



Grounded by Yoga

Studios & Teacher Training Center

Lotus Grove Center
One Wellness Way
East Bloomfield, NY 14469
585-961-9642
hello@groundedbyyoga.com

SCHOOL CATALOGUE VOLUME 1 August 1, 2020

**I certify that the information contained in this notification form is true and correct in content and policy. I am aware that the institution or facility must comply with applicable statutes and regulations and that failure to comply may lead to suspension or withdrawal of programs by the federal Department of Veteran Affairs.*

Signature of Administrative Official: *Sandy Hicks* Date: *8/31/2020*

200 RYT Yoga Teacher Training

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

Join our School of the Multi-Dimensional Self us for our 15th Yoga Teacher Training!

This is not an online program. Personal interaction of heartfelt energy and transformation occurs in person as well as reaching the real depths of yoga.

Our **S.P.I.R.I.T.** program is designed to for your own inner quest or to share & teach to others. This is your opportunity to join a spiritual journey that will transform your life whether you decide to teach or simply to learn. A program designed on personal practice and inquiry, as it was meant to be. Your environment during the program is one that is closed to the public – **you will be with the same 7 colleagues along the way** – this ensures an incredible, unbreakable bond with your spiritual group during the program and for life, as well as provides a **safe, stable ground** for our growth.

Grounded by Yoga has adapted our unique **S.P.I.R.I.T. Program™** as follows:

- **SPIRITUAL:** A program deep in the ancient & modern yogic practices to enhance your own spirituality accessing the Heart of the lineage teachings. Begin your journey, continue your journey or deepen your journey.
- **PERSONALIZED:** Small intimate group of 8, allows time to teach, receive personalized attention & to be you. A kindred-ship between other students will aid us in understanding the circle in which we weave our destinies.
- **INQUIRY/INSPIRATION:** From our own Self, inquires bubble up our unique inspirations to share and teach. Your teacher will guide you to that place within from a grounded and compassionate platform.
- **RE-CONNECTION:** The cause of all stress and suffering is believing we are separate. Reconnect to Self, Earth, Others, Life. The power to regain your inner power to just be and accept that “what is”, is for us, not against us.
- **INCLUSIVE:** Learn the ability to be adaptive and inclusive to all ages, bodies and beings. Create a sacred space for those who seek to know a deep natural peace, grow and not strictly as a physical fitness
- **TRAUMA INFORMED:** Guidance in embracing and utilizing the authentic and ancient yogic tools to effectively address our traumas & stresses which ultimately lead to recovery. Relearn, return realize.

Next Training Date Information

“Teaching from the Heart S.P.I.R.I.T. 200 RYT Program™”

Next session 2020/2021. 6-8 Students.

Dates (optional):

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

Dates (mandatory & in person with Faculty)

- December
 - 18th 5:30-9:00pm (3.5 hours)
 - 19th 11:30-8:00pm (8.5 hours)
 - 20th 11:00-7:30pm (8.5 hours)
 - Plus 3 group classes with faculty Dec 21-Dec 31 (3 hours)
- January
 - 16th 11:30-8:00pm (8.5 hours)
 - 17th 9:30-8:30pm (11 hours)
 - Plus 7 group classes with faculty Jan 1-Jan 31 (7 hours)
- February
 - 5th 11:30-8:00pm (8.5 hours)
 - 6th 10:00-8:30pm (10.5 hours)
 - 27th 11:30-8:00pm (8.5 hours)
 - 28th 11:00-7:30pm (8.5 hours)
 - Plus 7 group classes with faculty Feb 1-Feb 28 (7 hours)
- March
 - 6th 11:30-8:00pm (8.5 hours)
 - 7th 11:00-7:30pm (8.5 hours)
 - 20th 11:30-8:00pm (8.5 hours)
 - 21st 11:00-7:30pm (8.5 hours)
 - Plus 7 group classes with faculty Mar 1-Mar 31 (7 hours)
- April
 - 3rd 11:30-8:00pm (8.5 hours)
 - 4th 11:00-9:30pm (10.5 hours)
 - 17th 11:30-8:00pm (8.5 hours)
 - 18th 11:00-7:30pm (8.5 hours)
 - 23rd 3:00-9:30pm (6.5 hours)
 - 24th 7:30-6:00pm (10.5 hours)
 - 25th 7:30-6:30pm (10 hours)
 - Plus 3 group classes with faculty April 1 – April 20th (3 hours)

The above hours are in alignment with Yoga Alliance 200 RYT Program and meet all requirements for our 200RYT Program.

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.



Below is the general outline of our Yoga Teacher Training.

(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 (Includes extra PTSD info via research assignment)
- 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
- 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 (thanks COVID!)
- Quizzes are delivered to allow me to help in your growth and understanding. 80% required for teaching certificate.

Our Faculty

- Sandy Hicks, RYS Lead Teacher /Instructor (100% Owner)
- Randhir, RYT Kundalini Yoga (presenting 4 hours)
- Dr. Ted Barnett, Yogic Nutrition (presenting 4 hours)
- Damodar Das, Bhakti Yoga / Language of Yoga (presenting 4 hours)
- Sue Spencer, RYT, Dharana Yoga (presenting 3 hours)

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 Jnana. 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. 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. However, for veteran students, prior credit will be reviewed and evaluated, and submitted transcripts retained in the student's file.

