

**Prana Vinyasa® Affiliate
300 HR Yoga Teacher Training Program
Presented by Jewel in the Lotus Yoga, LLC**



published May 2016

WELCOME

Thank you for your interest in our teacher training program. We are excited and honored to share the brilliance of Prana Vinyasa® Yoga in the midwest!

Jewel in the Lotus Yoga, LLC's 300HR Prana Vinyasa® Affiliate Yoga Teacher Training Program is an accredited 500HR certification program through the Yoga Alliance. Applicants must have completed a Yoga Alliance approved 200HR program to qualify for admission.

Prana Vinyasa® Yoga is an energetic, creative, full-spectrum approach to embodying the flow of yoga cultivated by Shiva Rea and the Global Vinyasa Collective of Teachers. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living. Practitioners learn classical and innovative approaches to vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, Tantra, Ayurveda, Bhakti, Somatics and Shiva's teaching experience from the last fifteen years.

Jewel in the Lotus Yoga, LLC offers foundation, advanced, and evolutionary teachings of the Prana Flow®: Movement Alchemy™ System including 5 classical namaskars, 15 evolutionary Prana Vinyasa® Namaskars and 20 Sadhanas.

For 300 HR certification, the following requirements are to be completed within a two (2) year period:

1) Required modules for ALL students participating in this 300 HR Prana Vinyasa® Affiliate YTT

Embodying Prana Flow®

Mandala of Asanas™

Elemental Prana Vinyasa™

Chakra Prana Vinyasa™

Applied Anatomy and Massage for Flow™

Bhakti Prana Vinyasa

Yogic Lifestyle - Ayurveda & Transformational Breath®

2) Embody and empower what you learn in live intensives with our required online program that corresponds to your track of study (\$64 for each online program includes 10 videos for the solar-lunar sequence and five namaskars you learn for each module

3) Complete Six Sacred Reading Projects or participate in History of Yoga Vinyasa online program Part One, Two, and Three at your own pace.

4) Participation in the online Prana Vinyasa® Teacher's Sva Dharma Professional Development offered twice a year - completion and participation is documented online in Samudra®'s private FaceBook group.

5) Certification - pay required \$108 certification fee

Final take-home written "exam" - this empowering process also includes, "Embodiment Project" - submit "before and after" photos with a 1 - 2 page reflection within exam.

Demonstrate teaching embodiment in a 30 - 45 minute video of the namaskars and sequences you have learned (guidelines available once you enroll)

Completion of all modules and online programs outlined above.

Upon admission into our program you will be given Samudra®'s private FaceBook group with direct access to questions for Shiva and Teacher Trainers, enrollment in our year-long Samudra® online school, and a welcome letter.

This training is open to all 200-RYT yoga teachers who would like to immerse into a field of self study and inquiry and obtain a 500-RYT status.

SCHOOL INFORMATION

Jewel in the Lotus Yoga, LLC

108 N Few St

Madison, WI 53703

www.aumaubree.com

608-213-3804 cell

MISSION STATEMENT

We are committed to sharing the wisdom of yoga in a safe and nurturing space in order to bring greater health, happiness and well being into the lives of those in our community. Our teacher training is designed to give students a thorough in depth study of the many limbs on the great tree of yoga; awakening the unique teacher living within each individual.

PHILOSOPHY

It is our goal to offer and create a sacred space for yoga practice and self-exploration through all kinds of movement and expression. Our offering is universal and available to all who are interested. Join the evolving community of yogic explorers embracing yoga as a natural path to freedom.

BENEFITS OF A REGULAR YOGA PRACTICE:

Harmonizes overall well being

Yoga GLOBALLY trains your whole being: mind, body, spirit

PRANA, the life force is circulated throughout your entire system-awakening the energy body

The nervous system is soothed and energized, reducing stress

The glandular system is stimulated; creating hormonal harmony & balance

The cardiovascular & circulatory systems are strengthened and invigorated-improving the flow of all fluids in the body(majority of the body is fluid filled)

The digestive & elimination systems are activated and regulated

Sweating once a day rejuvenates the skin-Your skin glows

Creativity flows strongly

Your inner light shines bright

A sense of freedom emerges

Remember, the key is a REGULAR practice. You reap what you sow.

3 times per week is a good start, 5 times a week is better. Everyday practice is amazing! An erratic practice will not produce abundant results.

LOCATION AND FACILITIES

Classes will be held at

SuperCharge Foods

1902 E Washington St

Yoga Mats, blocks, straps, and blankets are available, students are also welcome to bring their own supplies.

The Willy St. Coop is just blocks away and restaurants, cafes, and parks are also nearby.

