



**Yoga for Mental Health:  
Insight Teacher Training and Certification**  
September 2021 - May 2022  
Program Director and Lead Teacher: Margi Clifford



## **Mission Statement**

*Yoga for Mental Health is a therapeutic counseling and educational practice of mindful movement and meditation which promotes healing, growth and vitality.*

*Our Insight Teacher Training and Certification Program is intended to help students develop insight, on and off the mat, and in their roles guiding others.*

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

This is a module based certification and continuing education program for both aspiring and working yoga professionals. Key concepts guiding the program include: **inquiry, service, gratitude and beauty**. The classical eight-limbed path of yoga and related teachings, particularly as taught in the Iyengar and Vipasana traditions will be central. Modern neuroscience and psychology will be addressed and explained. Moral, behavioral, postural, breathing, sense and mental attributes of practice will be considered. Successful students will demonstrate a growth mindset and the application of physical practices over time.

While this program is almost entirely online and offers both synchronous and asynchronous opportunities to connect with teachers, in person training is also required for all students requesting certification. Our aim is to support and prepare sensitive, skillful, ethical, and well-rounded teachers. Our students learn how to integrate therapeutic intent and technical skills in the application of yogic principles. It may be used for both personal and professional development purposes.

This program follows the guidelines, established by Yoga Alliance, for 200 hour yoga teacher training programs. It will provide a solid foundation upon which participants may continue to build and develop their professional skills. The Program Director, Manager and Faculty 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.

## **Prerequisites, Application and Enrollment**

Students are required to have had a minimum of one year of formal practice under an established teacher to be admitted to 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 available online. The application must be turned in with a \$75 non-refundable application fee to be considered. Candidates for enrollment may be invited to set up an enrollment interview with the Director. Upon acceptance into the program, an enrollment contract must be signed and submitted along with applicable fees before the first day of classes.

### **Facilities and Materials**

All synchronous livestream classes will be held on ZOOM. Classes will be recorded and available exclusively to program participants for the duration of the program. Inquire with individual teachers about asynchronous options. All attendance exceptions must be approved by the Program Director.

Students must have

- a reliable high speed internet connection
- a ZOOM account to join livestream practices
- a Yoga for Mental Health account to access recordings
- a microphone and camera enabled device
- a safe space to practice yoga and meditation
- yoga props as requested by individual teachers (household items can be used or substituted in most cases)
- texts
  - The Yoga Sutras
  - Anatomy of Movement by Blandine Calais-Germain
  - Light on Yoga by BKS Iyengar

Anchorage Intensive location:

Yoga for Mental Health  
1912 Logan Street  
Anchorage, AK 99508

Mexico Intensive:

Mar de Jade resort  
<https://mardejade.com>  
Chacala, Nayarit

Italy Intensive:

Locanda della Quercia Calante  
<https://www.querciacalante.com/home-en/>  
Castel Giorgio, Umbria (on the Tuscan border)  
Register with True Nature Travels: <https://truenaturetravels.com/retreats/yoga-italy-margi-2022/>

In the event that location(s) were to change during the course of this Program, the Program would continue at the new location. Students whose ability to participate may be effected by such a

change will be entitled to renegotiation of terms in their Enrollment Contract.

## **Faculty and Staff**

### **Margi Clifford, Program Director**

*MS: Master of Science, Counseling Psychology*

*LPC-S: Licensed Professional Counselor-Supervisor*

*ERYT 500: Experienced Registered Yoga Teacher 500 level*

*C-IAYT: Certified - International Association of Yoga Therapists*

*YACEP: Yoga Alliance Continuing Education Provider*

Margi Clifford is a licensed professional counselor and yoga therapist 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, groups and organizations. Lynne Minton from the Iyengar tradition has been her primary teacher and mentor since 2003. Margi offers consultation and training, retreats and classes in Alaska, online and abroad. You can learn more about her and her practice by following on Instagram: @yogamargi.

