

# 2020/2021 Training Date Information

“Teaching from the Heart S.P.I.R.I.T. Program™”

Next session: November 2020. Small group of approximately 7.

## Dates:

- October 1 – November 10: (Book Read)
- November 10 – December 10 (Flexible Online Sessions)

The following are in person sessions. We have a 2000 sq foot training center. Plenty of social distancing.

- December 18,19, 20
- January 16,17
- February 5,6 and 27,28
- March 6,7 and 20,21
- April 3,4 and April 17,18 and April 23,24,25

## General Times:

- Fridays – 5:30 – 9:00pm. (only Dec 18<sup>th</sup> and April 23<sup>rd</sup> will be required)
- Saturdays – 11:30 – 8:00pm
- Sundays – 11:00 – 7:30pm
- Flexible personal one on one time with the Lead Instructor may be required.

## Additional Hours:

- Our Final weekend extended time shall be required.
- Three of our weekends will require an extra 3 hours and shall be announced on our first weekend.
- Flexible practice time, and homework assignments

## Notes from the Director

*I have personally been in small group trainings (6-10) and large ones (18+). The ability to learn productively, manifest spiritually and deeply bond arrives within a smaller group is profound. Personalized care is key at Grounded by Yoga. Each student grows at their own pace, and this allows for individual attention as needed. I never felt ready to teach from the heart until I experienced a more intimate setting, so this is what we deliver.*

**Our program is fully approved by the Yoga Alliance and is equivalent to over 200 hours and are aligned with their NEW standards.**

## CURRICULUM

(note: **This is not inclusive.** Our program includes many experiential components as well. Should you have any questions, please call 585-861-YOGA or sign up for one of our info sessions)

- Postures (modern yoga postures & traditional)
- Practice and Teaching postures
- Health Benefits
- Trauma Awareness / Techniques
- Interdisciplinary/ Direct lineage teachings so that we can truly meet students where they are and most importantly – yourSelf.
- Effective start and class endings
- Teaching Beginners, Gentle, Mixed Levels
- Teaching Adaptive Yoga (Teacher from The Heart)
- Proper Hands on Assists for deepening awareness
- Sequencing- How, When, Why
- Proper Environment & Creating a Sacred Space
- Workshop Process
- Trauma and Adaptive Yoga *Your teacher is certified in these topics.*
- Finding your personal style and teaching from the depths of your Heart
- Strong emphasis on the 4 paths of yoga
- Keeping spirituality alive inside and out
- Yoga Nidra – what is IS and what it ISN'T
- Pranayama
- Kriyas and Bandhas
- Yogic Anatomy (Gross & Subtle)
- Yoga History
- Conscious Language
- Private Yoga or Studio Management /Ownership (we will vote on our choice or do both!)
- Yoga Nutrition
- Yoga Philosophy
- Intro to Sanskrit Language
- Importance of Transcendence (Beyond Buddhism – Mindfulness)
- Experiences in Meditation
- Modern Day Lineage/Styles • Kundalini Yoga • Yin Yoga • Iyengar Yoga • Ashtanga/Vinyasa Style • Sivananda Yoga
- Prenatal Basics
- Yoga Dilution and its Prevention
- Disconnecting to Connect
- Business Ethics and Marketing Your Self or Your Yoga Business
- Teaching Online during a Pandemic!
- National Yoga Alliance
- Yoga on and off the Mat
- Teaching in the virtual format pros-cons
- Quizzes are delivered to allow me to help in your growth and understanding. 80% required for teaching certificate.

# Our Faculty

(Due to pandemic – 1 or 2 of our presenters may or may not be able to attend, or attend in person and may be offered over a Zoom type program)

- [Sandy Hicks](#), RYS Lead Teacher
- [Randhir](#), RYT Kundalini Yoga
- [Dr. Ted Barnett](#), Yogic Nutrition
- [Damodar Das](#), Bhakti Yoga / Language of Yoga
- Sue Spencer, RYT, Dharana Yoga

## PREREQUISITES:

A high degree of self-motivation is required for all aspects of the course. Training to be a yoga teacher requires dedication and faith in the process of yoga. If you do not have a current practice, but are simply interested in deepening your knowledge, you may apply as well and will receive a special certificate. For teaching certification, you must possess a regular practice before and during the program. (GBY will offer discounted passes if desired). The practice and teaching of yoga demand a high degree of self-discipline and purity. Let's remember, hatha yoga was created for the injured body, not the perfect body. In this hatha yoga laced program, we welcome all bodies, ages, and so on.

