

# Academic Catalog and Trainee Agreement

## 200 hour Yoga Teacher Training at Prairie Yoga, Lisle, IL

### **NAME OF CERTIFYING YOGA TEACHER TRAINING SCHOOL AND GOVERNING BODY**

Prairie Yoga, LLC  
4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
[www.prairieyoga.org](http://www.prairieyoga.org)  
prairieyoga@comcast.net  
(630) 968-3216



*Prairie Yoga LLC is approved by the Division of Private Business and Vocational Schools of the Illinois Board of Higher Education.*

*Prairie Yoga LLC is a Registered Yoga Alliance School.*

*Prairie Yoga LLC is not accredited by an accrediting body recognized by the U.S. Department of Education.*

### **LOCATION OF TRAINING**

Prairie Yoga, 4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

### **THE 200 HOUR YOGA TEACHER TRAINING WILL TEACH YOU HOW TO:**

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama and meditation
- Rid ourselves of habitual patterns, create a healthy balanced state and free up energy
- Structure a yoga class to create a safe, supportive environment for students
- Sequence your classes to emphasize different energetic effects, themes and intentions
- Integrate the intelligent use of vinyasa
- Use simple poses to safely learn and practice complex poses
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound based yoga practices such as chanting and simple mantras
- Train the mind to become still and develop self-awareness
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Market yourself as a yoga teacher; develop a business direction that aligns with your passion; understand common yoga financial agreements and get insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

### **PREREQUISITE**

Trainees must have at least one year of consistent yoga practice prior to the training start date.

### **PREVIOUS TRAINING**

No credit is given for prior training in another program.

## CERTIFICATION REQUIREMENTS

- Attend and participate in 100% of all teacher training classes (117 contact hours)
- Complete 15 contact hours + 6 non-contact hours of Yoga Anatomy Training with Marinda Stopforth.\*
- Attend 24 contact hours of Teacher Training at Prairie Yoga with Tias Little, Gill Solberg or Judith Hanson Lasater.\*
- Attend 18 contact hours of elective yoga workshops at Prairie Yoga\*
- Attend 12 contact hours of Sanskrit and Yoga Philosophy with Nicolai Bachman\*
- Observe and assist a senior teacher: 15 contact hours
- Complete all homework assignments (Approximately 5+ independent, non-contact hours per week)
- Pass quizzes with 80% or above correct.
- Teach 2 community yoga classes and write a 1-2 page self-reflection after each. (Each class is 1.5 hours long and you will co-teach with another trainee(s)). (Qualifies as 2 contact hours with a mentor present, 2 non-contact hours of prep)
- Select 4 books from the book list for certification. For each book, read and write a 2 page review highlighting key ideas that most and least resonated with you. (Qualifies as 16 independent, non-contact hours).
- Teach 2 private yoga lessons that are 1 hour long each and write a 1-2 page overview of each . (Qualifies as 4 independent, non-contact hours).
- Karma yoga: Teach yoga to a needy group at no charge (Qualifies as 2 independent, non-contact hours).
- Proof of CPR certification
- Complete a 20 hour independent, self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic . Final hard copy submission must be presented professionally for our teachers resource center. (Qualifies as 20 independent, non-contact hours).
- Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately. This will be determined by observing your teaching skills within our teacher training classes and during the video review. An instructor will be present to observe your teaching. This takes place during our normal classes, therefore it does not qualify as additional hours.

*\*Fees for yoga anatomy, required and elective workshops are not included in tuition.*

## BOOKS

**Required Course Books:** Please purchase course books one month *before* the first class. (Approximate cost for required course books is \$65).

*Light on Yoga* by B.K.S. Iyengar

*Yoga for Wellness* by Gary Kraftsow

*The Yoga Sutras of Patanjali*, Translated by Swami Satchidananda

*Scientific Keys Volume 1: Key Muscles of Yoga* by Ray Long

**Required Reading for Certification:** Choose 4 out of the 7 books listed below and write a 1-2 page summary of the ideas in the book that most and least resonated with you and why. You are not required to purchase these books, although you may choose to do so. To save money, you may borrow from a friend or library.

