



2020

240-Hour Yoga Teacher Training Program Catalog 4-Month Format

MISSION

Green Lotus Group, LLC d/b/a Green Lotus Yoga & Healing Center is committed to the success of every student in its training program, encouraging self-reflection, self-inquiry and self-discovery culminating in personal transformation and the ability to express that transformation.

OVERVIEW

Green Lotus has been conducting teacher training classes, utilizing a "***life-friendly modular advanced yoga studies and teacher training model***" since 2008. This program, in the form of three independent, complementary study modules, fulfills the requirements of the Yoga Alliance 200-Hour RYT certification and allows students to complete their training at their own pace. This approach enhances student learning by dividing teacher training into distinct and manageable sections and allowing each student to create a program that fits best with the commitments of their personal lifestyle.

Green Lotus acknowledges both students whose motivation is to further their personal study and deepen their yoga practice, and the student whose ultimate goal lies in yoga teacher certification. It is for this reason that Green Lotus has developed training options for both advanced yoga studies and the yoga teacher program. Take one, two or all three modules - you choose what serves your objective and when it best fits your busy schedule.

Green Lotus' teacher training guarantees that you will receive personalized attention in a small-group setting where you will get to know the faculty well and form deep bonds with instructors and classmates alike. Our faculty includes both Green Lotus and visiting teachers, and also integrates the knowledge of experienced healers who practice at our facility and elsewhere. Our curriculum includes study of the asanas as well as anatomy, yoga philosophy and history, ethics, and business practices. When you complete this program, you will be equipped to teach an all-levels Hatha class, a Gentle Hatha class, and a Vinyasa 1 class.

Green Lotus is committed to the success of every student, encouraging self-reflection, self-inquiry and self-discovery culminating in personal transformation. We look forward to taking the journey with you. Complete the Application online or print the application in this catalog and either mail or email the Application Form with your \$300 deposit to Wellness@greenlotusyogactr.com to take that first step.

Created to fit each student's personal schedule, Green Lotus offers convenient, modular teacher training and advanced yoga study options:

- Students motivated to deepen their personal study and practice may register for one, two or three modules
- Students seeking to meet the requirements for Yoga Alliance 200-Hour RYT Certification will complete the full series of three modules within a two-year period. Students whose previous coursework is more than 2 years old, may apply to the Director of Training for credit, but it is not guaranteed.

Upon completion of all three modules, students will have completed **240 hours of study** -- this includes 180 hours of in-classroom training (contact hours) and 60 hours of out-of-class study (non-contact hours).

GREEN LOTUS TEACHER TRAINING AND ADVANCED YOGA STUDIES MODULES

Module One - The Beginning Foundation (80 Hours – 60 Contact | 20 Non-Contact)

- Basic evolution, history and philosophy of yoga
- Pranayama & the use of breath as a transformative tool
- Yoga lifestyle
- Art of meditation - developing deeper levels of awareness

Module Two - The Asanas (80 Hours – 60 Contact | 20 Non-Contact)

- Knowledge of basic & advanced asanas (postures)
- Basic human physical and energy-based anatomy & physiology
- The asanas: alignment, healthy and safe movement patterns, benefits, contraindications
- How to read bodies - physically & energetically
- Verbal & physical adjustments

Module Three - The Teacher (80 Hours – 60 Contact | 20 Non-Contact)

- Development of a safe and respectful community in your class
- Teaching techniques and learning styles
- Verbal & physical adjustments
- Development & communication of a balanced and well-sequenced class that teaches and inspires
- Ethics of the yoga teacher
- The business of yoga:
 - What does it mean to earn a living as a yoga teacher? Open your own studio? Invest in a studio? Marketing tools and models to assist you?
- Practice teaching:
 - Apprenticeship - learn by watching and assisting certified teachers
 - Peer Teaching - intensive teaching practice in a supportive environment

LOCATION: Shanti Yoga Center, St. Cloud MN

2020 SCHEDULE

Module One - The Beginning Foundation

- March 06 - 08
- March 20 - 22
- April 03 - 05

Module Two - The Asanas

- April 17 – 19
- May 01 – 03
- May 15 – 17

Module Three - The Teacher

- May 29 – 31
- June 12 - 14
- June 26 - 28

Scheduled Meeting Times for Each Module

1. Friday: 6:00 p.m. – 9:00 p.m.
2. Saturday: 8:00 a.m. – 7:30 p.m. (includes breaks for lunch and dinner)
3. Sunday: 8:00 a.m. – 3:30 p.m. (includes break for lunch)

