Yoga School of Therapeutics
Teaching Yoga in the Kansas City & Midwest Community Since 1984

2013-2014
Teacher Training Program

National Yoga Alliance Teacher Training School
Kansas State Board of Regents Approved School
In this place of healing, deepen your inner strength, find peace, and relax, maybe for the first time.

National Yoga Alliance Code of Conduct

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

Information updated on this date publication date: 3/2012
Our Vision

Teaching yoga requires sensitivity, compassion and understanding, as well as practice, technical and therapeutic knowledge. Our program is designed for your own essence to radiate through; to communicate your own voice and expression of yoga naturally and with ease.

We commit to the clear choice of “joy in learning.” We strive as teachers to be free of the ego’s ploy of “am I good enough to teach?” If you want to give, to serve, and to inspire yourself and others, you are indeed a strong candidate for teacher’s training. It’s about joy of learning, not intimidation. Our program is hands-on and experiential, not just lecture! We welcome your questions. Best yet come over and take a class so you know us and our community.
“Our real personality is all light, all love, always shining.”
The Yoga Upanishads

Become a Certified Yoga Teacher

For more information, contact Suzette Scholtes, Program Director at 913/492-9594 or email at info@theyogastudio.com. Please visit www.theyogastudio.com for more information about workshops and class schedule. We suggest you come in and take a class with Suzette to make sure you like our program. At that time, we may visit and answer any questions.

Commonly Asked Questions to Get Started

1. Email your questions to Suzette Scholtes at info@theyogastudio.com
2. Set up a time to visit our school and take a class with the director of teacher’s training, Suzette, to fully understand our methodology and therapeutic style of classic yoga. Or
3. If out-of-town email and request a phone interview to answer your questions.
4. Complete application on final pages of this catalog.

Mail or deliver the application with the $675.00 entrance fee. This covers:

- Application processing and filing
- Testing (two take home exams)
- Observation
- Mentoring
- Completion certificate
- Assisting in therapeutic classes
- Yoga School Teachers Training Manuals
- Work Study programs
- Job Placement assistance
- Observation
- Mentoring
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- Job Placement assistance

All hours of study with Suzette Scholtes, Nancy McMillian, Kim Lacy, Theresa Goodman, and visiting national faculty qualify as CEU hours as well as registry hours with Yoga Alliance.

Mission

The Yoga School of Therapeutics is an Accredited and Registered National Yoga Alliance Teacher Training School; with history in curriculum, therapeutics, and integrity. Our goal is to educate teachers of substance in our communities to help improve the quality of life with yoga. We are approved by the Kansas Educational Board of Regents. www.kansasregents.org

After certification completion, there is no guarantee of yoga teacher placement, however we do assist in exploring possibilities of instructor job placement.

Payment Program

Unlike many programs who require all fees up front, our program is pay-as-you-go. The initial $675 is due up front. Then you may get started on your weekly classes for a very small fee. You pay for workshops as they are scheduled and your class cards as you need them. We also create a personal payment plan for the $999 unlimited for those who need that alternative.

Estimated Cost of Certification

The cost for certification ranges from $1,875 to $2,800 depending on the students choice of the 200 hour or 500 hour program and how many Continuing Education Units (CEU) you transfer into the program.
Facility

The Yoga School of Therapeutics is located at 10400 W. 103rd Street, #14, Overland Park, KS 66214. The 2700 sq. ft. learning space is a fully equipped yoga studio with wall ropes systems along two walls; as well as a full inventory of bolsters, blankets, blocks, eye pillows, sand weights, belts, chairs, and poles. The foyer provides a place of transition before entering the solace of the studio. Cubicles are provided as space to store personal items. Spacious men’s and women’s restrooms/changing rooms are located within the school. The facility has beautiful bamboo flooring, central heating, and air conditioning. The school has a library of many yoga texts for reference and study.

Non-discrimination Policy & Statement

We admit students of any race, gender, sexual orientation, national and ethnic origin, philosophic and religious beliefs, to all the rights, privileges, programs, and activities generally accorded and made available to all students at our school. It does not discriminate on the basis of race, gender, sexual orientation, national and ethnic origin, and philosophic and religious beliefs in administration of its educational policies, admissions policies, and school administered programs.

