YOGA SCHOOL CATALOG

PHASE 1 ▪ TLP

A World-Class 200HR RYT Teacher Leader Program

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mbodyacademy

WELCOME FROM THE DIRECTOR

On behalf of MBody Yoga, it is my privilege to warmly welcome you to our program. We are honored you are offering us the opportunity to assist you in fulfilling your personal and professional goals. We look forward to sharing our enthusiasm about the program with you and are delighted that you have made the commitment to participate.

We want you to know that our program is more than taking classes and attending monthly weekend workshops. We are here to support you. We are available to answer your questions, assist you in any way we can, and our commitment to you will not end after certification. Our objective is to help you take the rewarding step from student to teacher. We will be here to assist you in getting started as a teacher, opening a center, and continuing your education if you so choose.

The transition from student to teacher is a rewarding one. If we pass on even a fraction of joy and satisfaction we have found through yoga, this program will be a great blessing to you, to your students, and to your students' students.

We cannot stress how important your practice will be. It is the key to fully understanding the Baptiste Power Vinyasa Yoga system and being able to teach with confidence and insight.

If there is anything we can do to enhance the program and make the process more meaningful and compatible to you, we would like to know. We would also appreciate receiving your impressions of the course as the program goes on. We know you will find the MBody Yoga Teacher Leader Program to be of tremendous value on every level of your life, and we look forward to working with you and getting to know you better.

Warmest Blessings,
Leah Green

DIRECTOR

Leah Green, E-RYT 500—Proprietor

MISSION

Our mission is to transform, to heal, to love, and to serve. It is our deepest desire that as you travel along your unique life path, we can help you envision your own limitless possibilities in body & soul. We are devoted to helping you better understand the power of your body, mind and spirit connection to both your inner and outer universe. We are honored that you are taking time to visit us on your journey to healing and self-discovery. Our greatest reward is your personal transformation.

APPROVAL

MBody Yoga, is approved by the Yoga Alliance to provide a 200 hour registered yoga teacher certification for professional careers in teaching yoga.

EMPLOYMENT OPPORTUNITIES

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 15-18 million Americans are practicing yoga today. The school cannot guarantee employment after completion of certification. Continuing education and employment postings will be offered as an ongoing service.

PROGRAM CURRICULUM

Techniques . . . . . 100 hours
Teaching Methodology . . . . . 20 hours
Anatomy and Physiology . . . . . 20 hours
Philosophy/Ethics/Lifestyle . . . . . 20 hours
Practicum . . . . . 10 hours
Homework and Exams . . . . . 30 hours

DEFINITIONS

- Techniques includes asanas, pranayamas, kriyas, chanting, and meditation. Hours in this category include both training in the techniques and practice of them. Mbody Yoga classes included.
- Teaching Methodology Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.
- Anatomy and Physiology includes both physical anatomy and physiology (bodily systems, organs, etc.) and astral/energy/subtle anatomy and physiology (chakras, nadis, etc.)
- Philosophy/Ethics/Lifestyle Study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the yogi', etc.
- Practicum includes student teaching as well as observing and assisting in classes taught by others.

ACADEMIC REQUIREMENTS

1. Be at least 18 years of age.
2. Hold a high school diploma or its equivalent.
3. Submit a Application Fee (deposit) $500.00 USD (applied towards tuition, non-refundable)
4. Complete application for admission. Application to the program does not guarantee acceptance.
5. Candidates are evaluated for academic and physical ability, personalcharacter, motivation and ability to manage time and meet financial obligations for tuition.
6. Have practiced yoga for at least one year.
7. Complete admission interview by scheduling an appointment with the school director. Admission requirements must be completed prior to first day of class. Notification of admission will be by letter, email or phone.

CERTIFICATION AND REGISTRATION

Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. Following graduation, students will be assisted in completing applications for registration.

GRADING SCALE

The following grades are given for work completed at MBY:
Excellent 93–100% = A
Very Good 85–92% = B
Satisfactory 75–84% = C
Unsatisfactory Below 75% = F

To graduate, a student must complete all requirements with a cumulative grade of 75% or above. Grading criteria includes: class participation, exams, hands-on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments. Grades will be given after each test, quiz and practical exam. Students who are not meeting the standards of practical experience will be notified and will meet with the director to explore methods of improving performance. Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the director. Make up class fees are $50 per hour.

PROBATION, DISMISSAL, AND READMITTANCE

Students who have an average grade below C or 75% will be considered to be on academic probation. Student may submit an additional essay assigned by the director to be lifted from probation. Students who are on academic probation and continue to fail one more month will be dismissed from the program.

STUDENT'S RECORDS

Student records will be kept for a period of seven years. Records are accessible to students by appointments only. The school maintains confidentiality by keeping records locked. Students may obtain transcripts by sending $25.00 with a request in writing. Any student who is dismissed may not reapply for one year. Following one year, students may reapply for the next term. Fees will apply.

STUDENT CONDUCT

Students are required to follow all school rules and procedures. Students will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

1. No sexual harassment of any type or form will be allowed.
2. No substance use or abuse during school hours will be accepted.
3. No smoking allowed on school property.
4. No breach of confidentiality will be tolerated.

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handled by the director. Failure to comply will lead to the following ramifications: conduct warning, or dismissal.

LEAVES OF ABSENCE

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition.

ATTENDANCE AND TARDINESS

One hundred percent attendance is required. Any missed hours will have to be made up before graduation. All hours must be documented accurately. If the instructor must spend extra time with the student to make up information missed, the student will be assessed a $50.00 per hour fee due at time of make up. Students who fail to keep make up times and/or who fail to pay the fee will be dismissed.

Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time.

Students are expected to notify school if they intend to withdraw from the program. Any student who fails to attend a weekend intensive without communication is assumed withdrawn. Cancellation of classes due to weather may occur. It is the student's responsibility to call the school to find out if class has been cancelled. Additional Saturdays, or weekends would be added near the end of the program if a cancellation was necessary.

STUDENT COMPLAINTS

Each month, time will be allotted to discuss any concerns they may have regarding the program. Complaints may be presented to the director, at which time it may be decided to meet to address the issue. Final decision will be made by the director.

TUITION, FEES AND REFUNDS

Application Fee ***(deposit)***: $500.00 USD (applied towards tuition, nonrefundable) fee due at time of application.

Regular Payment $3200.00 (minus application fee): Payment due in full prior to 1 week before training starts (excluding promotions). All fees are payable by personal check or credit card (MC, VISA, AMEX).

Incidental Administration Charges:

- Application Fee $500 (deposit)
- Transcript Request $10
- Check Return (NSF) $25
- Practical Retake $150
- Final Exam Retake $150

Refunds:

1. The application fee of $500.00 is non-refundable except in the case of a declined application.
2. The student will receive a full refund if they cancel within 7 business daysbefore classes begin (minus application fee/deposit).
3. No refunds will be made after program start date.

THANK YOU

Thank you for your interest in the MBody Yoga Teacher Leader Program (TLP). We look forward to providing you a transformational experience. We will be constantly improving as we evaluate our programs with input form our students. We hope you join us for the beginning of this exciting journey! Feel free to contact us with any questions you have about our program.