### **Lynne Minton**

*ERYT 500: Experienced Registered Yoga Teacher 500 level*

*YACEP: Yoga Alliance Continuing Education Provider*

Lynne Minton has been a student of yoga since 1975. She was certified to teach yoga by BKS Iyengar in 1984. Her primary teachers have been BKS Iyengar, Geeta Iyengar, Judith Lasater, Donald Moyer and Fr. Joe Pererira. She learned precision and discipline from the Iyengars, humor, inspiration and depth from Judith and Donald, and compassion for all from Fr. Joe. In 1982 Lynne became a full time yoga instructor. She founded and became the director of Inner Dance Yoga Studio in Anchorage, Alaska for the next 26 years. From 1999-2010 Lynne developed and oversaw the Inner Dance Yoga Teacher Training Program from which over 150 graduates received their 200 hour RYT. In 2013 Lynne helped to develop, implement, and collaboratively teach 300 hour Yoga Alliance certified programs for advanced training of Yoga Instructors with graduating classes in Ohio and Alaska. She has also contributed to 200 and 300 hour teacher trainings in Prescott, Arizona. Lynne loves to collaborate and continue to learn from other masters of their art. She believes that yoga is for everybody and is passionate about inspiring students to discover new abilities through the practice of all of the 8 limbs of yoga. Lynne particularly loves to incorporate the Yoga Sutras and functional anatomy into her classes. Her students consistently describe Lynne's classes as inspiring, fun and deep. For an in-depth bio go to Lynne's website: [lynneminton.com](http://lynneminton.com)

### **Leigh Lubin**

*MAT: Master of Arts in Teaching*

*Alaska Teaching certificate in Science*

*ERYT 500: Experienced Registered Yoga Teacher 500 level*

Leigh Lubin is an exceptional teacher dedicated to exploring, practicing, and moving from the inner body. She has found that the inner expression of a yoga pose is the most powerful and effective path towards personal growth and a strong and healthy asana practice. Leigh has a

special gift for teaching people how to access their subtle body and inner teacher through classes that create space, ease, stability, play, and appropriate challenges for all bodies. She has a Master of Arts in Teaching and is a 500-hour Yoga Alliance Experienced Registered Yoga Teacher (ERYT). Leigh has been practicing yoga for over 25 years and has been certified and actively teaching yoga since 2008. Leigh developed the curriculum for the YogaCurrents Yoga Alliance Registered 200 Hour Yoga School and taught the entirety of the program for 5 years. Leigh has well over 1000 hours of training in various forms of yoga including; Iyengar, Anusara, Flow, Hatha, Bhakti, and Embodiment Meditation. Additionally, Leigh is an Alaskan Certified Science Teacher. She brings this diverse background to her offerings to create authentic learning and lasting integration in her students.

### **Diane Ziegner**

*RYT 500: Registered Yoga Teacher 500 level*

*YACEP: Yoga Alliance Continuing Education Provider*

*C-IAYT: Certified - International Association of Yoga Therapists*

Diane arrived in Talkeetna, Alaska in 1997 for a two week visit and never left. When she first came to town, the local yoga classes were being “taught” at the elementary school by a few old video tapes. That was when she decided the community could use a live teacher, and in 2001 she got a 200 hour certification from Lynne Minton in Anchorage. A few years later, she bought a 24 foot yurt and Studio Z Yoga got a permanent home. Diane says that her students have taught her more than she will ever teach them. One of the things she has learned is that yoga should be accessible and beneficial to students of all abilities, not just the young and athletic. This realization led her to continue my studies with Sarahjoy Marsh. Her approach to teaching yoga has changed over the years. It’s less about body alignment and more about balancing the heart, mind and body. It’s about creating a welcoming yoga community and giving something back to it and the world.

### **Heidi Weiland**

*RYT 200: Registered Yoga Teacher 200 level*

*Ayurvedic Health Counselor*

*Certified Life Coach*

Heidi is a holistic life coach. She use a mind-body-spirit approach to help women reconnect to confidence and joy, so that they can move forward in their lives with ease. She focuses on all kinds of problems from stress and exhaustion to relationship issues to chronic procrastination and self-sabotage. Her clients learn how to overcome self-doubt, overwhelm and anxiety and how to create empowerment for themselves. She’s studied many aspects of the healing arts and am a certified life coach from The Life Coach School, an Ayurvedic Health Counselor and an RYT200 Insight Yoga teacher. She loves backcountry skiing in the mountains of Alaska and dabbling in creative activities of all kinds.