Required Textbooks

1. Light on Yoga by BKS Iyengar
2. Yoga: A Gem for Women by Geeta Iyengar
3. Yoga the Iyengar Way by the Mehtas
4. Relax & Renew by Judith Lasater
5. An interpretation of your choice of the Yoga Sutras of Patanjali (recommended: How to Know God by Swami Prabhavananda & Christopher Isherwood)

Book budget: Many of our students buy books on the internet for approximately $125.00. The “used” book market is always an option for lowering costs.

Keep a reading log of elective yoga related books or periodicals on subjects pertaining to training; such as philosophy, pranayama, pregnancy, anatomy, energy, body work or meditation.

Required Documentation

Before final certification and teaching a sample class, you are required to submit an informal notebook(s) of your notes detailing what you learn in weekly classes, workshops, reading, inspirations, and extra-curricular study.
Clarity on Completion Policy

You attend weekly classes with the teacher training faculty, electing from 14 offered Sun. to Sat., and the required workshops, until you reach your required hours. All workshops with Suzette are required and Anatomy. You complete two take-home exams, one on anatomy and final exam. You complete your practicum or model teaching and hand in your log of hours.

The Teacher Certification Program for either the 200 or 500 hour levels must be completed within two years of application acceptance notification. Non-Kansas City Residence are allowed three years to complete the program.

If more than three workshop trainings are missed in a year, the candidate may be terminated from the program.

Vacation/Illness/Work

No credits are ever lost. Many of the teachers in training certify in 8 months to two years. It’s more important you enjoy your time in yoga and the study than worry about final exams or getting it done. After 25 years as a school, we see that those who enjoy themselves and learn with enthusiasm and take more hours become exceptional teachers in the long run. Most of the teachers continue to come back to the national events and Saturday trainings for continuing education.

Course Curriculum

- How to teach yoga to all body types and ages
- Philosophy as related to yoga (with Suzette)
- Energy of the body including study of chakras, pranic energy
- Anatomy & Physiology as related to yoga
- Basic Sanskrit Terminology (Manual provided)
- Meditation and Yoga Nidra
- How to teach Pranayama to the injured, beginner and intermediate student
- How to teach professional restorative yoga
- How to work with challenges such as hypertension, knee injury, achy backs and hips, and more
- Yoga for Weight Loss and Management (Manual provided)
- Yoga for the Immune system (Manual provided)
- Yoga for back care and neck and shoulder therapy (Manual provided)
- Sequencing (Manual provided)
- Pregnancy (Manual provided)
Certified Yoga Teacher (CYT)  
200 Hr and 500 Hr Criteria

Level I - 200 Hours - Internship a minimum of 4 weeks
- Therapeutics
- Assist in Assigned Classes
- Alignment
- Sequencing
- Adjusting

Level II - 500 Hours - Internship of minimum of 8 weeks
- Therapeutics
- Adjusting
- Substitute teach a beginners class
- Alignment
- Sequencing
- Voice, Pacing & Presentation
- Assist Suzette in Assigned Classes

For both 200 Hr & 500 Hr Level
- Passing Grade on Anatomy Exam
- Passing Grade on Final Exam
- Be observed teaching a 40-minute yoga class

When Updating from 200 Hr to 500 Hr Certificate
You are required to take a private oral and presentation exam with the director of teacher’s training or senior staff. Fee $250.00.

When Updating from 500 Hr to E-RYT or 1000-Hour Certificate
You are required to write a 1500 to 2000 word dissertation on the philosophies of yoga to include personal dialogue on your understanding of philosophies including niyama, dharma, the chakras, and teaching yoga as a healing modality. Required reading: The Fire of Love by Aadil Palkhivala. Fee: $250.00

Testing Out to 500 Hours or 1000 Hours
Many of our teachers in training join our program with qualified CEU’s. Each situation is unique. Schedule an interview with Suzette and bring a written log of your yoga training. A teacher who teaches teachers must have 3000 CEU’s so those hours studied elsewhere qualify. You pay the $675 testing and mentoring and manual fee and then complete anatomy and take two exams. Many teachers have done this in a very short time, as little as three months. We provide references for this short program if requested.

