

**200 Hour Yoga Teacher Training**  
**Insight Yoga with Margi Clifford and Margo Sorum**  
**August 2015 - May 2016**

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## **Mission Statement**

*At Spirit Path we serve with open hearts, promoting compassion and understanding towards every person. We care for the earth and honor the individual connection to nature. We give back to our communities by empowering people with the understanding of how to maintain health of the body and peace of mind.*

## **Course Overview, Educational Philosophy and Objectives**

This is a professional program for aspiring yoga teachers. Instructors will share knowledge derived from advanced training and certification, and from personal and professional experience in order to guide students towards becoming sensitive, skillful, ethical, and well-rounded teachers themselves. Students will learn to integrate therapeutic intent and technical skills in the application of yogic principles in both personal and professional endeavors.

This program follows the guidelines, established by The Yoga Alliance, for yoga teacher training programs. It will provide a solid foundation upon which participants may continue to build and develop their professional skills. Instructors will provide encouragement, information, feedback and space for students to develop competence. Students will be asked to commit to home practice and to collaborate with other yoga practitioners by participating in group teaching sessions. Individual consultation and supervision will be available to support personal and professional development as needed. Upon completion, students will receive certification which will allow them to register with the Yoga Alliance as RYT, Registered Yoga Teacher.

## **Facilities Location and Description**

Classes are held at:

Spirit Path Yoga Studio and Wellness Center  
4007 Old Seward Hwy, Suite 100  
Anchorage, AK 99503  
Tel: (907) 334-9642  
Fax: (907) 337-0493  
E-mail: [info@spiritpathyoga.com](mailto:info@spiritpathyoga.com)

Mailing address:

Spirit Path Yoga Studio & Wellness Center LLC  
5432 East Northern Lights Blvd. #407  
Anchorage, Alaska 99508

Spirit Path Yoga is located at the intersection of 40<sup>th</sup> and Old Seward in the Gallerie North Center. Our main yoga classroom can accommodate a large group in size and has sufficient props. Our secondary room is used as a classroom and doubles as a second yoga room. The store carries books, herbal products, and yoga supplies for convenience. There is a complementary health clinic on site.

## **Instructors and Staff**

The program is facilitated by Margo Sorum and Margi Clifford, both Experienced - Registered Yoga Teachers who have decades of teaching experience and personal practice between them.

Margi Clifford is a licensed professional counselor who integrates yoga, insight meditation and psychotherapeutic techniques to promote well-being in individuals and communities. She founded Yoga for Mental Health in 2006 and has since offered training opportunities to students and professionals and direct therapeutic care to individuals and groups.

As the Adjunct Instructor of Yoga at the University of Alaska Anchorage, and with fifteen years of teaching experience, Margo Sorum has developed and shared her unique approach to yoga with thousands of students. She has been established as an Experienced Registered Yoga Teacher (E-RYT) with the Yoga Alliance since 2002, and is the creator of *Spinal Floss*™, a therapeutic approach to yoga.

Cassandra Lidin LAC, CAP is the director of Spirit Path Yoga and Wellness and Spirit Path Ayurveda Education. She received her Masters in Acupuncture in 2004 from TAI Sophia Institute. She is also an Ayurvedic Practitioner and RYT. She maintains a full time practice at Spirit Path.

## **Course Description**

This ten month, 200 Hour Professional Yoga Teacher Training Program is designed to inspire students as they incorporate yoga philosophy, physiology, anatomy, asana (posture), pranayama (breathwork), and meditation into their personal and professional yoga practice. Students will learn the art of observation, adaptation, safe sequencing, and conscious communication. They will develop the ability to assist, and, to address the specific needs of others in a class setting. Students will be guided towards becoming sensitive, skillful, ethical, and well-rounded teachers. Upon successful completion, students will earn certification that will allow them to register with the Yoga Alliance as a Registered Yoga Teacher, RYT.

## **Academic Calendar**

August 21, 2015 - May 22, 2016  
See full calendar and detail below.

