

Yoga Spirit Academy

**Yoga Teacher
Training Tulsa**

**Honoring Body,
Mind, and Spirit**



Credit Mary Upshaw-Hendricks

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

**Janet W. Parachin, Ph.D.,
C.Y.T., Director**

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**Providing Excellent, Accessible
and Affordable Yoga Teacher
Training**

**Catalog effective September 22,
2009**

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
jparachin@cox.net
<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 R.C. Dickenson Family YMCA, 8501 S. Garnett Road, Broken Arrow, Oklahoma 74012. Phone 918-872-9622.

Tuition

Yoga Teacher Training Program

Monthly payments	\$2500 (\$100 application fee plus \$2400 in tuition)
One payment	\$2260 (\$100 application fee plus \$2160 in tuition)

Yoga Anatomy and Physiology Correspondence Course

Upon enrollment	\$200
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Anatomy for Yoga classroom course

Upon enrollment	\$250
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Advanced Yoga Teacher Training courses

Monthly payments	\$650 (\$50 application fee waived for current students and graduates, plus \$600 in tuition)
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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.

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, 2001 (\$40.00)

Victor N. Davich, *The Best Guide to Meditation*, New York: St. Martin's Griffin, 1998 (\$17.95)

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 (\$7.95)

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 (\$17.00)

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 (\$23.00 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 are admitted to the YSA Yoga Teacher Training Program each year with new classes starting in January and July. 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 a \$100 application fee. The application is due by December 20 for a January 1 start date and June 20 for a July 1 start date. Applications will continue to be accepted up to the first weekend training if space is available. 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.

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.

Tuition

The cost of the Yoga Teacher Training Program is \$2500 (\$100 application fee plus \$2400 in tuition). Tuition can be divided into 12 monthly installments of \$200 each due the first day of the month. A \$20 late fee will be charged for late monthly tuition payments. Tuition may also be paid in one payment with a 10% discount. The cost of the program for those making one payment is \$2260 (\$100 application fee plus \$2160 in tuition).

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 leave of absence from the Yoga Teacher Training Program for up to six months 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. They may, however, request a second six month leave of absence by writing a letter of request to the Director.

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 after one year 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

December 20 Deadline for January admission
June 20 Deadline for July admission

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

Tuition due dates

Tuition is due the first day of each month

Training dates

Classes meet once a month on Friday evening, Saturday morning, and Saturday afternoon

Course schedule

Classes meet for 12 hours once a month for one year. Classes generally meet on Friday evening, Saturday morning, and Saturday afternoon. The total number of hours received through the weekend trainings is 144 hours. Students also meet with a yoga teacher mentor for an additional 16 hours of teaching observation and student teaching. The remaining 40 hours include a 20 hour course in yoga anatomy and physiology, and 20 hours of electives (5 hours in Teaching Techniques and 15 hours in topics of interest to the student) to be determined by each student in consultation with the Director.

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)

Mentoring (16 hours)

A student meets with an approved yoga mentor for a) teaching observation and b) student teaching. All mentors must meet the requirements of the Oklahoma Board of Private and Vocational Schools and be approved in advance by the Director. A student will work with the same mentor throughout the entire Program, unless a change of mentor is approved by the Director. The hours are divided in the following way: a) for at least 12 hours the student observes the yoga mentor as she or he teaches and consults with the yoga mentor about his or her teaching; b) for at least 4 hours the student teaches and receives feedback from the yoga mentor.

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 \$200 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 rate of \$20 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 \$250. To enroll, students may complete the enrollment form and make a \$50 deposit. The remainder of the tuition is due 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 *moksha* (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 as well as 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.

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 will not accept any transfer credit for the Advanced Yoga Teacher Training courses.

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 three monthly installments of \$200 each due the first day of the month. A \$20 late fee will be charged for late monthly 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 each month

Training dates

Classes meet once a month on Friday evening, Saturday morning, and Saturday afternoon

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 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, 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.

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 and Apparatus (5 hours)

The use of foam rollers, bands, circles, and balls. Introduction to the Reformer and Fitness Chair.

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, 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.

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, 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.

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.