Required Training
- Attend 3-hour scheduled workshops with Suzette
- Weekly classes with staff teaching faculty
- Before taking the final exam, you are required to submit a notebook containing study notes from workshops, your reading log and study, and/or other notes that inspire your work as a yoga teacher.
- Assist in Special Focus or Therapy Class
- Attend scheduled National Visiting Faculty workshops, part or all days
- Keep a detailed log of all training. A sample log will be emailed to you
- Attend required anatomy workshop and complete anatomy take-home exam

Additional classes and workshops may be taken to achieve CEU’s if approved
Staying on Track

**Yoga Certification offers two Levels:**

1. Certified Yoga Teacher (CYT) - Level I (200 training hrs)
2. Certified Yoga Teacher (CYT) - Level II (500 training hrs)

All hours are cumulative. For example: you may complete the 200 hour certification, then later submit subsequent documented trainings hours to achieve the 500 hour Level II certification. These two curriculums meet the standards set by the National Yoga Alliance’s Registered Yoga Teacher criteria.

When you Succeed

*Once you have successfully completed all the requirements in the Yoga Teacher Training Program you will be:*

- Certified by The Yoga School of Therapeutics, an accredited and registered National Yoga Alliance Teacher Training School, as a Certified Yoga Teacher (CYT) 200 Hr, 500 Hr, or 1000 Hr.
- Receive a Certificate displaying your achievement
- Eligible to use the title of CYT 200 Hr or 500 Hr or E-RYT (1000 Hr)
- Eligible to register with the Yoga Alliance International Organization at www.yogaalliance.org at your own expense

Answers to Frequently Asked Questions

1. **How do I get my hours?**
   
   You attend weekly classes with teaching staff, required weekend visiting faculty workshops, and four to five Saturday trainings until you accumulate 200 or 500 hours. You keep a log of your hours of times, trainer, and topic.

2. **What is required and what is elective?**
   
   You must attend the anatomy workshop. You must attend Saturday short workshops with Suzette as well as one or more of the weekend workshop classes with visiting faculty. Exceptions may be negotiated.

3. **When do I take my exams?**
   
   You take the anatomy take-home exam immediately after the training. You complete your tutorial or final exam after you accumulate 200 or 500 hours. You take your practicum shortly after or before your final exam, as you prefer.

4. **Refunds?**
   
   No refunds of classes or workshops.

*Current workshop schedule www.theyogastudio.com*
Areas of Study

Learn the theory and practice of Asana and pranayama, teaching methodologies, meditation, philosophy, anatomy, physiology, ethics, and yogic lifestyle. Learn sequencing, and contraindications.

Study Focus (in workshops & weekly classes)

- Therapeutics for High or Low Blood Pressure
- Fundamentals of Alignment
- Therapeutics for Injured or Aching Backs
- Therapeutics for issues of digestion and elimination
- Therapeutics for PMS, menstruation, peri & menopause
- The art and science of safe adjustments
- Therapeutics for Depression and Anxiety
- Kuranta Yoga: using wall ropes effectively & safely
- Therapeutics for knees, hips, ankles and feet
- Teaching safe and powerful inversion asana
- Karma Yoga: Philosophy of Yama & Niyama
- Meditation Training for improved quality of life
- Pranayama Practices - Details and Intricacies
- Sequencing powerful and effective classes for all levels
- Teaching restorative & gentle yoga for injured or weak
- Understanding contraindications for injury and issues
- Therapeutics for Neck, Shoulders and Upper Back
- Therapeutics for arthritis, fibromyalgia, & autoimmune challenges
- Basic Sanskrit for Asana and Pranayama teaching
- Create a Home Practice: Safety and Fulfillment
- Chakra and energy body