OWNERSHIP AND GOVERNANCE

Aubree Saia is the owner of Jewel in the Lotus Yoga, LLC. Aubree Saia is the school Director, Teacher, and Programer. The teacher training Faculty includes Aubree Saia (Director, Teacher) and special guest teachers.....Andrew McCauley, Keith Borden, Tiffany Huard and Lee Cullen

FACULTY & GUEST TEACHERS

Aubree Saia

Aubree, CYT, 500ERYT- is a certified Prana Vinyasa® Teacher, Transformational Breath® Facilitator, AcroYoga Teacher, Access Consciousness® Bars Practitioner, Raw Nutrition & Holistic Health Coach, Thai Massage Practitioner, and the founder of Jewel in the Lotus Yoga, LLC. She has also completed Astanga Yoga training with Tim Miller, Forrest Yoga training with Ana Forrest, and Reiki I, II with Joan Pape.

Aubree offers her guidance from a deep well of authentic experience in the yogic healing arts. She began her practice 20+ years ago, and has been sharing her love of yoga with others for the past 15 years. She has been blessed to assist with her inspiring teacher Shiva Rea, Dr. Judith Kravitz and has spent many moments studying in the presence of numerous master teachers.

Andrew McAuley

Andrew is an internationally recognized teacher of yoga, anatomy, and healing arts. Throughout his career, Andrew has created curriculums and courses for massage therapy and fitness institutes as well as yoga schools. Though his knowledge of the physical aspects of the practice are broad and extensive, Andrew believes in a holistic approach which explains why his deep reverence of eastern philosophy and spiritual practice is organically woven into his teachings. Having respect for the multi-faceted nature of the human experience, Andrew's primary goal is to invite students of all levels to explore their personal evolution on the path through creating a lighthearted and autonomous learning environment. Presently, Andrew's intensive studies in Yoga, Tantra and Ayurveda are under the guidance and wisdom of his teachers Shiva Rea, Christopher Tompkins, and Dr. Vasant Lad.

Keith Borden

Keith Borden, ERYT is a senior Laughing Lotus Teacher and has been the co-lead teacher for nine 200-Hour and one 100-Hour teacher trainings for Laughing Lotus (New York and San Francisco). Keith is currently co-teaching a series of six 50-Hour advanced teacher trainings through Laughing Lotus San Francisco. He holds certifications in Lotus Flow™ Vinyasa Yoga (Laughing Lotus), Partner Yoga (Catfish Yoga), Therapeutic Yoga (Therapeutic Yoga of Santa Barbara), and Yoga for At-Risk-Youth (Street Yoga). Keith is also certified in Thai Massage, is an ordained Interfaith Minister (All Faiths Seminary) and has a degree in music from DePauw University. The foundation of Keith's practice is the bhakti marga or the path of devotion, and holding to the tenets of this path is his sadhana.

Lee Cullen

Lee Cullen has been practicing yoga for 15 years. He studied world literature at the University of Notre Dame and Yale University, and has a lifelong interest in spiritual literature and practice.

Tiffany Huard

Tiffany Jo's joy in living, breathing and being yoga is infectious. She is a lifelong lover of movement and exploration. Throughout her childhood studies of gymnastics in combination with dance, she has always found grace within movement, whether walking on her hands or on her feet. Years later when she discovered yoga, her love of movement resurfaced and she found her soul's home in the heart of each practice.

Tiffany is a 500-hour certified Prana Vinyasa® teacher. Additionally, she has completed the Living Ayurveda Consultant Program pioneered by Shiva Rea + Maria Garre.

WAYS TO PREPARE FOR THE PROGRAM

Establish a regular practice of 3-4 times per week. 15 minutes of sun salutes in the morning is better than nothing! Attend as many classes as possible, experiencing different styles and teaching methods

Create a balance between activity and rest. Most of us do not get enough sleep. During rest, the body and mind have a chance to regenerate. Commit yourself to getting at least 8 hours of sleep per night.

Eat a healthy diet rich in whole foods, such as grains, vegetables, and fruit. Reduce or eliminate the consumption of red meat, processed foods, caffeine, and alcohol. Drink plenty of filtered or bottled water.

QUESTIONS AND CONCERNS

You may address all of your questions and concerns related to the program to Aubree Saia 608-213-3804 or asaia@aumaubree.com

ADMISSION REQUIREMENTS

Applicants should be 18 years of age.

Applicants should have a high school diploma or GED.

Applicants are expected to have a regular yoga practice for at least 3 years.

Applicants shall submit completed application with \$108 non-refundable application fee.

Students are encouraged to submit applications at least two weeks prior to start of training or earlier, as spaces are limited.

Applicants should be computer literate and have access to email for program correspondence.

Accepted applicants will be notified via email.

Upon acceptance, applicants must sign an agreement and liability form and the Yoga teacher code of ethics.

