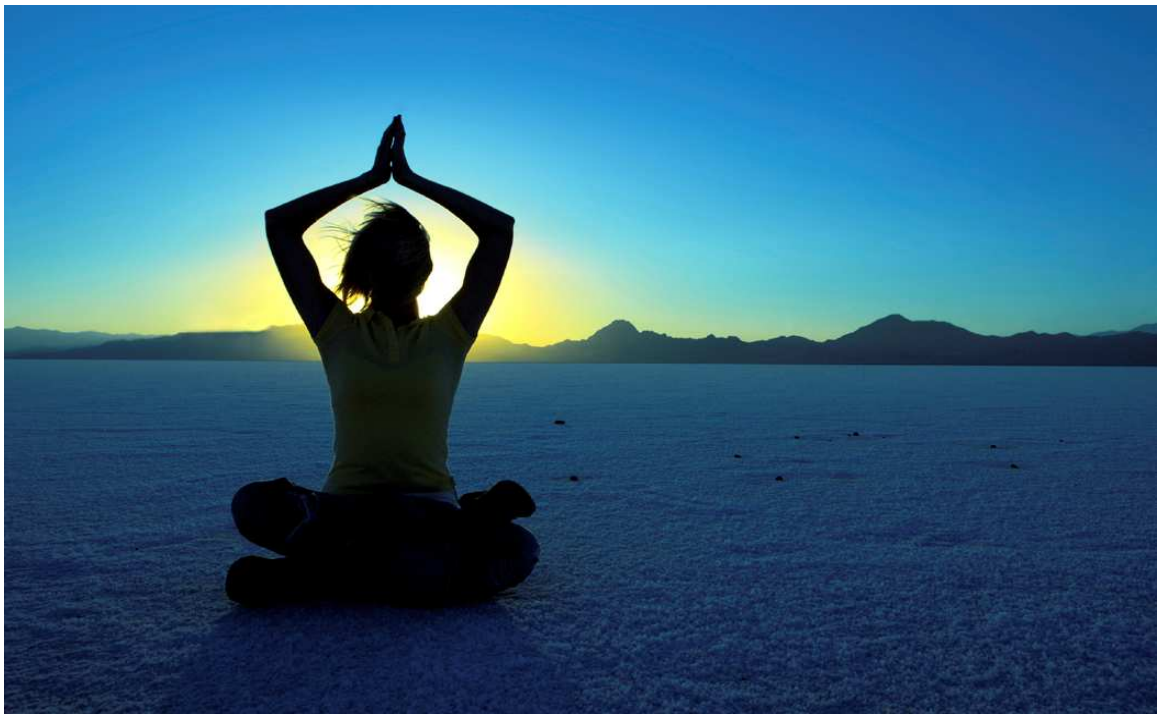


Yoga Spirit Academy

**Yoga Teacher
Training Tulsa**

**Honoring Body,
Mind, and Spirit**



Course Descriptions
and School Policies

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

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



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

**Catalog effective August 1,
2007**

Admission

Students are admitted to the YSA Yoga Teacher Training program on a rolling basis with new classes starting in August and January. 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. In order to begin in August, the application is due by July 31 prior to the August 1 start date. In order to begin in January, the application is due by December 20 prior to the January 1 start date. 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.

Course schedule

Classes meet for 12 hours once a month for one year. Classes generally meet on Friday evening, Saturday morning, and Saturday afternoon. (See the Calendar for training dates.) 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 correspondence 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.

Location of Classes

Weekend trainings are held in Tulsa, Oklahoma at the East Side Christian Church Activity Center, 1427 S. Indianapolis Avenue, Tulsa, Oklahoma. It is located one block east of the intersection of Harvard Avenue and 15th Street.

Length of program

All requirements for the program can be completed in one year. Students have up to two years to complete the weekend trainings. They have one additional year beyond completing the weekend trainings to complete all other course work.

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. Chronic absence and tardiness may result in dismissal from the program.

Leave of absence

Students may take a leave of absence from the program for up to one year 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 one-year leave of absence by writing a letter of request to the Director.

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 currently seeking registration 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 will be able to 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.).

Tuition

Tuition for the Yoga Teacher Training program is \$2400. Tuition can be paid either in one payment with a 10% discount (\$2160) or 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 for the Yoga Anatomy and Physiology correspondence course is \$200 due when the student enrolls in the course.

Cancellation/Refund policy

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

Three day cancellation policy: All monies paid by an applicant will be refunded if requested within three days after signing this enrollment agreement and making an initial payment.

Other cancellations: An applicant subsequently requesting cancellation will receive a refund of all monies paid minus a registration fee of 15% of the contract price not to exceed \$150.

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: Students are not entitled to a 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 le-

gally entitled to the refund. The school shall have 30 days to restart the class or pay the 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: Students are not entitled to a 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)

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.

Blandine Calais-Germain, *Anatomy of Movement*, Seattle: Eastland Press, 1993 (\$28.50)

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)

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

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, 3 or 4 inches (\$10.00 each)

One yoga strap, 6 or 8 feet (\$9.00)

Two yoga blankets (\$23.00 each)

Certification in hatha yoga teaching

Yoga Teacher Training program

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. A 20-hour Yoga Anatomy and Physiology correspondence course is offered as a separate course. Taken together, they provide the 200

hours needed to receive certification as a hatha yoga teacher.

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. In general, the hours are divided in the following way: a) for approximately 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 approximately 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)

This course is offered separately from the 180-hour Yoga Teacher Training course of study, and it is required in order to complete the 200 hours needed to receive certification as a hatha yoga teacher.

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 divided into 10 modules, each one taking approximately 2 hours to complete. To enroll, students may complete the enrollment form and pay \$200 in tuition. All modules must be completed within one year of enrolling in the course in order to receive credit for the course.

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.

The Chakras (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.

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.

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 three 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.

Dismissal from the program

Students who do not attend weekend trainings for six consecutive months and do not request a leave of absence will be dismissed from the 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. They may be re-instated by writing a letter of request to the Director.

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.

Time limit

The limit for completing all requirements for the program is three years. This limit will be extended by the amount of time a student is on an approved leave of absence.

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), 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), Ordained Minister (Christian Church (Disciples of Christ)).

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

Calendar

Admission deadlines

July 31

Deadline for August admission

December 20

Deadline for January admission

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

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.

Controlling Owner and Official of the School

Dr. Janet W. Parachin, Ph.D., Owner and Director
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