



Integrated Methods of Hatha Yoga Teacher Trainings Catalog

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WELCOME TO THE GREEN MOUNTAIN SCHOOL OF YOGA

Yoga is about finding your perfection, your true self. Letting go of internal and external competitions and limitations facilitates this process of growth and understanding. In our trainings we learn not only the physical aspects of yoga but also the more internal practice of meditation, the philosophy and history of yoga, as well as studying eastern and western anatomy. Yoga is a lifestyle, not just a way to keep our bodies fit. Our trainings help you to bring yoga into your own life so you can better share it with others.

Throughout our trainings we will learn and practice new and familiar things. The body and mind will come closer to the soul. Over the course of our journeys, we will find a path that feels comfortable and easy. Enjoy this path you have chosen and remember that there are many others on either side of you that are less traveled. Explore them and have fun while doing it. Yoga is not about right or wrong. It is about finding our own experiences and exploring the possibilities.

Green Mountain School of Yoga is a part of Green Mountain Yoga Studio in Arvada, CO. Green Mountain Yoga is located in the northwest Denver metro's area and is one of Colorado's most beautiful studios. We are a full service yoga studio that has incorporated amazing Yoga Alliance approved Teacher Trainings into our programming. Green Mountain Yoga has created a warm and inviting environment for its teachers and students to become a part of our welcoming community. We are truly "Yoga for ANY body!"

Green Mountain School of Yoga expands upon the environment of its home studio. GMSY is Colorado's leader in quality yogic education. Our training will develop your personal practice and will fully prepare you to be a well rounded and employable yoga instructor. We keep our trainings small in order to have a larger impact on our classes. Through impacting our trainees we are able to reach out and change the world through yoga.

Thank you for joining our amazing program!

Namaste,

Mindy Arbuckle

Director

Faculty Members

Mindy Arbuckle, Owner, Director, Senior Instructor

Karen Boeser, Senior Instructor

Michelle Shellhaas, Anatomy Instructor

Notice of Disclaimer

Green Mountain School of Yoga reserves the right to amend, add, or delete classes, program, policies, tuition and or facilities without prior notice. Green Mountain School of Yoga 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.

Programs Offered

230 Hour Yoga Teacher Training

Occupational Objective: The graduate will be trained as a yoga teacher and should be able to acquire a position as a yoga teacher in the community.

Advanced Yoga Teacher Training

Occupational Objective: The graduate will be trained as an advanced yoga teacher and should be able to acquire a position as a yoga teacher in the community.

Tuition Schedule

230 Hour Yoga Teacher Training Program

Tuition	\$2,545
Deposit/Registration Fee	\$ 450
Books/Supplies (<i>provided</i>)	\$ 300 (Non-refundable & Subject to Cost Change)
Total Cost of Program	\$3,295

Advanced Yoga Teacher Training Program (7 modules in total)

Tuition per module	\$749
Deposit/Registration Fee	\$250
Books/Supplies (<i>not included</i>)	\$ 75 (Estimate: Non-refundable & Subject to Cost Change)
Total Cost per Module	\$1074*

Total Cost of Program **\$7,525**

*Discounts are available for early bird registration and committing to taking four or more modules.

See **Educational Services** for more details on Programs/Courses offered.

Payment of Tuition

Satisfactory arrangements for payment of tuition and other fees must be made between the student and Green Mountain School of Yoga prior to the student's official start date. Prorated payments to Green Mountain School of Yoga throughout the length of the program with no interest are accepted by previous arrangement and approval through the Green Mountain School of Yoga's established payment plan. Green Mountain School of Yoga accepts cash, check, Visa, MasterCard, Discover and American Express credit cards. Students can secure their own loans through private lenders.

Class Schedule

Session start dates vary throughout the year

The Winter/Spring 230 hour trainings will take place on Tuesday evenings from 5:00-8:00. The weekend intensives are held every three weeks (with exceptions for Easter and Mother's Day). The weekend intensive hours are Fridays from 5:00-8:30, Saturdays and Sundays from 8:00 am-4:00 pm. This course will commence on January 11, 2011 and will end on May 17, 2011.

The Fall 230 hour trainings will take place through four weekend intensives and one 8 ½ day retreat. The weekend intensive hours are Fridays, Saturdays and Sundays from 7:00 am-6:00 pm. The 8 ½ day retreat will take place in Crestone, Colorado. This course will commence on July 30, 2010 and will end on October 24, 2010.