Note: Saturday and Sunday hours may vary slightly due to room availability

Location and Equipment

This program will be held at Shanti Yoga Center, located at 2820 2nd Street South, Suite 150, St. Cloud, MN 56301. This center is located in the Heritage Market shopping strip center, a one story building. The Center includes two studios (one infra-red heat), a large community space, three bathrooms, changing room, and a small retail area. There is complimentary tea and filtered water as well as internet access.

Students will check in at the front desk upon arrival, and be directed to the appropriate studio. All necessary equipment related to the course, such as blocks, blankets, straps, bolsters and other props, will be provided. Students should bring their own yoga mat.

GREEN LOTUS TEACHER TRAINING AND ADVANCED YOGA STUDIES SENIOR FACULTY

	<p>Jessie Sandoval, RYT-500, a health and wellness advocate for many years, is the owner and founder of Shanti Yoga Center. She has personally practiced yoga for over 20 years and has been teaching for more than 15. During her experience, she realized that yoga is a place to come home to, and for that reason she decided to make this passion into a lifelong career that ultimately helps others, opening Shanti Yoga Center in Summer 2019. Jessie teaches philosophy, pranayama, and more in the 240-hour program.</p>
	<p>Marcia Appel, E-RYT-500, has been practicing and studying yoga since 2000, and teaching since 2006. Yoga deepens her connection to herself, to others and the world around her. In May 2012, Marcia finished a 300-hour program –Mindfulness Yoga and Meditation Training – at Spirit Rock Meditation Center in California. Marcia co-founded Green Lotus, and teaches meditation, ethics, and the asanas in the 240-hour program.</p>
	<p>Merry Beth Hovey, E-RYT-500, has been practicing yoga since 2000 and teaching since 2002. Prior to finding yoga, she taught classical ballet for over 15 years. A recently retired corporate marketing executive, Merry Beth now devotes herself full time to Green Lotus, is a partner, the Director of Training, and teaches the asanas, sequencing, and the business of yoga in the 240-hour program.</p>
	<p>Elizabeth Bayer, E-RYT-200, has been teaching yoga and meditation since 2007. She is the author of three books, her most recent book, titled <i>Yoga Expression Spirit – Tools for Authentic Living</i>, has been well received within and beyond the yoga community. Elizabeth is the co-owner of Green Lotus Yoga & Healing Center in Annandale, and teaches meditation in the 240-hour program.</p>

Additional staff and more in-depth bios are available at www.greenlotusyogactr.com.

PRICING & PAYMENT OPTIONS* **

The complete series for weekend programs consist of one weekend per month for nine months. These weekends are grouped into three modules, with each module covering three weekends of training. A \$300 deposit is required with your application.

- **Complete Series Investment** - \$2,900 – Enroll early and save \$200! (\$2,700 payment in full must be made by February 1st. This price includes:
 - Modules One, Two, and Three
 - CPR Certification
 - Training Manual (400+ pages)
 - Access to Training Videos for duration of program
 - 10% off discount on Green Lotus continuing education credit classes
 - 16 free classes outside of training hours
- **Pay by Module** - \$300 deposit plus \$866.67 per module, total: \$2,900
 - **Payment schedule:** Feb. 1, Apr. 1, Jun. 1
- **Automatic Monthly Payments** - \$300 deposit plus \$433.33 per month for 6 months, total: \$2,900
 - **Payment schedule:** Feb. 1, Mar. 1, Apr. 1, May 1, Jun. 1, Jun. 28
- **Single Module** - \$1,000
 - Students who take one or two modules and not the entire series will pay \$1,000 for each module. A \$300 deposit is required at application with balance due the first day of the month training begins. This price includes:
 - One Module (60 Contact, 20 Non-contact Hours)
 - Training Manual (Applicable Sections)
 - Access to Training Videos for duration of program
 - 5 free classes outside of training hours

**The prices do not include required books.*

POLICIES

Notice of Disclaimer

Green Lotus Group, LLC, d/b/a Green Lotus Yoga and Healing Center, reserves the right to amend, add, or delete classes, programs, policies, tuition and /or facilities without prior notice. Green Lotus Group, LLC also reserves the right to cancel classes due to insufficient numbers of students. Catalogs of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations. Material in this catalog shall be made available in electronic or written formats to students and prospective students. Revisions made to this catalog shall be provided to the Office of Higher Education within 10 days of implementation.