TUITION/COSTS

If paid **in full** by:

Tuition

\$3175 July 25th, 2020

\$3275 Aug 25th, 2020

\$3375 until Sept 15th, 2020 and \$3475 after Sept 15th
or if opting for payment plan.

- **Student additional costs:**
 - Application fee \$95
 - Some books (approximately \$175 – you may purchase used books on the internet),
 - Workshops \$30
 - Continuation of your regular practice (varies)
 - Yoga Alliance certificate if desired: \$45
- **Books/DVDS included in Tuition are:** Grilley Anatomy, Silence as Yoga, Yoga Old Read AND are charged for non-return a fee of \$40 each.

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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 3 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. Grounded by Yoga is not responsible for acts of God or pandemics.
- 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.
- If student encounters something they view as an obstacle (injury, loss, etc). GBY strongly encourages you to continue your sessions as the 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)
- Books, Public Classes, or any Workshop fees are at the cost of the student.
- Completion Certificate will be provided upon successful completion of the program without any additional charge. Non-veterans will be charged a \$45 fee.
- 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)
- **NOTE SPECIAL REFUND POLICY FOR STUDENTS ENTERING AS ELIGIBLE THROUGH THE DEPARTMENT OF VETERAN AFFAIRS:** *School shall have a pro-rata of \$17.85 per credit hour with a non-refundable portion not exceeding \$10. Our policy shall be in compliance with 38 USC 3679 (e). All covered individuals can participate in this course. School shall not impose any penalty such as late fees, denial of classes, nor shall they need to borrow additional fund if there is a delay in disbursement funding from the VA.*

Completion Requirements

100% of attendance is required by the Yoga Alliance and GBY. Tardiness is not allowed. However, we understand winter weather and unexpected delays if you travel from afar.

Make up sessions are at the rate of \$70 per hour. Makeups are prepaid and required before next session of training or student will be expelled.

An average of 80% or higher is required for graduation. 100% of attendance, successful completion of homework assignments by their due date, research paper and community yoga program are all required as well as quizzes, mid-term and final exam and tuition paid in full.

Poor attendance, attitude and/or lack of efforts can result in expelling of student and student shall still obligate their tuition in full.

ATTENDANCE AND SAP POLICIES

100% of attendance is required by the Yoga Alliance and GBY. Tardiness is not allowed. However, we understand winter weather and unexpected delays if you travel from afar. Any student not present at start time is considered tardy. Any student leaving school before their official dismissal will be marked tardy. Should tardies equal 60 minutes or more, time must be made up prior to next session or student will be expelled.

Make up sessions are at the rate of \$70 per hour. Makeups are prepaid and required before next session of training or student will be expelled. An average of 80% or higher is required for graduation. 100% of attendance, successful completion of homework assignments by their due date, research paper and community yoga program are all required as well as quizzes, mid-term and final exam and tuition paid in full. Poor attendance, attitude and/or lack of efforts can result in expelling of student and student shall still obligate their tuition in full.

Standards of Progress

GRADING SCALE:

It is Grounded by Yoga's goal that every student is successful in their course work. The following scale is used to assess student's projects, homework, quizzes, tests, practical aspects, and etc.

Research Paper	80% or higher	Passing
Between Session Homework	80% or higher	Passing
Average of Quizzes	80% or higher	Passing
Tests	80% or higher	Passing
Midterm and Final Exam	80% or higher	Passing
Demonstration of Abilities	80% of higher	Passing

80% is considered passing, make up assignments and retakes are the students' responsibility and a private meeting with the instructor will be required in order to evaluate student's current situation. Students will be given written and verbal warnings to complete missing assignments. Student academic progress is monitored and reviewed at each 25% of the program, if found to be falling below 80%, student will enter a probationary period and submit additional assignments to prove content is understood and will result in ability to retake quizzes, assignments for additional credits Any student still not meeting academic progress requirements will be terminated from course enrollment.

Termination Policies: If a student receiving VA benefits is terminated from course enrollment due to attendance or academic progress, this will be reported to the VA and benefits will be terminated.

Reentrance of student dismissed for low attendance or academic progress may reapply to a future program if done so within 2 years.

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. If no payment plan is required, payment is paid in full within 7 days of acceptance or by November 1, 2020 - whichever is soonest.
4. Terms of Agreement/Refund Policy Signed, printed and mailed within 3 days of acceptance
Mailing address: 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!

Note: Our sessions are kept small for your best experience. Hence, enrollment can fill very quickly. Should we already be full, we will 100% refund your monies of \$595.00

I have read the above and accept these terms:

----- Student ----- Date
----- (Print)

IMPORTANT: PLEASE PRINT FOR YOUR RECORDS and MAIL an Original Copy within 3 days to: Grounded by Yoga, 8901 Belcher Road Bloomfield NY 14469. IF YOU ARE USING THE ONLINE SUBMISSION PROGRAM. THE ONLINE SUBMISSION PROGRAM WILL ALSO MANDATE THAT YOU TO INITIAL STATING YOU HAVE REVIEWED AND ACCEPTED THESE TERMS. Your review of your application will begin once this form is received. (Due to the fact we host a very small group - our refund policy is strictly enforced. Please be sure you are ready to take this journey!)

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

We are in compliance with 38 USC 3679 allowing Robin Bowman to attend the course we are offering November 10th 2020 through April 25th 2021.

We shall not impose any late fees or denial to classes. Nor shall we ask her to borrow additional funds.