The Advanced Yoga Teacher Training Modules will be held three times per year. The modules are 14 weeks long. Classes are held one Saturday per month from 8:00 am-6:00 pm and on Wednesdays either midday 11:00 am-2:00 pm or evening 5:30-8:30 pm. The course start dates are:

Classical Hatha Yoga	January 26, 2011
Chakras and the Creative Energies	May 18, 2011
Ramayana and Deities	August 31, 2011
Teaching Methodology	January 25, 2012
Mahabharata and Bhagavad Gita	TBD
Ayurveda and Yoga Asana: Pathways into Healing	TBD
Yoga Sutras	TBD

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by phone and/or e-mail. Classes are not held on the following holidays:

New Year's Eve	Labor Day
New Year's Day	Thanksgiving Day & the Friday following
Memorial Day	Christmas Eve
Independence Day	Christmas Day

Entrance Requirements

230 Hour Yoga Teacher Training: Each applicant is required to have been a student of yoga for at least one year. The applicant must fill out a registration form and will be selected through a private interview with Mindy and/or Karen.

Advanced Yoga Teacher Training: Each applicant is required to have completed a Yoga Alliance approved 200 hour yoga teacher training. If you did not graduate from the GMSY 230 hour program you may be required to take a bridge program. This is to ensure that you have gained the foundational vocabulary and principles taught in the GMSY 230 hour Teacher Training which are reinforced in the Advanced Teacher Training program. The applicant must fill out a registration form and will be selected through a private interview with Mindy and/or Karen.

All applicants must meet the following criteria to be considered as an enrolled student:

1. Submit the appropriate registration form
2. Complete an initial interview
3. Submit a signed enrollment agreement
4. Make satisfactory arrangements for payments of tuition and other fees.

GMSY does not discriminate against any individual based on ethnic or racial origin, gender, religion or sexual preference.

Enrollment

Prospective students may enroll anytime. Late enrollments will be accepted only one week into the course.

Postponement of Start Date

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a. Whether the postponement is for the convenience of the school or the student, and;
- b. A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

Educational Services

Integrated Methods of Hatha Yoga 230 Hour Teacher Training Program

This intensive basic training allows the student to dramatically speed their learning curve of yoga. They will get more out of their current training though deepening their experience through asana,

pranayama, meditation, mantra and yogic philosophy. This program will fully prepare the student to be a well rounded, effective yoga teacher.

Curriculum Includes:

- Asana (over 150 postures) – in depth knowledge of basic and advanced postures
- Pranayama and the use of breath as a transformative tool
- Art of sequencing to create a customized and balanced class
- Meditation & Mantra – develop deeper levels of awareness
- Chakra System & Energy Body
- Anatomy & Physiology
- Principles of Alignment that heal the body and prevent injuries
- Mudras & Bandhas – seals of energy and inner focus
- Yogic Philosophy & History
- Intro to Sanskrit
- Personal Practice & Yogic Lifestyle
- Teaching Methodology
- Verbal & Physical Adjustments
- Communication & The Business of Yoga

This program is a 230 hour residential course offered at Green Mountain Yoga studio in Arvada, CO. The total program cost including registration, all books, and unlimited yoga classes at Green Mountain Yoga is \$3295.

There is a discount of \$300 for early bird registration (registered one month or more from the commencement date).

Advanced Yoga Teacher Training Program

This program is comprised of seven advanced study modules. It is designed such that the student may take any four of the modules to gain the hours needed to become an RYT-500 through the Yoga Alliance. Students may take the entire training to further their education beyond 500 hours, take the four modules required for Yoga Alliance, or take individual modules that are of interest.

Each module is a 90 hour residential course offered at Green Mountain Yoga studio in Arvada, CO. Each module costs \$999 if paid individually. There is a discount of \$149 per module if the student commits to taking four or more of the modules. The program cost includes registration, unlimited yoga classes at GMY and training manuals. It does not include additional books.

Module 1 – Classical Hatha Yoga

In this intensive training students will learn about the origins of classical hatha yoga. We will study two of the most revered yogic texts: the Hatha Yoga Pradipika and the Gheranda Samhita. We will compare the information in the two books and learn to apply it to our personal practice as well as with our students. An in depth study of the postures will include various physical and energetic aspects of the pose, the Sanskrit translation, and variations.