Disclosure Statement

Green Lotus Yoga and Healing Center is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Statement of Non-Discrimination

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, or physical disability.

Admissions Requirements

Green Lotus Group, LLC considers an applicant to be enrolled as a student when the following criteria are met:

1. Complete an initial interview (either by phone, email, or in person), and receive a confirmation email that student has been accepted into the program.
2. Submit a signed application with a \$300 deposit
3. Provide proof of High School Diploma or GED (year and school of graduation)
4. Make satisfactory arrangements for payment of tuition and other fees

Dress Code

Students are to be properly attired to practice yoga at all times, which includes dressing in layers for temperature comfort, and to have a change of clothes available in case of hot classes.

Attendance Policy

All participants are required to complete all three modules of study to graduate from the program, including completing the 200 hours required of 200 hours by Yoga Alliance (out of our 240-hour program). If a participant needs to miss all or part of a weekend, he/she can make up a weekend upon the next offering of the module weekend missed, within the next year. Students are checked-in at the beginning of each session to the school's registration and attendance tracking software.

Tardiness

Tardiness and leaving class early is subtracted from the total time of the program and counts against the minimum-required attendance of 200 hours as required by Yoga Alliance (out of this 240-hour program).

Makeup Policy

Green Lotus and its instructors realize that students may face unexpected work or family issues that require them to miss a portion of their training. Students who miss a component may pick it up during the next module cycle or at a different location at no additional cost. In certain circumstances, teachers may be able to conduct a makeup session at their private instruction rate.

Grading System

Our program is based on a pass/fail system. At the end of each module, students will be notified if they did not pass, and given a detailed list of what they need to do to officially complete that module, including a timeline, to move on to the next module of study. Once all of the monthly homework assignments are successfully completed and turned in, the final class presentation is graded a 3 or higher (out of 5), and all three modules of training are completed, a participant is considered to be a graduate of the program. Successful completion of the homework means: Monthly practice log and overview of readings and experiences, any assigned worksheets handed in to the program director or assigning faculty.

Student Grievance Procedure

1. Complaints will be discussed with the individual staff member at a scheduled meeting involving both parties.
2. If satisfactory resolution is not attained as a result of the scheduled meeting, a written complaint will be submitted to the Program Director.
3. Program Director will schedule a meeting to discuss complaint and a written resolution will follow within 14 days.
4. If the Program Director cannot resolve the complaint to the student's satisfaction in writing within fourteen days, the student may file a complaint with the Minnesota Office of Higher Education, 1450 Energy Park Drive, #350, St. Paul, MN 55108-5227 or by phone at 651-259-3976

Student Records

A student's record consists of their application, a log of assignments completed, their attendance, and a copy of their final teaching evaluation. These are kept digitally in perpetuity regardless of whether a student completed the program. For students that drop out of the program and wish to re-enroll after a period of two years, a new application to re-enter the program would be required. Records are considered confidential and digital files are accessible only by the Director and program administrator.

Transcripts (Certificate of Completion)

Current or former students may request one free copy of their certificate of completion by submitting a written request to the school with the name and address where the certificate will be mailed. A \$10 fee will be charged for additional copies and must be paid in advance before they are processed. Certificates sent directly to the student will be marked to indicate that they are unofficial copies. Official certificates will not be released for students who may have a past due account with the school. Student certificates of completion are kept indefinitely. Mail request to Green Lotus Yoga and Healing Center- 18480 Kenyon Avenue – Lakeville, MN 55044, Attn: RYS Certificate Request

Academic Advising

Students are assigned a member of the faculty as their advisor. The advisor is available during non-contact hours by phone and email to keep students abreast of their progress, and answer any questions they may have regarding the program. A student's educational objectives, attendance and conduct are reviewed on an on-going basis. If academic standing or conduct is unacceptable, the student will be advised.