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Topic</b>
<b>Part 1</b>			
Aug 21 2015	Friday	2-6pm	Self Regulation/ Savasana
Aug 26 2015	Wednesday	6-8pm	Yoga Basics
Aug 28 2015	Friday	2-6pm	Meditation/ 8 Limbs of Yoga
Sep 11 2015	Friday	2-6pm	Spinal Directions of Movement
Sep 18 2015	Friday	2-6pm	Forward Bends
Sep 23 2015	Wednesday	6-8pm	Yoga Basics
Sep 25 2015	Friday	2-6pm	Extension and Thoracic Breath
Sep 30 2015	Wednesday	6-8pm	Yoga Basics
Oct 2 2015	Friday	2-6pm	Lateral Bends
Oct 7 2015	Wednesday	6-8pm	Yoga Basics
Oct 9 2015	Friday	2-6pm	Twists
Oct 14 2015	Wednesday	6-8pm	Yoga Basics
Oct 21 2015	Wednesday	6-8pm	Yoga Basics
Oct 23 2015	Friday	2-6pm	Backbends
Oct 28 2015	Wednesday	6-8pm	Yoga Basics
Oct 30 2015	Friday	2-6pm	Art of Sequencing
<b>Part 2</b>			
Nov 4 2015	Wednesday	6-8pm	Yoga Basics
Nov 6 2015	Friday	2-6pm	The Pancamaya Model
Nov 7 2015	Saturday	9:30am-12pm	Pranamaya Kosa Respiration: Udyana Bhandha
		2-5:30pm	Pranamaya Kosa Digestion: Agni Sara
Nov 8 2015	Sunday	9:30am-12pm	Pranamaya Kosa Circulation
		2-5:30pm	Pranamaya Nervous System
Nov 13 2015	Friday	2-6pm	The Gunas and Inversions
Nov 18 2015	Wednesday	6-8pm	Yoga Basics
Nov 20 2015	Friday	2-6pm	Manomaya Kosa Anxiety
Dec 2 2015	Wednesday	6-8pm	Yoga Basics
Dec 4 2015	Friday	2-6pm	Manomaya Kosa Depression
Dec 9 2015	Wednesday	6-8pm	Yoga Basics
Dec 11 2015	Friday	2-6pm	Manomaya Kosa Mantra

Dec 16 2015	Wednesday	6-8pm	Yoga Basics
Jan 13 2016	Wednesday	6-8pm	Yoga Basics
Jan 15 2016	Friday	2-6pm	Vijanamaya Kosa Personality
Jan 20 2016	Wednesday	6-8pm	Yoga Basics
Jan 22 2016	Friday	2-6pm	Anandamaya Kosa Bliss Body
Jan 27 2016	Wednesday	6-8pm	Yoga Basics
Jan 29 2016	Friday	2-6pm	Therapeutic Adaptation
		<b>Part 3</b>	
Feb 17 2016	Wednesday	6-8pm	Yoga Basics
Feb 24 2016	Wednesday	6-8pm	Yoga Basics
Feb 26 2016	Friday	2-6pm	Mindset and the Yoga Sutras
Mar 2 2016	Wednesday	6-8pm	Yoga Basics
Mar 4 2016	Friday	2-6pm	The Two Pillars of Yoga: Abyasa and Viagram
Mar 23 2016	Wednesday	6-8pm	Yoga Basics
Mar 25 2016	Friday	2-6pm	Feet/ Practice Teaching
Mar 30 2016	Wednesday	6-8pm	Yoga Basics
Apr 1 2016	Friday	2-6pm	Knees/ Practice Teaching
Apr 2 2016	Saturday	9:30-noon	Back/ Foundation Training
		2-5:30	Healthy Movement Patterns
Apr 3 2016	Sunday	9:30am-noon	Abdominals / Foundation Training
		2-5:30pm	Communication Styles, Qualities of a Teacher
Apr 6 2016	Wednesday	6-8pm	Yoga Basics
Apr 8 2016	Friday	2-6pm	Hip Focus/ Practice Teaching
Apr 13 2016	Wednesday	6-8pm	Yoga Basics
Apr 15 2016	Friday	2-6pm	Shoulders/ Practice Teaching
Apr 20 2016	Wednesday	6-8pm	Yoga Basics
Apr 22 2016	Friday	2-6pm	Neck/ Practice Teaching
Apr 27 2016	Wednesday	6-8pm	Yoga Basics
Apr 29 2016	Friday	2-6pm	Props/ Trigger Point Release
May 4 2016	Wednesday	6-8pm	Yoga Basics
May 6 2016	Friday	2-6pm	Ethics/ Authenticity