Module 2 – Chakras and the Creative Energies

Chakras like you've never known them before! An in depth study of the energy centers, examining the classical yoga texts to discover the origin of the chakras. We will relate asana, pranayama, meditation, mudra, and mantra practices to the chakras. As well as deepen our study of how Sanskrit and marma points relate to the chakras.

Module 3 – The Ramayana & Mythology

The Ramayana is one of yoga's epic stories. We will study this narrative by focusing on the lessons within, symbolism, and how we can apply it to our teaching. Learn to relate stories to students, incorporate asanas, and bring symbolism into the classroom. This module will focus on Sanskrit, the gods and goddesses, mythology, mantra and meditation.

Module 4 - Teaching Methodology

Develop your ability to teach yoga from a newer, deeper perspective. We will cover asanas to deepen your personal practice, dive into the art of pranayama, learn new meditations and mantras, have fun with mudras and work on the Sanskrit alphabet. In addition learn techniques of body reading: the language of the body, fine tune your verbal teaching skills, develop intelligent sequencing, the art of adjusting, and using yoga as a healing technique.

Module 5 – Mahabharata and Bhagavad Gita

The Mahabharata is one of the world's longest epic poems. It is a wonderful ancient story about family, love, war, and life. This is an amazing book of knowledge and lessons to be used in our yogic lifestyles. The Bhagavad Gita is a part of the Mahabharata and is studied worldwide for its practical advice on how best to live in this world. We will focus on postures that relate to the Mahabharata and the symbology of the story.

Module 6 – Ayurveda and Yoga Asana: Pathways into Healing

Ayurveda is Yoga's sister science of natural healing within the mind, body, and spirit. We will dive into general understanding of the doshas, gunas, prakriti, and marma therapy. Through the study of Ayurveda we will develop an understanding of how to use our yoga practices to balance our doshic constitution.

Module 7 – Yoga Sutras: The Vision of Patanjali

The Yoga Sutras of Patanjali is the defining work of Yoga. Studying this book brings a wealth of knowledge to our yoga practice and our lives. In this module we will immerse ourselves into the eight limbs of yoga, meditation and the mind, how karma works, and paths to samadhi.

The modules do not have to be taken in order because they do not directly build upon one another. A student may start the training with any module.

Please note: If additional make up hours beyond 5% of the programs are required each hour will be charged at \$52.

Attendance Requirements

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 95% is required. All classes missed will need to be made up. Instructors may request your withdrawal from a course or program if absences or tardiness exceed 80%.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.

Progress Policy

General guidelines for all programs will include an evaluation based on class participation measured by attendance and preparation of homework including reading materials, papers and practice teaching.

Non-approval will be based on incompleteness of any one of the following:

1. A student who misses more than the required amount of classes and does not make up the time.
2. Does not complete papers and homework.
3. Cannot lead a class or consultation session to the basic standards of cohesiveness, language, assisting and appropriate sequence flow.
4. Does not complete the required practicum hours.

Students who are falling short of meeting the criteria will have a consultation session with the instructor for purposes of clarifying expectations. Students will either pass or fail the program.

Grading System

This is a Pass/Fail Program. Grade will be determined at the end of the course. A record of the Certificate of Completion will remain in school records.

Conduct Policy

Students must adhere to the rules and regulations of Green Mountain School of Yoga. 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 at Green Mountain School of Yoga in general. The Administration of Green Mountain School of Yoga 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.
2. Non-conformity to rules and regulations at Green Mountain School of Yoga.
3. Conduct that is unsatisfactory to Green Mountain School of Yoga, its staff, faculty, and its students.
4. Falsifying school records
5. Breach of Green Mountain School of Yoga Enrollment Agreement.
6. Failure to pay fees when due and/or to make available required documents.
7. Theft.

All students are expected to act maturely and are required to respect other students and faculty members. Please follow these general guidelines:

1. Be on time for all classes and returning from breaks.
2. You will be responsible for completing all reading assignments and bringing the appropriate text books and notebooks to class.
3. Please come prepared to practice in the appropriate attire.
4. Let the instructors know of any physical limitations to ensure appropriate modifications can be made to keep your body safe.
5. Help tidy and clean up at the end of each session.

Placement Assistance

Green Mountain School of Yoga does not offer a placement service. Once the training is completed there may be opportunities to substitute and practice teach at Green Mountain Yoga. Calls seeking employment for yoga teachers will be shared in class settings and via a communication network. Encouragement is provided during class, and if necessary, mentoring is available to support your beginning teaching experiences.