Current workshop schedule www.theyogastudio.com
Program Faculty

Suzette Scholtes, CYT E-RYT, Over 15,000 CEU’s of Training Hours

Teaching yoga and meditation since 1984, Suzette founded The Yoga Studio of Johnson County as a formal corporation in 1994. The name was changed to The Yoga School of Therapeutics in 2008. Suzette serves as Director of Teacher’s Training. Suzette says, “to teach one must be committed to service while keeping a sense of humor.” Her studies continue this day in advanced trainings across the country. Suzette’s community service has brought recognition in both awards and press. Her published works include a current column in KC Wellness Journal. She previously wrote a monthly column for Enlightened Practice Magazine. Her other published non-fiction material on health and wellness has appeared in many national and regional magazines. Her audio tape “Yoga Balance” was published by New Leaf, Atlanta, in 1996. She was awarded for her non-fiction work in 1989 by Writer’s Digest Magazine. In 2006, she was hired by KU Medical Center to lead a study on yoga’s effects on Parkinson’s disease where she relied upon her 16,000 hours of training to create new yoga therapeutics. Suzette’s presentations on yoga and health have been received by such groups as the Kansas University School Nursing, The American Business Women’s International Conference, Wyandotte County Mental Health Association, Kansas City Chamber of Commerce, Unity Church and more. She leads yoga workshops and conferences in many others cities, including an annual presentation in Wichita, Kansas. Suzette says that an effective teacher helps students empower themselves to create wellness in body, mind, and emotions.

Aadil Palkhivala

For over thirty years, Aadil has had a reputation as a “teacher of teachers,” training yoga teachers since 1976. Aadil began the study of yoga with B.K.S. Iyengar at the age of 7 and was introduced to the Integral Yoga of Sri Aurobindo and the Mother at the age of 10. He was certified as an Advanced Yoga Teacher by Iyengar at the age of 22. Aadil and his wife Mirra are the cofounders and directors of internationally-renowned Yoga Centers™ in Bellevue, Washington, and the co-founders of Purna Yoga™ and the Washington State licensed College of Purna Yoga™, which offers Yoga Alliance 200-hour and 500-hour teacher trainings, as well as the Purna Yoga Certificate Program. Aadil is the author of the book, Fire of Love: For Students of Life and Teachers of Yoga, and is an “asana expert” for Yoga Journal magazine and its website. Constantly educating himself in his passion for teaching the “whole yoga,” Aadil has degrees in law, physics, and mathematics, and is a certified Shiatsu and Swedish bodywork therapist and a clinical hypnotherapist. He is also a federally licensed doctor of Naturopathy and an Ayurvedic Health Science Practitioner.
Program Faculty

Doug Keller

Doug, ERYT 500, is registered with the international Association of Yoga Therapists and is author of numerous books and CDs covering all aspects of the practice of yoga. He is well known for his Yoga As Therapy manual, an extensive look at applying the structural alignment principles, asanas, exercises and the energetics of yoga to healing the physical body. He has a strong background in the alignment based styles of Iyengar and Anusara Yoga®, as well as in yoga philosophy and yoga therapy. He is a regular columnist in the internationally renowned magazine Yoga+ and is the author of several books covering all aspects of yoga practice. He holds a Master’s Degree in Philosophy from Fordham University, and travels nationally and internationally, teaching workshops in philosophy and pranayama as well as hatha yoga. Doug’s home base is The Health Advantage Yoga Center in Herndon Virginia where he teaches upper level classes and co-teaches a year long teacher training program.

Paula Self

Paula Tortolano Self is a regular to the Ramamani Iyengar Memorial Yoga Institute in India, where years ago, B.K.S. Iyengar assigned her teaching certification level to Intermediate Level III. She has assisted in medical classes under the personal guidance of B.K.S. Iyengar and his daughter Geeta as well as studying with recognized senior teachers such as John Schumacher, Manouso Manos, Ramanand Patel and Patricia Walden. Paula teaches at the Iyengar Yoga Center in Boulder, Colorado, as well as regularly traveling to her native South America to conduct teacher training courses. Her high energy and magnetic personality have made Paula a beloved teacher.