Satisfactory Academic Progress

Satisfactory progress is defined as actively participating in all levels of the training program, which includes required attendance, a grade of 3 (out of 5) or higher on classes taught, and completion of assignments. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be allowed to present justification or evidence of extenuating circumstances as to why he or she should be allowed to continue training. If a student is not grasping the content in the course or satisfactorily completing the assignments or attendance criteria but wishes to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect. If the student is on probation and has not achieved the criteria as set forth in this section at the end of the probationary period set forth between the student and their advisor, he/she will be terminated from the 200-Hour Yoga Teacher Training program and refunded per the refund policy. If a student must repeat a section of study, he/she may be charged a repeat fee to be determined at the discretion of the Director after an assessment of the individual's situation. The hourly rate is \$65 for the first hour, and \$50 for each additional hour. This repeat of the section of study may be due to academic failure or failure to meet attendance requirements. The maximum time allowed for repeats will be determined by the registration requirements of Yoga Alliance, or two years whichever is less.

Student Conduct

Students must adhere to the rules and regulations of Green Lotus Group, LLC, and the ethical behavior expectations as outlined in the attached commitment document. Any criminal activity associated with the training program such as theft of illegal drug possession will result in immediate dismissal from the program. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or Green Lotus Group, LLC policies outlined in this Catalog in general. The Administration reserves

the right of judgment, to place on probation and/or terminate a student on any of the following grounds:

1. Excessive absences or tardiness that compromises a student's ability to meet the 200-hour minimum requirements.
2. Non-conformity of rules, regulations and ethical behavior expectations of Green Lotus Group.
3. Conduct that is unsatisfactory to Green Lotus Group, LLC, its staff, faculty, and its students as defined by signed commitment agreement.
4. Falsifying school records.
5. Failure to pay fees when due and/or to make available required documents.
6. Theft

Termination Procedure

Students to be terminated from the program are notified in writing and may appeal to the director of Green Lotus Yoga Teacher Training within three (3) days of "Notice of Termination".

Scholarships

There are no scholarships available.

Credit for Previous Training

Green Lotus Group, LLC does not accept credit for previous education, training, work experience (experiential learning) or other yogic knowledge as credit for this training program.

Leave of Absence

Green Lotus does not grant leave of absence.

Student Services

Green Lotus Group, LLC does not offer career planning assistance to graduates and does not guarantee job placement after completion of the Advanced Yoga Studies / 240-Hour Teacher Training program.

Necessary Technology and Texts needed for completion of studies

Green Lotus Group, LLC provides a study manual and online training videos, but does not provide books and/or text books for this program. Each participant is required to borrow, purchase, or share required texts for the program. A complete book list is as follows:

Book and DVD List

Required:

- *Yoga and the Quest for the True Self* by Stephen Cope
- *The Best Guide to Meditation* by Victor N. Davich
- *The Yoga Anatomy Coloring Book* by Kelly Solloway and Samantha Stutzman

Optional:

- *Journey into Power* by Baron Baptiste

Cancellation Policy (Buyer's Right to Cancel)

Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees, and other charges will be refunded. If a student gives notice of cancellation within five business days (State of Minnesota), or three business days (State of Wisconsin) from when the student is accepted, then a complete refund is given regardless of whether the program has started.

Refund Policy – State of Minnesota

- If a student gives a notice of cancellation after five business days from when the student has been accepted into the school or program, student will receive a refund of all tuition, fees, and other charges minus 15%, up to \$50, of the total cost of the program upon return of the program study manual. If the program study manual is not returned, the cancellation fee is \$300.
- If a student provides notice of withdrawal after program has begun, but before 75% of program has completed, student will be provided a prorated tuition, fees, and other charges refund minus 25%, up to \$100 administrative fee, upon return of the program study manual. If the program study manual is not returned, the cancellation fee is \$300.
- If a student withdraws from program after 75% has completed, student is not entitled to a refund of tuition, fees, and other charges.

Minnesota students will receive written notice or notice via email acknowledging withdrawal request within 10 business days after receipt of the notice, and will receive a refund of any tuition, fees, and other charges within 30 business days of receipt of withdrawal.

Students who do not withdraw or contact Green Lotus about their absence, and have not attended the program for 21 consecutive days will be considered to have withdrawn from the school as of their last date of attendance.

Application

Application deadline is 14 days prior to start of program to allow sufficient time for student preparation. See Application.