*Peace is Every Step* by Thich Nhat Hahn

*Bringing Yoga to Life* by Donna Farhi

*The Tree of Yoga* by BKS Iyengar

*Living Your Yoga* by Judith Lasater

*Fire of Love* by Aadil Palkhivala

*Health, Healing and Beyond* by TKV Desikachar

*Overcoming Trauma through Yoga: Reclaiming Your Body* by David Emerson

## TEACHER TRAINING MATERIALS

**All Prairie Yoga Teacher Training materials are copyrighted.** Copying, scanning and or distributing these materials violates Prairie Yoga's copyright. Prairie Yoga urges everyone to ethically and lawfully make productive judgments to ensure that authors are fully credited and compensated for their work.

**By accepting your teacher training manual, you agree to the following:**

The manual is your personal manual and is not to be copied, posted on the internet, bought, sold, lent or given to others. It is designed purely as a teaching aid only for teacher trainees enrolled in the Prairie Yoga Teacher Training Program. It is also provided to mentors in the Program. It is given with the condition that no reproduction of any part of this manual by any means will be done without prior written permission of the author, Lori Gaspar.

You also agree to the conditions outlined above for any handouts, emails or assignments given during the training, including information provided by mentors and guest teachers.

To create a safe environment for everyone's personal development, we want to protect the privacy of everyone involved in the program. You agree that emails related to the yoga teacher training program will not be forwarded or copied without the permission of the email author.

**Replacing lost or damaged TT manuals**

Damaged manuals can be exchanged for a new one for \$75. Lost manuals are \$150 to replace.

As we do not order more manuals than we need for each training, it may take 3-4 weeks to print your new manual.

**TEACHER TRAINING COURSEWORK SCHEDULE**

We offer 4 different yoga teacher training schedules throughout the year in Lisle, IL: Thursdays, Evenings, Weekends and Summer. Schedules are posted on flyers and our website.

**ADDITIONAL TRAINING REQUIREMENTS**

Trainees must attend all three events listed below, plus 18 hours of electives. These events are an additional charge and are not included in the teacher training tuition.

- 1. Marinda Stopforth: Fundamentals of Yoga Anatomy** (15 hours) \$300 early price, \$350 regular
- 2. Tias Little: From The Ground Up Yoga Anatomy Training** (24 hours) \$600 early price, \$700 regular  
**OR Judith Hanson Lasater: Relax and Renew®** (30 hours) \$895 early price, \$995 regular.  
*If you choose JHL: Relax and Renew® Option, 6 contact hours will be credited toward your electives*  
**OR Gill Solberg: Improve Core Stability and Balance with Adaptive Yoga Therapy** (24 hours)  
\$650 early price, \$750 regular
- 3. Nicolai Bachman: Cakras, Sanskrit and The Yoga Sutras Unraveled** (12 hours) \$250 early price, \$300 regular

**Electives**

Trainees must attend 18 hours of electives. Electives are any specialty workshop or training hosted at Prairie Yoga, including specialty class series. Regular weekly studio classes do not qualify as elective hours.

**HOLIDAYS**

We do not meet on days other than the dates listed above, therefore legal and scheduled holidays do not affect our schedule.

**CLASS CANCELLATIONS DUE TO EMERGENCIES**

Teacher training classes may be cancelled due to dangerous weather or travel conditions or due to emergencies outside of our control. Course material will be covered in remaining classes. If we are unable to cover the material in the time remaining on our schedule, we may add days on to the schedule as needed. New dates added will be based upon the teacher's availability and agreed on by a consensus of the trainees.

## TUITION\*

**\$3500 if paid in full one month prior to first class;**

\$3750 thereafter

Payment plan available for additional service fee of \$150.

*4.5% transaction fee added for credit card payments.*

*\*Elective and required workshops, anatomy training, props and books are not included in fees.*

*The \$100 non-refundable application processing fee is not included in your tuition.*

### Payment Plan

Credit card auto-payment plans are available on our website within the description of the training.