Judith Lasater

The practice of yoga is fundamentally an act of kindness toward oneself. This idea is often forgotten, but not by Judith, whose approach is warm, nonjudgmental and responsive to individual differences and needs. Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Judith is president of the California Yoga Teachers Association, and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra in the San Francisco Bay Area. Judith also gives workshops throughout the United States, and has taught in Canada, England, France, Indonesia, Japan, Mexico, Peru, and Russia. She is the author of eight books: A Year of Living Your Yoga, Yoga Abs, Yoga for Pregnancy, 30 Essential Yoga Poses, Living Your Yoga, Relax and Renew, Yoga Body, and What We Say Matters.
Program Faculty

Nancy McMillan, RYT 500

After serving as a substitute teacher during her apprenticeship at the school, Nancy became a regular teacher at the studio in 2006. Having discovered yoga in the early 90’s Nancy is aware of the powerful effect yoga has had on her life. She firmly believes no matter one’s age or physical limitations, a focused practice can be life changing. A commitment to life-long learning challenges and motivates Nancy in her own study and in her teaching. In her classes she strives to make certain each student experiences a deeper awareness of their own body that will enable change and growth through their practice. She is grateful for inspirational teachers who give so much of themselves as she continues her own journey. She witnesses community forming between students and teachers with each giving and receiving equally. Regular attendance at workshops given by Aadil Palkhivala, Doug Keller, Judith Lasater, Paula Tortolano has been invaluable in her continuing growth. Nancy holds over 2000 CEU’s of training hours.

Kim Lacy CYT, RYT 500

Kim is a certified Iyengar Yoga Instructor and dedicated yoga practitioner. After graduating from the Iyengar Yoga Institute of San Francisco in 1989, she moved to Washington to study with Aadil Palkhivala and has taught for years at his studio, Yoga Centers, as well as at Yoga Northwest, director Ingela Abbott. She is immensely grateful for yoga and the yogi friends, students and teachers she has met along the way, has recently moved back to Kansas and is looking forward to connecting with the yoga community here.

Theresa Goodman CYT RYT 500

Theresa’s skill in yoga broadened and deepened when she gained nearly 3000 CEU’s by 2012. Theresa says yoga has helped her as well as her family remain even more healthy and happy in every way. She is a skilled herbalist, nutrition specialist and a daily meditator as well. She has studied with many influential master teachers including Paula Tortolano, Doug Keller, Aadil Palkhivala, Rod Stryker and Judith Lasater. She and her husband, Mark, enjoy their home and four lovely sons. She was educated at Kansas State University in 1992-1993. She says her personal yoga practice for her is an art form in which she strives for perfection for the physical and spiritual benefits.
Testimonials

“I extend my deepest gratitude and appreciation for one and all at the Yoga School. Suzette, you are an exceptional teacher. I have learned so much from you. It’s been the most amazing year of study. Thank you for the guiding light.”

12/2011 Jayashree Kumar, graduate, 200 Hour Level

“Thank you for all your wonderful lessons in life and yoga. I appreciate that you have taken me into the yoga teacher-training certification program. Thank you for all the work you do to make this program available who feel heart-felt yearning to learn and teach yoga. Suzette, you are an amazing teacher and mentor who shares so much knowledge to impart so generously to all of us. I simply cannot thank you enough for this joyful experience.” 1/2012 Annemarie Chilton, student, 200 Hour Level

“This calls for a pen-to-paper acknowledgement—to thank you for such as extraordinary experience learning anatomy at your workshop yesterday! I spend the next afternoon reviewing my notes, handouts and photos, sharing with my husband the invaluable lessons we received. Kudos! Kudos for this fabulous presentation and the catered lunch. It was a feast for the eyes as well as the palate. You share yourself, Suzette, and your vulnerability is beautiful. And the hands-on use of yoga as therapy life-changing.” Love & gratitude MFF, April/2013.
Suzette Scholtes has been teaching Yoga for 30 years and has been running her studio for the last 17 years. She is a pioneer in using the healing power of Yoga on Parkinson’s disease and was kind enough to share with us her perspectives on Yoga teacher training what she believes makes a good Yoga teacher.