## WHAT LINEAGES WILL I BE AB LE TO EXPLORE?

*Modern day yoga:* Iyengar, Ashtanga/Vinyasa, Sivananda, Yin Yoga, Kundalini, *Traditional Yoga:* Karma, Raja, Bhakti and Jnanu. Additionally, you'll have the foundations for Gentle, Prenatal, Mixed Levels, Workshops & "Special Interest" & more. We offer a unique process from a vast 45 years of experience. Trust in the process and you'll receive just perfectly. Certified professionals dedicated to each will be part of your training faculty, bringing you authentic delivery and integrity to your curriculum

## I DON'T KNOW IF I WANT TO TEACH – CAN I STILL ENROLL?

We'll figure it out together. Many enter yoga trainings with no intention of teaching, for it is an opportunity to deepen and broaden your knowledge and experience yoga in a way you simply cannot do in regular classes. Do I physically need to be able to... Forget that concern, this program is open to all. The yoga teacher training modules serve to educate health professionals, yoga instructors, yoga students or anyone with an interest in the wisdom of yoga. However, to become a registered teacher with the Yoga Alliance, a regular practice is required. You can decide later, the answer will come to you when it's ready.

## CREDIT FROM PRIOR SCHOOL ACCEPTABLE?

This is an entry level course as well as it's very unique due to it's direct lineage trainings of the lead instructor. Prior hours taken somewhere else will probably not be accepted.

# TUITION/COSTS

Tuition	If paid <b>in full</b> by:
\$3175	Aug 25th, 2020
\$3275	until Sept 25th, 2020 and \$3375 after Sept 25th <b>or if opting for payment plan.</b>
	(\$900 scholarship available for any COVID affected student. Please inquire if applies to you)

- **Student additional costs:**

- Application fee \$95
- Some books (approximately \$175 - you may purchase used books on the internet),
- Workshops \$30
- Continuation of hatha-relevant practices with an RYT (GBY will offer 25% off memberships if desired)
- Yoga Alliance wall certificate if desired: \$45

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- **After Graduation:**

- Receive 10% off tuitions for the next 2 years from graduation date on any Yoga Alliance program we offer.
- Receive updates (protocols, laws etc) as long as you are [Yoga Alliance](#) member and signed up for their newsletter.
- If you are a teacher at GBY, receive [mentor-ship](#) in any way and especially with therapeutic concern
- Yoga Alliance Registration for up to 11 months after graduation. After 11 months - a written test is required (\$75)
- Records are maintained for a period of 2 years from date of application.

*CPR and first aid training hours cannot be counted toward satisfying the minimum YTT curriculum hours or Continuing Education Contact Hours. Yoga Alliance suggests CPR (cardiopulmonary resuscitation) and first aid training for all RYT's*

# TERMS AND AGREEMENT/REFUND POLICY

*A copy of the following shall be required at time of application:*

## **TERMS OF AGREEMENT/REFUND POLICY for Teacher Training Enrollment.**

### **Additional Terms of Agreement for Payment Plans are listed on Payment Plan**

By submitting this application, you acknowledge the information regarding tuition, refunds, attendance and graduate requirements for Grounded by Yoga Studios & Yoga Teacher Training LLC (GBY)

#### **Refund Policy and Miscellaneous:**

- Refunds will not be granted 30 days after first payment is received or 45 days before the official start of our session, whichever comes first. Student is liable for complete tuition payment and court fees, collections, etc, if needed. GBY is not responsible for acts of God, pandemics, etc.
- If student encounters something they view as an obstacle (injury, loss, etc). GBY strongly encourages you to continue your sessions. Program knowledge delivered will lend itself to these stresses. Student need not be physical and may absorb the knowledge by observing. Future internship or makeup session(s) can assist in teaching certificate once the student is ready. (An addendum to this shall be written and signed by both parties regarding internship/makeup sessions)
- Timely refunds are subject to a \$450 admin fee. Remaining credit, if any, can be used towards future trainings within 2 years of this application date. Credit not used on a timely basis will be forfeited.
- Books, Public Classes, Completion Certificate or any Workshop fees are at the cost of the student. See website for up-to-date estimates of the aforementioned. GBY does its absolute best in keeping these costs as low as possible for the student. GBY supplies some books for you throughout the program. GBY reserves the right to cancel this training if there are not enough attendees. Student would then be given 100% monetary refund. (note: this has yet to happen).
- GBY has the right to cancel this training or reschedule weekends should there be a studio emergency (ex: no heat, fire etc) or weather-related concerns whereas other businesses are generally closed. (note: this has yet to happen)