May 11 2016	Wednesday	6-8pm	Yoga Basics
May 13 2016	Friday	2-6pm	Cues and Adjustments
May 18 2016	Wednesday	6-8pm	Yoga Basics
May 21 2016	Saturday	9:30am-noon	Teaching Practicum
		2-5:30pm	Teaching Practicum
May 22 2016	Sunday	9:30am-noon	Teaching Practicum
		2-5:30pm	Teaching Practicum
May 25 2016	Wednesday	6-8pm	Yoga Basics

### Program Hours

#### Fall 2015 - Spring 2016 Friday afternoons from 2-6 PM

August 21, 28	2 weeks
September 4, 11, 25	3 weeks
October 2, 9, 23, 30	4 weeks
November 6, 13, 20	3 weeks
December 4, 11	2 weeks
January 15, 22, 29	3 weeks
February 26	1 week
March 4, 25	2 weeks
April 1, 8, 15, 22, 29	5 weeks
May 6, 13	2 weeks
<b>Total Fridays:</b>	27 weeks @ 4 hours per week = <b>108 Hours</b>

#### Fall 2015 - Spring 2016 Wednesday evenings from 6-8 PM

August 26	1 week
September 23, 30	2 weeks
October 7, 14, 21, 28	4 weeks
November 4, 18	2 weeks
December 2, 9, 16	3 weeks
January 13, 20, 27	3 weeks
February 17, 24	2 weeks
March 2, 23, 30	3 weeks
April 6, 13, 20, 27	4 weeks
May 4, 11, 18, 25	4 weeks
<b>Total Wednesdays:</b>	28 weeks @ 2 hours per week = <b>56 Hours</b>

This two hour Wednesday evening class, Yoga Basics, will be focused on teaching, techniques and practices. The first hour of each class will be taught by the lead instructors. Specific postures and adjustment will be reviewed and then taught by the students during the second

hour. This class functions as a practicum for students and allows them to practice their communication skills, how to demonstrate postures and give verbal cues, how to adjust and modify postures and how to make correct anatomical references to muscles and bones while teaching. In addition, final projects will be presented during this class time in May.

**Three 12 Hour Weekend Workshops: Saturday and Sunday 9:30-12:00 AM, 2:00-5:30 PM**

November 7-8

April 2-3

May 21-22

**Total Workshop Hours = 36 Hours**

**Total Program Hours with Teacher Trainers 200 Hours**

108 Friday Hours

56 Wednesday Hours

36 Weekend Workshop Hours

**Additional Homework Hours Required 20 Hours**

Students will be required to document their personal study time spent reading the required texts, listening to the required audio recordings and watching the required videos. A final self-reflective project will be completed by each student to illustrate their depth of understanding of the required material. This self-reflective project will be presented by each student to the class during the Yoga Basics Wednesday evening classes at the end of May.

**Total Contact Hours with Lead Teachers = 200 Hours**

**Total Program Hours = 200 Hours**

**Admissions Policies and Regulations**

**Prerequisites**

Students are required to have a minimum of one year of yoga practice to be admitted into the program. Accommodations for injuries and special learning needs will be addressed by the instructors to the best of their abilities. Thoughtful reflection on your application will help the instructors to understand your needs.

The application for admission is included in the back of the catalog. The application must be turned in with a \$75 non-refundable application fee. The student may set up a time to speak with the Center Director to answer questions, and upon acceptance into the program, the enrollment document must be submitted at least 30 days before the first day of classes.