What do you love about Yoga?
Every thing. It is “health” insurance for the body, mind and emotions. I LOVE the physical and mental and emotional strength it gives. I love the feeling of the prana flowing in my cells. It is a powerful modality of healing still misunderstood by the consensus. We need schools such as ours to provide depth of knowledge and understanding and the lightness of teaching in joy.

Who did you do your Yoga teacher training with?
Many great masters including John Schumacher, Aadil Palkhivala, Judith Hansen Lasater, Doug Keller, Dona Holleman, Donna Farhi, Rod Stryker, Gary Krafsow, and Paula Tortolato.

What or who inspired you to open a Yoga studio?
My mentor said my gifts were powerful and encouraged me to open the doors to our first of three future locations in 1994.

What is the inspiration behind your Yoga studio name and business direction?
Our mission: Teach traditional and therapeutic applications, focusing on wellness for the body, mind, and emotions. We commit to continuing study, learning, and professionalism, integrity in the true light of yoga to empower our students, volunteers, staff, vendors and guest faculty. We build upon our honor and history as the Midwest's original and first formal yoga school.

What style/s of Yoga do you offer at your studio?
Classic, iyengar, therapeutic, restorative (all certified staff in these modalities). Our motto is “whatever it takes to feel healthy and well.”

What makes your Yoga studio unique?
Our depth of knowledge and history of success in making yoga accessible to all ages and body types.
Tell us a little bit about the type of students you tend to attract to your studio?
We appeal to educated, pro-active, positive people who take responsibility for their choices and wish to maintain a high level of wellness.

What do you look for in a new potential Yoga teacher?
Happiness and joy in practice and teaching.

What do you expect to see from a potential teacher at an audition? Is there anything a potential teacher should focus on more?
Lighten up. It is yoga not rocket science. Yet, be serious about learning and find your passion for this powerful art and science. Show up on time and become enthusiastic. Let go of your ego of “not-feeling—good enough” as soon as it rears up. Come from your heart, not your head.

Is there any advice you would give to an aspiring Yoga teacher?
Yes. Have fun and relax and love taking class. Do not worry about notes for a long time. Be a student for years for the love of yoga. Then write journals of notes and buy every book and DVD and material on the topic. Immerse yourself in yoga.

Do you guys have any new exciting things coming up?
Yes! First time visits from internationally famous Yoga Journal column writer Donna Farhi, and Rod Stryker’s first visit here! Look at our website! Our line up is the Super Bowl of Yoga!

You can learn more about Suzette and her Yoga school at www.theyogastudio.com
Application For Teachers’ Training Program

The Yoga School of Therapeutics, LLC. • 10400 W. 103rd St., #14, Overland Park, KS 66214

Leading Yoga in the Midwest Yoga since 1984

Our Teacher’s Training Program is Approved by the Kansas Board of Regents & Registered with Yoga Alliance to Protect and Insure the Quality of Your Education

Your Start Date: Classes and workshops on-going. Your Start date begins upon filing the application and the payment of your class fee. **You keep an ongoing journal or record of your class times, length, workshops, readings, and intensives you submit before final exam.** You must be 18 years old or older to apply.

Applicant’s Name ____________________________

Home Address with City/State/Zip) ____________________________________________________________

Date ________________ Work Place ____________________________________________________________

Title_______________________________________ Work Number _______________________

Cell Number________________________________Home Phone ____________________________

Email address ________________________________________________________________

Two Non-Relative References (name, email and phone)

1. ____________________________________________________________

2. ____________________________________________________________
Yoga Alliance Registered Teaching School

Please read all the information carefully and complete the application in its entirety. The Yoga School of Therapeutics does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. All information will be treated as confidential.

1) Level of Registry and Certification Desired: (Must be completed in two years or three years if out-of-town)

- 200-HOUR Certificate
- 500-HOUR Certificate

2) Your History:

a. Type here or attach a separate page giving a brief history of your yoga training and experiences and list all teaching experience including where, when, how long and what style of yoga you teach. If no previous experience list "not applicable."

b. List here those you have studied with or your home study books, DVD’s or Videos:

GRIEVANCE POLICY The school encourages any student with a complaint against the school to bring it in writing to the attention of Suzette Scholtes, the Founder and Director of Teacher’s Training of the school as soon as possible and the problem will try to be resolved through respectful communication and due process. If the complaint is not satisfied with the successful outcome after the proceedings, the student may pursue the matter further by (1) Student submitting the problem in writing to the director of the school; (2) Student may contact the Kansas Board of Regents, Private Postsecondary Department, 1000 SW Jackson Street, Suite 520, Topeka, KS 66612 or by calling 785-296-4917 and submitting their written complaint to the Board.

