakras, meridians and nadis.

Reiki 1 (5 hours)

The theories and practices of Reiki, the "universal life force energy" as taught by Mikao Usui. Students will receive Reiki 1 attunement and a certificate of completion from a certified Reiki Master.

Asana and Energy (10 hours)

Understanding how the practice and sequencing of postures can elicit specific energetic results.

Advanced Pranayama (5 hours)

Moving beyond basics to more advanced breath exercises to elicit specific energetic results.

Energy Teaching Practicum (8 hours)

Teaching, assisting, observing, giving and receiving feedback.

Directed Study in Yoga Plus Energy 1 (5 hours)

Directed Study in Yoga Plus Energy 2 (5 hours)

Students will complete two projects assigned by the instructor of the course. Projects must be received by the instructor before the project due date in order for the student to receive credit.

**Advanced Anatomy for Yoga Teachers** (25 hours)

*Course description, prerequisites, and tuition cost are on page 7. Students may receive credit for this course in the Yoga Teacher Training Program or in the Advanced Yoga Teacher Training but not in both programs.*

## **General Policies**

### **Attendance, Tardiness and Missed classes**

Students must attend all classes and be on time for classes in order to pass the course. All missed classes must be made up. They can be made up by attending the classes the next time they are taught, or by special arrangement with the instructors. Chronic absence and tardiness may result in dismissal from the program.

### **Grading**

Grading for all classes is Pass (P) or Fail (F). In order to Pass a class a student must attend all sessions, be on time for classes, turn in all assignments, and participate in class activities. There is no probation for failed classes. Students who Fail a class may make it up the next time it is taught.

### **Withdrawal**

Students may withdraw from the Yoga Teacher Training Program or Advanced Yoga Teacher Training courses by writing a letter to the Director. Any refund of tuition will be determined by the last date of attendance. (See Cancellation/Refund Policy).

## **Student Conduct**

All students are expected to act in a professional and ethical manner, exhibiting the awareness and compassion of one following the path of Yoga.

## **Equal Opportunity Statement**

Yoga Spirit Academy does not discriminate according to gender, race, physical ability, sexual orientation or religious affiliation. All individuals affiliated with Yoga Spirit Academy, including instructors and students, shall demonstrate respect for others through their words and actions.