**Academic Policy, Grading, and Graduation**

**Minimum requirements for successful completion of the program:**

Students must complete 125 contact hours with the primary instructors. Make up hours can be arranged with the instructors at the rate of \$100/hour. Completion of additional contact hours and self study project hours will be recorded by the student and approved by the instructors. Successful completion of the Practicum Workshop will reflect the students ability to:

1. communicate clearly
2. sequence a series of asanas
3. give verbal cues and demonstrations for asana alignment
4. show basic knowledge of anatomy through correct reference to muscles and bones

This program is pass/fail.

### **Attendance and Class Participation**

#### Attendance

- 1) Students are expected to arrive 10 minutes early to class and be ready to begin promptly at the scheduled starting time. Attendance at all scheduled classes is expected.
- 2) Students may not miss a total of more than 4 modules (including excused absences).
- 3) Arrangements may need to be made (see tutoring below) to assure adequate understanding of any missed material to meet program requirements for successful completion.

#### Class Participation

- 1) Students must bring completed homework assignments, textbooks, and supplemental materials with them to class.
- 2) Students must be prepared to discuss the required reading material during class.
- 3) Arriving late to class or leaving early must be excused by the instructor. Additional assignments may be given for the student to receive a passing grade at the discretion of the instructor.

### **Academic Assistance, Tutoring, and Support**

- 1) Students are welcome to contact the instructor at any time via email with questions about homework, class concepts, etc. Please do not hesitate to ask for help when it is needed.
- 2) Instructors are available for make-up and tutoring sessions at the rate of \$100/hour.

### **Probation, Dismissal and Re-admittance**

A student who fails to meet academic standards or who violates the Student Conduct Policy will be put on probationary status after meeting with the supervising instructor for a time period of up to 2 months. If the student has failed to meet academic requirements or if the student continues to violate the Student Conduct Policy when the probationary period expires,



the student may be dismissed from the school. Re-admittance will only be considered in extreme circumstances at the discretion of the faculty.

### **Student Conduct Policy**

Spirit Path students are expected to accept and adhere to high standards of personal conduct.

Students shall:

1. Conduct yourself as a representative of Spirit Path and the Yoga profession while you are a student or intern at Spirit Path Yoga and Wellness.
2. Treat all members of the Spirit Path community with courtesy, respect and dignity.
3. Treat the Spirit Path facilities with respect, including buildings, grounds and furnishings.
4. Respect the rights and property of other members of the Spirit Path community.
5. Accept responsibility for and the consequences of their actions and encourage responsible conduct in others.
6. Use of drugs or alcohol at Spirit Path or coming to class under the influence of drugs or alcohol is prohibited and are cause for immediate academic dismissal.
7. Have no firearms, weapons or any other item designed to inflict harm or damage at Spirit Path. Possession of these items at Spirit Path is cause for immediate academic dismissal.

Class Conduct:

Students are expected to conduct themselves at Spirit Path and in class so others are not distracted from the pursuit of learning. Discourteous or unseemly conduct may result in a student being asked to leave the classroom. Persistent misconduct on the part of a student is subject to academic dismissal. Some examples of classroom misconduct that will not be tolerated include, but are not limited to the following: Disorderly conduct; Harassment; Verbal abuse; Assault; Interference with the educational opportunity of other students

Personal Conduct:

Students may be disciplined for conduct, which constitutes a hazard to the health, safety, or well being of members of the Spirit Path or which is deemed detrimental to the interests of Spirit Path. Disciplinary action may be taken regardless of the existence of any criminal proceedings that may be pending.

### **Tuition and Fees**

Tuition:

108 weekly workshop hours \$20/hour = \$2,160.00

36 weekend workshop hours \$25/hour = \$900.00

Total cost = \$3060.00

Registration: There is a \$75 non-refundable registration fee due with the application. In addition, a \$200 enrollment deposit which is deducted from the student's tuition is required upon acceptance to reserve a space.

Monthly payment plan includes \$10/month processing fee.