### **Carolyn Hitzler**

*MS: Exercise Physiology, specialization in rehabilitation.*

*Alaska Teaching certificates in Adapted Physical Education and Physical Education*

*RYT 500: Registered Yoga Teacher 500 level*

*Yoga For The Special Child, Relax and Renew restorative yoga, Yoga for Cancer Cardiac and Other Diseases, Opening Yoga to All- Adaptive Yoga, Accessible Yoga, Yoga for Back Pain, Yoga for Parkinson's Disease, Yoga for larger bodies, Buddha Body, Yoga for Scoliosis, YCAT, Yoga Therapy for People with Cancer and Chronic Illness, Therapeutic Yoga, Yoga For Healthy Aging, Yoga wall straps and ropes, Yoga chair as a prop, Yoga ED Tools for teachers, Yoga Calm, Yoga for Amputees, Yoga for Multiple Sclerosis, Trauma Informed Yoga*

Carolyn Hitzler, the owner/founder of YOGA MATters, is an educator, Exercise Physiologist, Adapted Physical Education Specialist, and Registered Yoga Teacher. Carolyn advocates for all students regardless of ability, size, physical limitation, or injury. Students who use a wheelchair, walker, or cane should be able to have a full personal yoga experience in the same studio as other individuals. Students who have pain or are recovering from injury should also have access to yoga classes. And students with larger bodies should also feel comfortable in a yoga class. Carolyn at YOGA MATters is passionate about opening yoga to anyone who wants to experience its benefits. This means breaking down physical barriers and helping students recognize that if they want to experience yoga, there is a teacher willing to teach them. Carolyn's classes are rooted in Hatha and Iyengar style yoga and are taught in-the-moment, tailored to the students that day. "Yoga reminds me how subtle and powerful movement and the breath can be. I enjoy teaching group classes as well as 1-on-1 private sessions. "

## **Kira Rafuse**

*ERYT 200: Experienced Registered Yoga Teacher 200 level*

*YACEP: Yoga Alliance Continuing Education Provider*

*RPYT: Registered Prenatal Yoga Teacher*

Kira Rafuse has been studying, practicing and teaching Yoga for 16 years. Kira first found yoga in college and was instantly hooked. She started saving right away to study yoga in India. During a year in India, Kira completed her Yoga Teacher Training Course at the Sivananda Kutir Ashram in the Himalayas in 2004. Kira also spent six months volunteering at an Ashram in Southern India. Here she dove deep into the very essence of yoga and developed a love for Ayurveda, a sister science of Yoga. Her love of Sanskrit also deepened as she was living at an Ashram in India. Kira attended the Ayurvedic Institute in Albuquerque NM (06-07), where she studied under Dr. Vasant Lad and is now a Certified Ayurvedic Practitioner (CAP). Applying the principals of Ayurveda into her Yoga classes, Kira helps students find balance through the seasons. During her studies with Dr. Lad at the Ayurvedic Institute she was immersed in ancient language of Sanskrit and began her journey as a serious student of Sanskrit during this time. Kira continued her studies with an Ayurvedic internship under Dr. Sarita Shrestha at the Devi Ma rural hospital (09) in Nepal where she focused on pregnancy and postpartum. Most recently she has studied Sanskrit with Dr. Katy Jane as well as courses with The American Sanskrit Institute, and Sanskrit courses at Yogic Studies. Kira is originally from New Mexico and has lived in Anchorage Alaska most recently for the last 8 years.

## **Marlie Hall**

*BS: Bachelor of Science - Journalism*

*MBA: Master of Business Administration - Management*

Marlie Hall is an award-winning Journalist and media personality. As a News Anchor, Reporter, TV Host and Voice Actor, she has worked with some of the world's most prestigious media

organizations. She covered history-making headlines as a correspondent for CBS News. She Co-anchored NBC's Early Today show. And hosted her own show on the Food Network called "Recipe for Success". Marlie is an avid world-traveler, a Brown Belt in Shotokan Karate and a proud Haitian-American. You can keep up with all of Marlie's endeavors and adventures on all social media platforms at @marliehall.

### **Maria Belozertseva, Program Manager**

*MS: Master of Science, Counseling Psychology*

*RYT 200: Registered Yoga Teacher 200 level*

Maria is a pre-licensed mental health therapist, a yoga teacher, and Yoga for Mental Health's Practice Manager. She holds a Master of Science degree in Counseling Psychology from Alaska Pacific University. Maria completed an Insight yoga teacher training program with Margi Clifford in 2018. She offers students and clients an authentic, respectful, non-judgmental teaching style. She seeks to help others (and herself) thrive in life by nurturing body, mind and soul. Maria says, "I will always be a student of the practice and am deeply grateful for all loving teachers in my life."