Yoga Alliance Legal Agreement:

The Yoga School of Therapeutics is granted limited, non-exclusive use of the certification mark (Registry Mark) for the purpose of identifying its Yoga Teacher Training program as an approved and Registered School in its promotional material. The Registry Mark indicates to the public that your school has met Yoga Alliance’s standards for training as of the date of granting your use of the Registry Mark.

By my signature below, I acknowledge that I have read and received a copy of this agreement & agree to terms:

Applicant Signature: ___________________________ DATE: ____________ (If filed via email please use italics)

Director of Teacher’s Training Signature: ___________________________ Suzette Q. Scholtes, E-RYT, CYT, CMT Director of Teacher’s Training & Founder

Mailed or Delivered (check or money order) Date________________________

Application FEE: $675.00. This fee pays:

- Application processing and filing (supervised by Kansas State Board of Regents)
- Testing (two take home exams), Grading and Reviews
- Observation
- Mentoring
- Completion certificate
- Assisting in therapeutic classes
- Yoga School Teachers Training Manual
- Work Study programs
- Job Placement assistance

All hours of study with Suzette Scholtes and national visiting faculty qualify for registry with Yoga Alliance and The Yoga School certification.

After Certification completion, there is no guarantee of yoga teacher placement, however we assist in exploring possibilities of instructor job placement. We have helped 80% of our students find teaching opportunities in our community with no extra costs to you.
Cost of Certification

The cost for certification ranges from $1,800 to $3,200 depending on the students choice of the 200 hour or 500 hour program and how many Continuing Education Units (CEU) you transfer into the program. We hold the right to adjust tuitions. You will be given advanced notice in writing of any such changes.

Yoga Props

needed for the practice of yoga are fully provided at the school. You may purchase your own props and yoga mat if you prefer on your own expense.

Start Date – Join Teacher Training Anytime!

Classes and workshops on-going. Your Start date begins upon filing the application and the payment of your class fee. You keep an ongoing journal or record of your class times, length, workshops, readings, and intensives you submit before final exam.

Weekly or Monthly Class Schedule

Local students may attend class with director of teacher’s training Monday through Friday. Out of Town students attend once or twice monthly Saturday trainings and visiting faculty two or three day workshop as published on the website.

Grounds for Your Termination from the Program

If the applicant misses more than three weekend trainings in one year, you may be terminated from the program. This policy made official May 1, 2009. If you wish to terminate the program: Contact Suzette Scholtes and then officiate the reasons for your termination in writing.

Refunds

No refunds of application or tuition fees are given.

Cancelation of Classes

Workshops or classes may be canceled due to severe weather in winter months. If case of illness or death in family of a faculty member, enrolled students will be notified by phone or email of any cancellation. No weekend event has been canceled yet in our 30 year history.

Transfer Of Workshop Fees

If you become ill or have a death in the family, your workshop fee may be transferred to a future workshop.

Postponements

In our 30 year history, an event has never been postponed or canceled. If for unforeseen reasons this takes place, the event or workshop will be re-scheduled within six weeks. If for some unforeseen reason this cannot take place, your fees will be credited for future classes or events.

Changes to Course Content

Changes to course content do not occur as the material is based upon the 5000-year-old study of classic yoga. If new material is added for any reason, no extra costs are charged to student.
Come on over and visit us. Add your *smile* to ours.
THE YOGA SCHOOL OF THERAPEUTICS
10400 W. 103rd St., #14
Overland Park, KS 66214
www.theyogastudio.com • 913-492-9594 • info@theyogastudio.com

Find class and workshop schedule and pricing at
www.theyogasudio.com