### Required Texts

*The Key Muscles of Yoga* by Ray Long \$34.95

*Yoga Dipka (Light on Yoga)* by BKS Iyengar \$13

*Yoga for Transformation* by Gary Kraftsow \$18

*Light on the Yoga Sutras of Patanjali* by B.K.S Iyengar \$21.95 (or equivalent yoga sutra book)

*DVD Anatomy for Yoga* with Paul Grilley \$36

*Yoga Teachers' Toolbox* by Joseph and Lilian Le Page \$61.97

One of the following audio recordings: *Meditation* by Eknath Easwaran \$15,

*Lovingkindness Meditation* by Sharon Salzberg \$24.95

*Mindfulness Meditation* by Jon Kabat-Zinn \$29.95

### Recommended Texts

*The Tree of Yoga* by B.K.S. Iyengar \$13.95

*Yoga for Wellness* by Gary Kraftsow \$24.95

*The Heart of Yoga: Developing a Personal Practice* by T. K. V. Desikachar \$12

*Yoga Posture Adjustments and Assisting* by Stephanie Pappas \$23

*8 Steps to a Pain-Free Back* by Esther Gokhale \$17.39

*My Stroke of Insight* by Jill Bolte Taylor \$8.75

*Mindset: The New Psychology of Success* by Carol Dweck \$9.50

*The Concise Book of Muscles* by Chris Jarmey \$29.95

*Yogabody* by Judith Hanson Lasater \$29.95

*CD Series: The Yoga Sutras* with Nicolai Bachman \$109

### Payment Plans

**1: Payment in Full: \$ 3060.00** (less enrollment fee) due no later than August 1, 2015.

**2: Payment Plan:**

**Option A** - 50% (\$1530) on August 1, 2015, 50% (\$1530) by February 1, 2016.

**Option B** - 10 monthly installments from August 2015 - May 2016

\$316/mo (includes \$10 processing fee/month)

## **Refund Policy**

A student has the right to cancel the Enrollment Agreement and obtain a refund of one hundred percent (100%) of the amount paid for institutional charges, less the application fee of \$75, upon submitting written notice to Spirit Path by the close of business on the first day of a student's scheduled attendance. The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement. Any books, materials, and related supplies may be returned to the school within 30 days following a notice of cancellation. If a student fails to do so, the school may deduct the documented cost of these books from any refund due to the student.

### **STUDENT'S RIGHT TO CANCEL**

A student has the right to cancel the Payment Agreement and obtain a refund or withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges. A student who withdraws or is dismissed after attending at least one class, but before completing 50% of the instruction in the current enrollment period, is entitled to a pro-rata refund. Students will receive a refund within 30 days of the termination date as follows:

- a) Prior to completion of the first day of class, but before the second day of class, 100% refund will be given
- b) After completion of the first day of class but prior to the completion of 10% of the program, the refund will be 90% of tuition after deducting the registration fee.
- c) After completion of 10%, but prior to completion of 20% of the program, the refund will be 80% of tuition after deducting the registration fee.
- d) After completion of 20%, but prior to completion of 25% of the program, the refund will be 55% of tuition after deducting the registration fee.
- e) After completion of 25%, but prior to completion of 50% of the program, the refund will be 30% of tuition after deducting the registration fee.
- f) After completion of 50% of the course no refund will be given, and the student is required to remain committed to the entire amount of tuition.

Refunds will be computed from the last day of physical attendance. As part of this policy, the school may retain a one-time application fee of no more than \$75. The school will make every effort to refund prepaid amounts for books, supplies, and other charges. A student will receive the refund within 30 days of the termination date. The school will make a 'good faith' effort to make a refund, if necessary, by sending certified mail to student's and parent's permanent address.

If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 day of cancellation.

### **Grievance Policy**

If a student has an academic complaint, the student is first encouraged to discuss any concerns with the instructor. If not satisfied with the outcome of these discussions, the student may then speak with the Center Director. If not satisfied with the outcome, the student may seek appeal through the State of Alaska Commission on Post-secondary Education.

### **Student Records**

Student records will be maintained by Spirit Path Yoga and Wellness. At any time, students may request a copy of academic records. Such requests must be submitted in writing to the Center Director. Records will be given to the student within 5 business days of the written request.

### **Statement of Non-Transference**

Spirit Path Yoga and Wellness cannot guarantee that it's credits or programs are transferable, and the transfer of credits is always at the discretion of the receiving institution, depending on the comparability of curricula and accreditation.