#### **Completion Requirements**

- 100% of attendance is required by the Yoga Alliance and GBY. Should you need to miss any time, please notify the director immediately. Make up sessions are at the discounted cost of \$60-\$70 per hour. Makeups are required before next session of training. Be sure the schedule works for you.
- Poor attendance or attitude and/or lack of efforts can result in expelling of student. Tuition will still be your obligation. GBY Director will first speak to you to see where improvement can be made. (Due to the nature of this program -we cannot allow a student to "come as they please". If makeups are not completed by next session, you will be submitted as incomplete and will need to re-enter a future teacher training program for a teaching certificate. However, knowledge certificates still may be granted if time loss is minimal of 1 weekend).
- Tardiness is not allowed. BUT we understand winter weather and unexpected delays.

- All assignments must be completed on their due dates.
- Completion of tuition payments are required before a signed certificate will be provided. Tuition is generally needing to be paid in full by December 1st of enrollment year unless written agreement for other terms are provided and signed by both parties.
- An average of 80% or higher is required for graduation. You can do it! We are here to see that you do. GBY has never “failed” anyone. 100% of attendance, successful completion of homework assignments, research paper and community yoga program are all required as well as weekly quizzes, mid-term and final exam.

**The following must be received before the review/acceptance process begins:**

1. Completed Application with Deposit and Application Fee
2. Payment plan (if payment plans are needed) mailed or dropped off at either studio along with copy of current driver’s license.
3. Terms of Agreement/Refund Policy Signed, printed and mailed within 3 days to: Grounded by Yoga 8901 Belcher Road Bloomfield NY 14469.

Thank you for your interest! We promise a wonderful deep dive into this new journey of your life! You will generally hear back within 24-48 hours of application. All applications are reviewed according to date received. Once you have been accepted into the program, you will be sent an email verification and 30-60 days before our commencement date and official welcome letter!

## TESTIMONIES

(Please see Yoga Alliance website or our Testimony page for more)

*“Sometime prior to my yoga teacher training with Sandy at Grounded by Yoga, I had tremendously high expectations. I know yoga teachers and through their advice concerning their own trainings, and my own research and practice, I knew this was the place to be. You have completely fulfilled my high hopes and I couldn’t be happier with the great deal of knowledge I acquired throughout this training. The width of topics covered including philosophy, anatomy, Sanskrit, asana, assisting, history, business, and much more, were so thoroughly and carefully taught that it actually amazes me how did you effectively be able to do all that to us?? What I came away with most is the wisdom and resources I need to continue to read, learn, and grow, into an experienced yoga teacher. I am extremely happy with this program and feel truly proud to be able to call myself a graduate of this fine school.” ~ Jennifer*

*“WOW where do I begin? Sandy, you really go above and beyond what I think is expected and it shows! Each one of us experienced a transformation and bond that is just amazing!!! LOVED all the workshops and guest teachers, please tell them how grateful I am to have been in their presence as well as yours and my fellow ‘kulas’! I will be moving out west soon, and what a feeling and joy to know have incredible vast of tools to use to create extraordinary class experiences for people. i can’t thank you enough....I just can’t.” ~ Mary*

*“Dear Sandy, my whole world is brighter, my life is clear, and I feel so complete for the first time in 38 years. I have enjoyed knowing you and the fact that you give mentorship for free indefinitely is a blessing and a generous gift. I may never need it, but the support you offer is a good feeling. Thank you for EVERYTHING, you deserve so much Sandy. Will miss this group and YOU!!!!” ~ Kathy*

## FACILITIES

### Facilities Equipment:

- 2500 sq foot space (plenty ample for NYS Mandates due to COVID-19) as well as another 1500 sq feet downstairs during our graduating weekend. Space was built in 2011 by owner for sole intention of a Yoga School.
- “Equipment” is provided by Grounded by Yoga and includes: Blocks, Straps, Bolsters of 6 sizes, zafus, zabutons, walls.