### 10 FREE yoga classes at Prairie Yoga are included with your tuition!

Special events, series classes, workshops and trainings are not included. FREE class offer begins with your first tuition payment and expires 3 months after your last training class. No exceptions. No cash value. Non-transferable. Non-extendable.

### REFUNDS FOR PROGRAM WITHDRAWALS OR DISMISSALS

Upon request, refunds will be provided as follows:

- Before the first training class\*, your tuition will be refunded minus the \$150 deposit.
- On the day of or after the first training class\*, your tuition will be refunded minus \$250.
- On the day of or after the second training class\*, your tuition will be refunded minus \$500.
- No refunds are available on the day of the third training class\* or thereafter.
- If you withdraw from the training and qualify for a refund, you will be charged a \$20 drop-in fee for each class used from the 10 pack and the remaining unused classes in the 10 pack will be canceled.
- If you are on a payment plan and withdraw from the course on the day of the third training class\* or thereafter, you are required to continue making payments until the tuition has been paid in full and will not receive a refund.
- All refunds shall be returned within 30 days.

**Requests for withdrawal and refunds must be submitted in writing to the Director, Lori Gaspar, at email address: [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net).**

*\*Training class means each calendar day we meet for our regularly scheduled teacher training*

## ATTENDANCE

To receive your certificate and be eligible for Yoga Alliance registration, you must attend 100% of the classes and complete 100% of the requirements.

### Tardiness

Trainees agree to arrive to all classes on time. In the event that you know you will be late due to special circumstances, please contact your teacher. Excessive tardiness will jeopardize your certification status. In addition, if you are late to any class more than three times and have not notified the instructor beforehand, you may be asked to leave the program. There are absolutely no refunds under such circumstances.

### Absences

Absences are discouraged and all absences must be made-up.

Each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as weddings, family holidays, or pre-planned vacations. In case of illness, the student shall contact the teacher before class begins. You will be placed on probation if you miss three classes. Upon the fourth absence, you will become ineligible for certification unless your absences were approved by the instructor. You may also be asked to leave the program. There are absolutely no refunds under such circumstances. *Exceptions to the absence policy are at the discretion of the teacher and will only be granted if pre-approved or under unusual circumstances such medical or job-related issues.*

**Make-up:** Trainees must complete a make-up (as described below) for ALL absences to become eligible for certification.

### **Make-ups for Missed Classwork**

#### **Contact Hours**

All hours must be made up as they all count toward your certification.

#### **You have several options for making up contact hours:**

1. **Attend another one of our 200 hour yoga teacher training programs.** Attend a training class that covers the topics you missed. There is no charge to attend one of our other trainings for make-ups.
2. **Attend a workshop that covers the topic you missed.** In certain instances *and with pre-approval of your teacher*, you may arrange to attend a workshop or special event instead of another training. You will need to pay the fee for the workshop or special event.
3. **Private lesson with one of our teacher trainers:** If you prefer, you may meet with one of the teacher trainers or assistants for a private or semi-private session at an hourly fee of \$90.

#### **Non-contact hours**

If the teacher deems it appropriate, you may be able to complete a home study assignment. Ask the teacher for more details. A written assignment or project will be given. With evidence of your home study work, non-contact hours only will be credited.

## **QUIZZES**

Trainees must pass quizzes with 80% correct or more. If you do not pass, you will be given one more opportunity to retake the quiz and pass. If you do not pass, you will not be certified. There is no additional cost to re-take a quiz.

## **TEACHING SKILLS**

Trainees will be given the opportunity to practice teach in the training and will be given feedback prior to the video review. Trainees must pass the video review by demonstrating the ability to teach a level 1-2 yoga class safely and appropriately. Trainees must demonstrate their knowledge of asana, pranayama, meditation and sequencing as presented in the training. Trainees must demonstrate proficiency in: verbal action cueing, demonstrating clearly and manually guiding students to reinforce safe alignment. Trainees must be able to demonstrate that they can work cooperatively with other yoga teacher trainees to create a class plan and sequence.

## **HOMEWORK DUE DATES**

Homework is due the next time the training meets. Homework is designed to prepare you for the information that will be presented at the next training class so it is important that you stay current. At the end of the training, you have 60 additional days maximum to hand in all late homework. After 60 days, no homework will be accepted and you will not be eligible for certification. No refunds are given under such circumstance.