Applicant Name _____
Date of Submission _____

240-Hour Yoga Teacher Training Application

4-Month Weekend Program – Shanti Yoga Center Start date: March

Apply online: <https://www.greenlotusyogactr.com/200hour-teacher-training-application>

Personal Information

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home/Mobile Phone _____ Work Phone _____

Email _____

Date of Birth _____ Gender _____

I live out of town and may be interested in housing options.

Work

Occupation & Employer _____ # of Years _____

Previous Occupation _____ # of Years _____

How did you learn about the Green Lotus Advanced Studies and Teacher Training program?

- | | |
|--|--|
| <input type="checkbox"/> Internet Search | <input type="checkbox"/> I practice at Green Lotus |
| <input type="checkbox"/> Advertisement | <input type="checkbox"/> Friend _____ |
| <input type="checkbox"/> Other _____ | |



Applicant Name _____

Date of Submission _____

About You

1. How many years have you been practicing yoga? _____

2. How many times per week do you practice yoga? _____

3. What style(s) of yoga do you usually practice? _____

4. Do you have a home practice? Yes No

5. Who have been your primary teachers? _____

6. Do you practice meditation or pranayama? _____

7. Is this your first advanced yoga study or teacher training? Yes No

If no, please list prior trainings: _____

8. Are you currently teaching yoga? Yes No

If yes, for how many years have you been teaching? _____

Where do you teach? _____

What styles(s) do you teach? _____



Applicant Name _____

Date of Submission _____

9. Why are you interested in Green Lotus Advanced Studies or Teacher Training? _____

10. What are your expectations for this training? What do you hope to achieve at the completion of the program? _____

11. In what way has yoga most profoundly affected your life? _____

12. Upon completion of this program, do you plan to teach? If so, what are you most excited about sharing with your community?

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

How would you evaluate your current health? Fair Good Excellent!

1. Please check all that apply:

- High blood pressure
- Low blood pressure
- Heart issues
- Lung issues
- Diabetes
- Cancer (if yes, when? _____)
- Allergies: _____
- Hypertension
- Headaches/migraines
- Insomnia
- Joint issues: _____
- Thyroid or other endocrine issues: _____
- Stress
- Anxiety
- Depression
- Recent surgeries _____
- Other (please list below)

Use this space to list or explain any of the above _____



Applicant Name _____

Date of Submission _____

2. Are you currently or during the last two years have you been under the care of a physician or mental health care professional? Yes No

3. Please list any prescription medications you are taking: _____

5. Is there any additional health-related information we should be aware of? _____

I have read and understand my right to cancel as outlined in the catalog listed on the website. I understand I can receive an emailed copy of this catalog upon request. Everything in this application is stated truthfully, and complete to the best of my knowledge.

Signature

Date

Green Lotus Yoga & Healing Center provides equal opportunity for all persons regardless of age, race, creed, disability, sex, religion, sexual preference, or political affiliation to participate in the 200-Hour Yoga Teacher Training Program.



Applicant Name _____
Date of Submission _____

Payment Information

Deposit of \$300 is due with application.

4-Month 200-Hour Program - \$2,900*

- Pay in full by February 1st – \$2,700 (Includes Deposit - Save \$200)
- Pay by module - \$300 deposit plus \$866.67 per module
 - **Payment schedule:** Feb. 1, Apr. 1, Jun. 1
- Automatic monthly payments - \$300 deposit plus \$433.33/month for 6 months
 - **Payment schedule:** Feb. 1, Mar. 1, Apr. 1, May 1, Jun. 1, Jun. 28

*Includes provided manual, access to online training videos, and CPR certification; other required books are not included.

I am paying by:

- Cash** – Do not mail cash – call 952.373.0055 to arrange payment.
- Check** – Check # _____ Made payable to: Green Lotus Yoga
- Credit Card** – Credit Card # _____
Expiration Date _____ / _____ CCV# _____

I hereby authorized the payment plan selected above _____

Signature _____

(Note – if you prefer, you may call us with your credit card information Mon. – Fri. 9 a.m. – 4 p.m.)

Signature _____ **Date** _____

Application can be mailed to 18480 Kenyon Ave. Lakeville, MN 55044 or scanned and emailed to wellness@greenlotusyogactr.com.

Apply online: <https://www.greenlotusyogactr.com/200hour-teacher-training-application>