

**At One Yoga, LLC**

**Advanced Studies &  
Teacher Training Program**

# **Yoga School Catalog 2009**

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## **General Information**

### **Administration**

Ian Lopatin: Owner/Program Director/Senior Instructor  
Amy Markham: Program Administrator  
Vanessa Lee: Senior Instructor  
Cheryl Hall: Instructor  
John Salisbury: Instructor  
Alex Austin: Instructor  
Jenn Chiarelli: Instructor  
Kat Puralewski-Myer: Instructor  
Johanna Epps: Instructor

### **Notice of Disclaimer**

**At One Yoga, LLC** reserves the right to amend, add, or delete classes, programs, policies, tuition and /or facilities without prior notice. **At One Yoga, 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 State Board within 10 days of implementation.

### **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.

### **Mission Statement**

The purpose of the **At One Yoga Teacher Training Program** is to provide a safe, nurturing atmosphere for in depth study of the practice of yoga to enable the student to deepen their personal practice and find their voice as a skilled yoga teacher.

**At One Yoga, LLC** will provide a quality educational experience that prepares graduates to succeed in the yoga instruction industry. **At One Yoga, LLC** strives to train our students to function as a professional member of the Yoga Instruction Industry.

### **Admissions Requirements**

**At One Yoga, LLC** considers an applicant to be enrolled as a student when they meet the following criteria:

1. Completes an initial interview
2. Submits a signed enrollment agreement
3. Provides proof of High School Diploma or GED
4. Makes satisfactory arrangements for payment of tuition and other fees.

**Dress Code**

Students are to be properly attired to practice yoga at all times.

**Attendance Policy**

Students are required to maintain a minimum of 100% attendance over the length of the program. All absences must be pre-approved by the instructor and arrangements made to complete the missed amount of classroom time. Failure to make such arrangements may result in termination. If a student must be absent, he/she must call **At One Yoga** within thirty (30) minutes prior to class start time.

**Tardiness**

Tardiness and leaving class early is subtracted from the total time of the program, and counts against the minimum required attendance.

**Make-up Work**

Assignments and projects not completed on schedule during a course must be made-up within the time frame of that course. Arrangements **MUST** be made with the instructor.

**Grading System**

Whether the student passes or fails the program is based on completion and participation in all assignments, electives, observations, and performance evaluations given during the course of the program.

**Transcripts**

Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

**Academic Advising**

A student's educational objectives, attendance and conduct are reviewed on an ongoing basis. If academic standing or conduct is unacceptable, the student will be advised. Students are encouraged to seek academic advising through their instructor.

**Leave of Absence**

Leaves of absences, including military leaves, shall be reasonable in duration, not to exceed sixty (60) calendar days and shall be for specific and acceptable purposes. A written request for leave of absence properly dated and signed by the student and school official must be filed prior to the beginning of such a leave unless circumstances prevent completion of the request at that time. Student must return on or before the expiration of the leave of absence or face termination.

### **Satisfactory Academic Progress**

Satisfactory progress is defined as actively participating in all levels of the training program. 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. The student will be considered making satisfactory progress during any probation period. If the student has not achieved the criteria as set forth in this section at the end of the probationary period, he/she may be terminated from the At One Yoga Teacher Training program.

If a student must repeat a section of study, he/she may be charged a repeat fee to be determined by At One Yoga. 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 the Yoga Alliance.

### **Student Conduct**

Students must adhere to the rules and regulations of **At One Yoga, LLC**. 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 **At One Yoga, LLC** in general. The Administration of **At One Yoga, LLC** 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 of rules and regulations of At one Yoga, LLC.
3. Conduct that is unsatisfactory to At One Yoga, LLC, its staff, faculty, and its students.
4. Falsifying school records.
5. Breach of At One Yoga, LLC enrollment agreement.
6. Failure to pay fees when due and/or to make available required documents.
7. Entering school premises while under the influence of alcohol, or drugs.
8. Carrying a concealed or potentially dangerous weapon.
9. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of At One Yoga, LLC.
10. Theft.

### **Termination Procedure**

Students to be terminated from the program are notified in writing and may appeal to the president of the At One Yoga Advanced Studies & Teacher Training within three (3) days of "Notice of Termination".

### **Reinstatement**

Students who have been forced to interrupt their education for any reason may request reinstatement by contacting the director of the At One Yoga Advanced Studies & Teacher Training program. Students who were making satisfactory academic progress when they withdrew will be eligible for re-entry without condition. Students who were

not making satisfactory progress may be placed on academic probation or have other special conditions placed on their re-entry. All students requesting reinstatement may be required to go through a portion of the admissions process again.

### **Student Grievance Procedure**

1. Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
2. If one-on-one discussion fails to result in satisfactory resolution, a written complaint must be submitted to the Program Director.
3. If the Program Director cannot resolve the complaint to the student's satisfaction in writing within ten days, the student may file a complaint with Arizona State Board for Private Postsecondary Education located at 1400 West Washington St. Suite #260, Phoenix AZ 85007. Phone # (602) 542-5708 or by visiting [www.azppse.state.az.us](http://www.azppse.state.az.us). The Student must contact the State Board for further details.
4. Any dispute between the student and At One Yoga, LLC (other than those regarding grades or other academic evaluations) not resolved with At One Yoga, LLC or regulatory officials shall be submitted to binding arbitration in the city of Mesa pursuant to the rules of the American Arbitration Association. Any award entered shall be final and binding.