## **Program Components**

### **\*\*Yoga for Mental Health - Margi**

Yoga for mental health concepts and application for yoga students and teachers will be explored in this course. Students will learn foundations of emotional and mental health including structure and function of the nervous system and current understandings from neuroscience and psychology. Students will develop language for addressing mental and emotional health concepts in practice from both a western and an eastern perspective. This course will increase students' confidence in working with concepts related to mental and emotional health and knowledge about how to incorporate these concepts into practice. Students will understand and be able to clearly articulate benefits of yoga and meditation. They will learn and practice basic techniques from a mental/emotional health perspective. Students will learn to modify techniques to accommodate client and group needs. Students will understand through experience the physiological effects of categories of postures: backbends, forward bends and restorative postures and breathing techniques.

Topics include:

- The Nervous System: structure and function
- Growth mindset and The Relaxation Response
- Best self, Brahmaviharas and attunement
- Obstacles: the kleshas and antarayas
- Gunas - energies in nature
- Doshas - human constitution
- Vital energy: Prana Vayus
- Balance: Langhana and Brahmana
- Doshas, Gunas and seasonal cycles
- Women's health and cycles
- Depression, anxiety and neuroprocessing variations in practice

**\*Functional Anatomy for Yoga Teachers** - Lynne

Anatomy and physiology applications for asana and pranayama. Including directions and planes of movement, structure and function of major bones, muscle groups and connective tissue. Learn major components of skeletal, muscular, organ and nervous systems as may influence students' access and experience in practice. Students will be able to identify anatomical landmarks and reference them in teaching asana and pranayama. A study guide will be provided one week before each class based upon that week's reading assignment in the required textbook, *Anatomy of Movement* by Blandine Calais-Germaine. The study guide will be the basis for the class lecture, discussion and practical application of anatomical principles to yoga postures and kinesiology. Students will learn to apply the principles to their own practice and to translate them into observation and direction in the classroom.

**\*Essential Postures Practice** - Diane (live) and Margi (on demand)

Essential postures practice draws from the poses that are the building blocks of a well rounded asana practice. Class instruction includes contraindications, warmup, alignment, breath/energy and use of props. Students will learn components and rationale behind essential postures practice including how to modify to increase accessibility and optimize outcomes for all students.

**Foundations of Yoga: Posture** - Leigh

Students will learn fundamental components of posture practice with special attention to transitions and variations for all populations. Techniques, training and practice: Sun and Moon sequences, standing postures, twists and variations, Restorative yoga for relaxation. Students will learn classical postures through practice and, teaching techniques through demonstration and discussion. Successful students will demonstrate postures in a way that reflects a balance of ease and effort. The Foundations of Teaching Yoga series includes opportunity for students to practice observing bodies, alignment, and indicators of distress. They will learn to offer modifications and adaptations and to encourage students to recognize their own postural foundations and habits.

**\*Foundations of Yoga: Philosophy** - Lynne

The Yoga Sutras of Patanjali are the foundational philosophy of Samkhya Yoga. Each week the students will read from their chosen translation of the sutras (a list of suggested titles will be provided). When applicable, Sanskrit terms will be translated and discussed to provide deeper layers of understanding of Patanjali's words. Discussion and practices will be based upon modern day application of this philosophy to our daily lives. Journaling is encouraged. One written assignment and some application of sutra to daily life will be included in each trimester.

**\*Foundations of Yoga: Language** - Kira

This course examines the importance of language and how teachers can use it to guide the class and students. The important skill of strategic and specific language that is trauma informed is essential to nourish our relationship with students. Students will also explore Āyurvedic Restorative Yoga in this course. Ayurveda is the science of life or the art of living. Learn how to teach considering the season, environment and balancing your student's constitution. Restorative Yoga brings a deep sense of rest and regeneration. Finally, learn to adapt any Yoga classes to be accessible to all levels of students and practitioners including chair yoga and using props. The skills

accessed in this class will develop a teacher's ability to offer Yoga to everyone no matter their age, size, gender or ability in a mixed level class. Successful students will demonstrate their ability to wisely steward a Yoga class.

**\*\*Yoga for Special Populations: Trauma Informed Yoga** - Margi

Students will learn the mechanisms of trauma and how to recognize its effects. Physical, mental, and emotional indicators will be discussed and students will develop compassion in addition to learning strategies to support healing.

**Yoga for Special Populations: Differently Abled Bodies** - Carolyn

Teaching Yoga To Differently - Abled Students is designed to give a general review of the benefits, contraindications, and common adaptations of common groups of poses, and to explore creative ways to teach these poses. We will use a combination of lecture, Q&A, demonstration, personal practice and creativity.