## **STUDENT CONDUCT**

By enrolling in this teacher training program, trainees agree that they are here to learn and agree to create a positive and supportive learning environment for everyone. Trainees will respect others by arriving on-time, being fully present, actively participating in the coursework, discussions and learning processes. Trainees agree to clean up after themselves, straightening props, sweeping floors and taking out garbage, etc. so that the studio space is clean and ready for the next class. Trainees will not interfere with the right of others to learn in a positive, supportive learning environment. Trainees will be placed on probation for the first incident of breaking the code of conduct and will be dismissed from the program after the second incident. No refunds are given under such circumstance.

## **CERTIFICATION STATUS**

Please keep track of your hours for each certification requirement on the checklist of certification requirements provided to trainees. Document the day, time, place and teacher for each category. Upon completion of all teacher training requirements, submit the checklist to Prairie Yoga as a WORD or PDF file via email: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net). Upon approval of the checklist, your 200 hour yoga teacher training certificate will be awarded to you by Prairie Yoga.

### **Deadline**

Trainees have one year after the last teacher training class to complete and submit all remaining requirements for certification other than homework (which is due 60 days after the last training class). If issues arise, such as illness or life crisis, you must ask for permission in writing to extend the deadline. Each 90 day extension requires a \$250 fee. This fee is non-refundable. You will not receive a refund if you do not finish your requirements. Maximum 2 extensions permitted. Extension is at the discretion of the Director.

### **Denial of Certification**

Trainees will be denied certification if they have not fulfilled all the requirements of the program or for not making up missed classes, not doing homework, for being disruptive or for not actively participating in the program. You may also be asked to leave the program at the discretion of the Director if you are interfering with others right to learn in a supportive and positive learning environment. No refunds given under any such circumstances.

## **PRINTING OF CERTIFICATES**

We print certificates in group batches on March 15, June 15, Sept 15 and Dec 15. Upon certification approval, please supply us with the exact name you want on your certificate and your current mailing address. Your certificate will be mailed to you after it is printed and signed. You will receive your certificate one month after the printing date.

### **Re-printing of Certificates**

If you misplace or destroy your certificate, there is a \$25 fee to reprint your certificate.

## **PLACEMENT INTO TEACHING POSITIONS**

Certification by Prairie Yoga provides the 200 hour yoga teaching certification necessary for most employers. The training does not provide nor guarantee job placement.

## **COMPLAINT POLICY**

Complaints should be directed to the teacher of your training or to the Director, Lori Gaspar. You may call, email or speak to us in person. If you are not satisfied with the outcome of your complaint, you have the right to file a complaint in writing and send it to:

Illinois Board of Higher Education  
Attn: Student Complaint Division  
1 N. Old State Capitol Plaza, Suite 333, Springfield, IL 62701  
<http://complaints.ibhe.org>

## NOTICE TO STUDENT

1. Do not sign this agreement before you have read it or if it contains any blank spaces.
2. This agreement is a legally binding instrument and is only binding when the agreement is accepted, signed, and dated by the authorized official of the school or the admissions officer at the school's principal place of business. Read all pages of this contract before signing.
3. You are entitled to an exact copy of the agreement and any disclosure pages you sign.
4. This course catalog/enrollment agreement constitute the entire agreement between the student and the school.
5. Any changes in this agreement must be made in writing and shall not be binding on either the student or the school unless such changes have been approved in writing by the authorized official of the school and by the student or the student's parent or guardian. All terms and conditions of the agreement are not subject to amendment or modification by oral agreement.
6. The school does not guarantee the transferability of credits to another school, college, or university. Credits or coursework are not likely to transfer; any decision on the comparability, appropriateness and applicability of credit and whether credit should be accepted is the decision of the receiving institution.