### **Scholarships**

At One Yoga, LLC does not offer a scholarship program.

### **Credit for Previous Training**

At One Yoga, LLC does not accept credit for previous education, training, work experience (experiential learning), or CLEP.

### **Student Services**

At One Yoga, LLC does not offer career planning assistance to graduates and does not guarantee job placement after completion of the Advanced Studies & Teacher Training program.

### **Library**

At One Yoga does not have an onsite library. At One Yoga provides required texts as described in the fee description.

### **Graduation Requirements**

In order to graduate, a student must:

1. Complete with a passing grade all requirements for their program of study within the maximum time frame permitted.
2. Return all property belonging to At One Yoga, LLC.
3. Fulfill all financial obligations to At One Yoga, LLC.

### **Hours of operation**

Studio Hours:

8:30 am to 9:00 pm Monday through Thursday

8:00 am to 7:00 pm Friday

7am to 5:30pm Saturday

7:30am to 7:30pm Sunday

Class times will vary with the session.

**Student Holidays**

Classes will not be meeting on the following holidays:

- New Year's Day
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

**Start and end dates for At One Yoga, LLC Student Intensives / Yoga Teacher Training**

Session start and finish dates will vary throughout the year.

**Tuition Schedule:**

<b>Program</b>	<b>Tuition</b>	<b>Fees</b>	<b>Total</b>
Advanced Studies & Teacher Training 200-Hour Level	\$3200	\$200	\$3500

**Payment of Tuition**

Satisfactory arrangements for payment of tuition and other fees must be made between the student and At One Yoga, LLC prior to the student's official start date. Prorated payments to At One Yoga, LLC throughout the length of the program with no interest are accepted by previous arrangement and approval through the At One Yoga institutional payment plan. At One Yoga accepts cash, American Express, Visa and Mastercard. Students can secure their own loans through private lenders.

## **Cancellation and Refund Policy**

### **Rejection**

An applicant rejected by the school is entitled to a refund of all monies paid.

### **Three-Day Cancellation**

An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday and federal or state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, the school shall provide the 100% refund.

### **Other Cancellations**

An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid minus a registration fee of \$200.

### **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 At One Yoga, LLC. 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 scheduled 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 class days.
  - e. All refunds will be issued within 30 days of the determination of the withdrawal date.

2. Tuition charges:

Tuition charges will be determined based upon the percentage of the clock hours attempted. The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last day of attendance, by the total number of clock hours in the program (less the \$200 administrative fee)

Tuition refunds will be issued within 30 days of the date of student notification, of date of school determination (withdrawn due to absences of other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

Tuition refunds will be issued by check only, with a 3% processing fee deducted if original payment was made by credit card.

Approved tuition refunds are determined as follows:

- a. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition.
- b. After the commencement of classes, the tuition refund amount shall be determined as follows:

% of the clock hours attempted:	Tuition Refund amount:
10% or less	At least a 90% refund
More than 10% and less than or equal to 20%	At least a 80% refund
More than 20% and less than or equal to 30%	At least a 70% refund
More than 30% and less than or equal to 40%	At least a 60% refund
More than 40% and less than or equal to 50%	At least a 50% refund
More than 50%	No Refund is required

- 3. Books and Supplies/Workshop fees: There is no refund for equipment, books and supplies received by the student. Any workshops paid for and attended by the student are not refundable.
- 4. 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.

**Holder in Due Course Statement**

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5-14-76).

## Program Course of Study

### **At One Yoga Student Intensives & Teacher Training**

#### **Prerequisites**

None

#### **Clock Hours**

200 hours

#### **Course Title**

At One Yoga Teacher Training Program 200 Hour Level

#### **Course Description**

Topics covered in the 200 hour level program meet or exceed all the required standards set forth by Yoga Alliance in the areas of:

**Techniques** – the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation.

**Teaching Methodology** – principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga.

**Anatomy and Physiology** – both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, meridians, etc.)

**Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers.**

**Practicum** – actual practice teaching, giving and receiving feedback and observing others teaching.

#### **General Outline of the Sessions**

- Basic history, philosophy and evolution of vinyasa yoga
- Gain knowledge of basic and advanced asanas (postures) of vinyasa yoga
- Pranayama and the use of breath as a transformative tool
- Yogic diet
- Art of sequencing to create a fluid and balanced class
- Use of music to enhance a class
- Basic yogic anatomy and physiology
- Therapeutic value of various asanas
- Alignment and how to avoid injuries
- Verbal and physical adjustments
- Ability to develop and communicate a themed class that teaches and inspires
- How to read bodies - physically and energetically
- Bandhas (energy locks) and inward focus
- Art of meditation - developing deeper levels of awareness