**\*\*What's My Type?** - Margi

From horoscope signs, to Myers-Briggs, we've been taught that we're either this "kind of person" or "that kind of person." We have the Doshas of Ayurveda, the Enneagram, archetypes and spirit animals as evidence of humans' long fascination with ways to explain and distinguish experience. In this course, students will learn about gene expression, nature v. nurture, and, methods for better understanding some aspects of personality and individual constitutions in order to facilitate effective treatments for healing and to help maintain good health lifelong. Several techniques will be presented, discussed for scientific validity, tested for efficacy when possible and offered for personal and professional applications.

**Ayurveda** - Heidi

This series of 4 classes teaches core concepts of Ayurveda that can help you heal and cultivate vibrant well-being. Through a combination of instruction and in-the-body experiences, you'll come to understand yourself and the world around you in a deeper way, learning tools that will empower you to create more balance (especially in times of stress). The classes are designed to be practical so that you can apply what you learn in your own life right away. We'll be using meditation, chanting, yoga & other tools to create a fuller experience of the teachings. This series is great for anyone interested in practical, holistic practices to cultivate wellness and vibrant health. Ayurveda and can be useful for those who experience health challenges or those looking to level-up their current well-being.

Some of the topics you'll learn are:

- \* The connection between Ayurveda & Yoga
- \* The doshas & you
- \* Cultivating vital life energy
- \* Mind-body mental health
- \* Digestion, the nervous system & healthy eating
- \* Habits for cultivating balance & resilience

**Equinox Course** - Margi

Fall and Spring courses offers students the opportunity to re-align with the rhythms of nature and integrate. The eight limbs of yoga are the framework for practice and on-demand content, including lessons and practice prompts, is made available weekly. An exclusive livestream practice session is offered weekly for participants to meet with each other and the teacher.

### **Voice, Presentation and Purpose** - Marlie

Find your authentic and confident voice and use it to guide others in practice. This course includes a welcome and instructor introduction, overview of workshop topics and objectives, and the importance of presentation. Students will also learn how to prepare for presentation and to use the "4C's and the Big A "( Calm, Confident, Clear, Concise and Authentic) as guides. The course will cover presentation tips, tricks and considerations, especially for online teaching. There will be time for group process, presentation practice, and evaluation in addition to Q & A with the instructor. Students will be offered resources for ongoing support including tips and tricks sheet and tech checklist.

### **Yoga Immersion** - Margi

This is an opportunity for students to come together and immerse in practice. Significant time will be spent developing rapport, and engaging in a full range of practice including both active and restorative asana and with special emphasis on meditation and self-regulation. Students will have the opportunity to experience the effects of concentrated practice and will be expected to integrate insights into ongoing training. Develop sat sangha, common language and objectives for practice.

### **Teaching Practicum** - Margi

Practice teaching techniques of hatha yoga to cohort and community. Classroom management, understanding and accommodation of diverse populations and learning styles, principles of communication including demonstration and instruction and, ability to communicate and incorporate feedback and develop insight will be highlighted. Demonstrate competence in conveying objectives of practice and effective techniques for integration. Including but not limited to instruction, demonstration and modifications and with incorporation of eight limbs and 5 koshas.

*\*\*The program includes opportunities for professional development and advanced study for students and allied professionals who are mature, inquisitive and dedicated. Continuing education credits may be available for Registered Yoga Teachers through Yoga Alliance and for licensed professionals through Alaska Pacific University.*

## **Academic Policies, Grading, and Graduation**

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

Students must complete a minimum of 180 hours with approved instructors including no fewer than 30 in person contact hours with lead teachers. For successful completion of the certification course, 180 hours are required. 200+ hours are offered. Students will be responsible for maintaining a log of hours completed.

Additional training hours and self study will be recorded by the student and approved by the Director. Successful completion of the Practicum Workshop will reflect the students ability to:

1. communicate clearly the definition of yoga and knowledge of all eight limbs of yoga
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. Students may request completion documentation at any time. A closing ceremony will be planned by the cohort.