## STUDENT'S RIGHT TO CANCEL

The student has the right to cancel this enrollment agreement until 5 p.m. of the 3rd business day\* after the student has signed the agreement *and more than 3 business days before the first day of the training*. Any tuition paid will be refunded minus the \$150 deposit. A student waives the right to cancel this agreement if the agreement is signed and returned to us with less than 4 business days before the first day of training. **Requests for withdrawal and refunds must be submitted in writing to the Director, Lori Gaspar, at email address: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net).**

*\*Business days include Monday – Friday, 9 a.m. – 5 p.m. and do not include Saturday, Sunday or holidays.*

## ADDENDUM: CONSUMER INFORMATION

*Our most recent complete data is from the students admitted in 2012.*

- Approximately 40 students per year are admitted into the 200 hour yoga teacher training program. Approximately 15 students per year are admitted into the 500 hour yoga teacher training program.
- No additional students are admitted into a program once a program begins. No transfer students are accepted.
- In 2012, 44 students were admitted to the 200 hour program and 10 students were admitted to the 500 hour program.
- Of the 54 total students admitted in 2012, 1 withdrew from the school, 49 have earned a certificate, 5 did not complete their requirements, and 0 are still enrolled.
- All 54 students who have earned a certificate are working as a yoga teacher.
- There is no IL State licensing requirement for yoga teachers.
- Prairie Yoga does not provide job placement assistance. We do forward teaching opportunities provided to us by employers to all our graduates. Employers seek out our graduates.
- Most yoga teachers are self-employed and teach at several different venues.
- Most yoga teachers work part-time, therefore salary information is not very reliable. The average pay for a 200 Hour Certified Yoga Teacher with 1-3 years of experience is:
  - Group Classes \$25 – 50 per class
  - Private Lessons \$50 - 75 per hour
- Pay increases with greater levels of education and experience. 500 Hour Certified Yoga Teachers with 5+ years of experience can make \$50 - \$100 per class teaching corporate classes and \$60 - 100 per hour teaching private lessons. Pay for group classes is typically the same as a 200 hour certified yoga teacher.

## STUDENT ACKNOWLEDGMENTS

1. I hereby acknowledge receipt of the school's catalog, which contains information describing programs offered, and equipment or supplies provided. The school catalog is included as part of this enrollment agreement and I acknowledge that I have received a copy of this catalog. **Student Initials** \_\_\_\_\_
2. I have carefully read and received an exact copy of this enrollment agreement. **Student Initials** \_\_\_\_\_
3. I understand that the school may terminate my enrollment if I fail to comply with attendance, academic, and financial requirements or if I fail to abide by established standards of conduct, as outlined in the school catalog. While enrolled in the school, I understand that I must maintain satisfactory academic progress as described in the school catalog and that my financial obligation to the school must be paid in full before a certificate or credential may be awarded.  
**Student Initials** \_\_\_\_\_
4. I hereby acknowledge that the school has made available to me all required disclosure information listed under the Consumer Information section of this Enrollment Agreement. **Student Initials** \_\_\_\_\_
5. I understand that the school does not guarantee transferability of credit and that in most cases, credits or coursework are not likely to transfer to another institution. **Student Initials** \_\_\_\_\_
6. I understand that the school does not guarantee job placement to graduates upon program completion.  
**Student Initials** \_\_\_\_\_
7. I understand that complaints, which cannot be resolved by direct negotiation with the school in accordance to its written grievance policy, may be filed with the Illinois Board of Higher Education, 431 East Adams Street, 2<sup>nd</sup> Floor, Springfield, IL 62701 or at [www.ibhe.org](http://www.ibhe.org). **Student Initials** \_\_\_\_\_

The student acknowledges receiving a copy of this completed course catalog/student enrollment agreement and written confirmation of acceptance prior to signing this contract. The student by signing this contract acknowledges that he/she has read this contract, understands the terms and conditions, and agrees to the conditions outlined in this contract. It is further understood that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the School Official. The student and the school will retain a copy of this agreement.

## STUDENT INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact's Phone: \_\_\_\_\_

*(Student) I agree to the terms as stated in this agreement.*

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Date*

*(Director) This student has been accepted into the program under the terms as stated in this agreement.*

\_\_\_\_\_  
*Director Signature*

\_\_\_\_\_  
*Date*