Dismissal

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

Facilities

The school is located at 8565 Five Parks Drive, Suite 200, Arvada, CO 80005. The studio is equipped with supplies needed for the practice and teaching of yoga. The studio space is approximately 4800 square feet with three classrooms.

Previous Credits

Green Mountain School of Yoga will evaluate credits from other institutions and where appropriate will accept the credits and shorten our program accordingly. Green Mountain School of Yoga does not guarantee transferability of our credits to another institution unless there is a written agreement with another institution.

Student Complaints

Student Complaints should be first discussed with the instructor of the program. If you do not feel your issue was resolved, the next step is to discuss it with the School Director to attempt resolution. If satisfactory resolution cannot be reached between the student and the school, the student may file a written complaint online with the Colorado Division of Private Occupational Schools at www.highered.colorado.gov/dpos or by requesting a complaint form at (303) 866-2723. All student complaints submitted to the Division must be in writing and shall be filed within two years after the student discontinues training at the school.

Refund Policy

Rejection: Students not accepted to the school are entitled to all moneys paid.

Three-Day Cancellation: Students who cancel this contract by notifying the school within three (3) business days are entitled to a full refund of all tuition and fees paid.

Other Cancellations: Students who withdraw after three (3) business days, but before commencement of classes, are entitled to a full refund of all tuition and fees paid except the maximum cancellation charge of \$150.00 or 25% of the contract price whichever is less.

Refund after the commencement of classes:

1. Procedure for withdrawal/withdrawal date:
 - a. A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the Director of Green Mountain School of Yoga. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
 - b. Students unable to complete the required clock hours have the option to complete these hours (with instructor approval) in future sessions without additional tuition. Certificate will not be issued until program requirements are met.
 - c. For a student who is on authorized Leave of Absence, the withdraw date is the date the student was schedule to return from the Leave and failed to do so.
 - d. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 consecutive days.
 - e. All refunds will be issued within 30 days of the determination of the withdrawal date.
2. Books and Supplies: There is no refund for equipment books and supplies received by the student.
3. Special Cases: In case of prolonged illness or accident, death in the family, or other circumstances that make it impractical for the student to complete the program, the school may make a settlement that is reasonable and fair.
4. Tuition Charges:
 - a. In the case of students withdrawing after commencement of classes, the school will retain the cancellation charge plus a percentage of tuition and fees, which is based on the percentage of contact hours attended in the Program/Stand Alone Course, as described in the table below. The refund is based on the official date of termination or withdrawal.

Refund Table

Student is entitled to upon withdrawal/termination	Refund
Within first 10% of program	90% less cancellation charge
After 10% but within first 25% of program	75% less cancellation charge
After 25% but within first 50% of program	50% less cancellation charge
After 50% but within first 75% of program	25% less cancellation charge
After 75% [if paid in full, cancellation charge is not applicable]	NO Refund

Refund Table for Veteran Students

Student is entitled to upon withdrawal/termination	Refund
10% of program completed	90% less cancellation charge
20% of program completed	80% less cancellation charge
30% of program completed	70% less cancellation charge
40% of program completed	60% less cancellation charge
50% of program completed	50% less cancellation charge
60% of program completed	40% less cancellation charge
70% of program completed	30% less cancellation charge
80% of program completed	20% less cancellation charge
90% of program completed	10% less cancellation charge

1. The student may cancel this contract at any time prior to midnight of the third business day after signing the enrollment agreement.
2. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
 - a. The date on which the school receives written notice of the student's intention to discontinue the training program; or
 - b. The date on which the student violates published school policy, which provides for termination.
 - c. Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date.
 - d. For Veteran Students the official date of termination for refund purposes is the last date of recorded attendance.
3. The student will receive a full refund of tuition and fees paid if the school discontinues a program/Stand Alone course within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
4. The policy for granting credit for previous training shall not impact the refund policy.

Continuing Education
Prenatal Yoga Program

In this prenatal yoga training you will learn the basics of yoga anatomy, asana and meditation as it applies to pregnancy and to postpartum. We will practice these techniques together, learn to facilitate strength and endurance as well as peace and calm into our moms-to-be lives.

This is a 16 hours course given over the course of a two day weekend. The cost is \$299.