### **Attendance and Class Participation**

- 1) Students may request asynchronous participation for classes which are scheduled live. This must be approved by the course instructor and the Program Director and may not be available for all classes.
- 2) Arrangements may need to be made (see tutoring below) to assure adequate understanding of any missed material to meet program requirements for successful completion.
- 3) Students must bring completed homework assignments, textbooks, and supplemental materials with them to class.
- 4) Students must be prepared to discuss the required reading material during class.
- 5) 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. Students that arrive late more than four times will be put on probational status. If lateness continues, student may be subject to dismissal. 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 may contact instructors via email with questions about homework, class concepts, etc. Please do not hesitate to ask for help when it is needed. Program Director, Margi Clifford: [margi@yogaformentalhealth.com](mailto:margi@yogaformentalhealth.com).
- 2) Some instructors may be available for make-up and tutoring sessions at the rate of \$100/hour. Arrangements may be made with individual instructors.

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

A student who fails to meet the Attendance and Class Participation requirements or who violates the Student Conduct Policy will be put on probationary status 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 Attendance and Class Participation requirements when the probationary period expires, the

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

### **Student Conduct Policy**

Yoga for Mental Health students are expected to accept and adhere to high standards of personal conduct.

Students shall:

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

Class Conduct:

Students are expected to conduct themselves 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.

### **Cost/Payment Options**

Program elements and costs are listed below.

Application fee: \$75

Enrollment fee: \$250

First five to enroll: \$2800

Enroll by August 31: \$3200

Enroll by September 15: \$3500

À la carte rates listed are discounted for program participants. Some classes may also be open to the public. Alaska Pacific University continuing education credit will incur an additional fee from the University. Application (\$75) and enrollment (\$250) fees are not included in these totals.

#### **1) Payment in Full:**

Due no later than upon commencement of the program: September 13, 2021.

#### **2) Payment Plan (not available with "first 5" discount):**

**Option A** - \$250 enrollment fee due no later than September 13, 2021, 6 additional monthly payments: October 15, 2021-March 15, 2022 (\$10 processing fee/month)

**Option B** - \$500 enrollment fee due no later than September 13, 2021, 2 additional payments: November 15, 2021 & February 15, 2022 (\$10 processing fee/payment)

### **Early Withdrawal / 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 Yoga for Mental Health 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.

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.

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. 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 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.

### **Student Records**

Student records will be maintained by Yoga for Mental Health for up to seven years. Once students complete the program they should register with Yoga Alliance to be recognized worldwide as a certified yoga teacher. 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**

Yoga for Mental Health cannot guarantee that its 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. Continuing education credits that are offered in partnership with third party organizations and institutions are subject to the fees and policies instituted by those organizations and institutions.

## 2021-2022 Insight Program

Components	Dates	Teacher	Hours	Cost
Application				75
Enrollment fee				250
**Yoga for Mental Health	Sep 24, 26, Oct 8, 15, 22, 29, 31, 2021	Margi	20	430
Functional Anatomy for Yoga Teachers	Sep 13, 20, 27, Oct 4, 11, 18, Nov 15, 22, 29, Dec 6, 13, 20, 2021 Apr 4, 11, 18, 25, May 2, 9, 2022	Lynne	18	385
Essential Postures	Sept 21, Oct 5, 19, Nov 2, 16, 2021	Diane Margi	15	325
Foundations of Yoga: Posture	Sep 30, Oct 1, 14, 15, 28, 29, Nov 11, 12, 2021 Feb 3, 4, 17, 18, Mar 3, 4, 17, 18, 2022	Leigh	30	635
Foundations of Yoga: Philosophy	Sept 13, 20, 27, Oct 4, 11, 18, Nov 15, 22, 29 Dec 6, 13, 20, 2021 Feb 21, 28 Mar 7, 14, 21, 28, 2022	Lynne	18	385
Foundations of Yoga: Language	Oct 3, 10, 17, 24, 2021	Kira	10	220
Yoga for Special Populations: trauma informed yoga	Mar 4, 11, 18, 25, 2022	Margi	12	260
Yoga for Special Populations: differently abled bodies	Nov 5-7, 2021	Carolyn	12	260
**What's My Type	Jan 4, 11, 18, 25, 2022	Margi	9	200

Ayurveda	Sept 14, 28, Oct 12, 26, 2021	Heidi	6	135
Equinox Course	Sept-Oct 2021 OR Mar-Apr 2022	Margi	10	399
Voice, Presentation and Purpose	December 12, 2021 OR January 9, 2022	Marlie	6	75
Immersion	Mexico: Nov 2021, Anchorage: January 2022, Italy: April 2022	Margi	30	635
*Practicum and exit interview	Spring 2022	Margi	10	220
<b>*Alaska Pacific University CEU eligible</b> <b>**Yoga Alliance CEU eligible</b> <b>Immersion may include additional costs as determined by site</b>				<b>4889</b>