HOW TO APPLY

Complete online application here: <http://shivarea.com/teacher-training-online-application> and submit \$108 non refundable application fee. Then copy your application information & questions and send to asaia@aumaubree.com

COURSE INVESTMENT

\$108 non refundable application fee

Early bird \$800 per module paid in full 1 month prior to training start date

\$975 after

\$5300 paid in full for all 7 modules by August 1, 2016

Required Certification Fee (payable directly to Samudra®):

\$108 (includes review of video and final exam)

Samudra® Online: Global School of Living Yoga

- Online support materials (required non-contact coursework)

- Online Registration: your \$108 non refundable application fee for the 300hr training program, enrolls you for 1 year in the online school

- Required Living Yoga School Online Package includes:

Art of Namaskar - \$27

Solar Mandala of Asanas - \$64

Roots of Prana Vinyasa - \$64

Elemental Prana Vinyasa - \$64

Navaratri - \$64

20 videos for solar and lunar Foundation (Roots) Prana Vinyasa, Elemental Prana Vinyasa and Navaratri sequenced, filmed in Santorini and Costa Rica

Art of Namaskar and Solar Mandala of Asanas: which covers 71 blueprint asanas, over 400 photos and short videos, written teaching cues for embodying the three-part vinyasa and teaching energetic alignment of the core asanas of namaskars and of the blue-print asanas for each family of asanas

Cost includes all module manuals
(Check, cash, visa, master card are accepted for payment).
We do not offer payment plans or financial assistance.

READING MATERIALS

Shiva Rea's Hatha Thesis & Interview w/ Sea Glassman
(<http://shivarea.com/teacher-training-modules>)
Sanskrit Resource & Mandala of Asanas CD (sanskrit pronunciation)
(<http://shivarea.com/teacher-training-modules>)
The Complete Book of Vinyasa Yoga by Srivatsa Ramaswami
Yoga Shakti DVD
Chakra Vinyasa Articles
(<http://shivarea.com/teacher-training-modules>)
Bhagavad Gita Packet
The Key Muscles of Yoga: Scientific Keys, Vol. #1 by Dr. Ray Long

TERMS AND CONDITIONS

A \$108 non-refundable application fee holds your place in the training upon acceptance into the program
Returned checks subject to a \$25 return fee
Consultations with Faculty to make up deficient hours will be charged at a rate of \$108/hr.

CALENDAR

This year long program will be offered modularly. Each 45hr module will be held every other month wednesday through friday 9am-7:30pm.

September 28 - October 2 2016

Embodying Prana Flow® - Mandala of Asanas™ - Art of Namaskar and Teaching Alignment in the Flow w Aubree Saia

November 2-6 2016

Mandala of Asanas™ - The Art of Sequencing and hands-on assists w Aubree Saia

January 25 - 29 2017

Elemental Prana Vinyasa™ - Embodying the power of nature w Aubree Saia

March 29 - April 2 2017

Applied Anatomy and Massage for Flow™ w Andrew McCauley and Aubree Saia

May 17 - 21 2017

Chakra Prana Vinyasa™ - Liberating the Body Mandala w Aubree Saia

July 26 - 30 2017

Bhakti Prana Vinyasa w Aubree Saia, Keith Borden & Lee Cullen

September 13 - 17 2017

Yogic Lifestyle

Ayurveda & Transformational Breath® w Aubree Saia & Tiffany Huard

We do not hold classes on:

Memorial Day

Independence Day

Labor Day

Thanksgiving

Christmas

New years Day

MODULE COURSE DESCRIPTIONS

Embodying Prana Flow® - Roots of Energetic Vinyasa

A 5-Day foundational exploration for vinyasa based teacher training and intermediate students of the "roots and evolution" of vinyasa yoga through the dynamic and evolutionary approach of Prana Vinyasa™.

Learn the art of sequencing and teaching Prana Flow®, an energetic vinyasa created by Shiva Rea. Experience what it means to "Embody the Flow," as we dive deeper into the living practices of yoga that lie within the roots of energetic vinyasa, as found within the™. We'll learn to slow down, listen to the inner guru and embrace the deeper teachings that organically arise from personal embodiment.

Teaching the rhythm and flow of our breathing body as synched with the universal pulse

Embodying the Sun-Moon for balancing active-meditative states within yoga and life

Learn to teach Four Classical Namaskars and Two Rhythmic Vinyasa Namaskars

Wave of a Class - Leading Class Openings and Movement Meditation

Asanas as Mudras - Intro to the Energetics and Poetry of the Body

Hands-on enhancements and teaching cues for 10 core asanas of Namaskars (sun salutations)

Prana Flow® Three-Part Vinyasa™ method for teaching alignment in the flow

Daily Meditation and Pranayama, as well as the basics for personal practice and teaching

Embodiment Project™ - Photo Teaching Tools for developing a teacher's eye, to support your personal embodiment of yoga asanas, as well as your students'

"Roots and Evolution" Background:

The philosophical roots of Vinyasa Yoga and the embodiment of Tantric Hatha Yoga

The Origins of Sun Salutations and Evolution of Prana Flow® Namaskars

Embodying Prana - Understand five movements of Prana underlying all of the asanas and movements of nature

Living Vinyasa - the micro-macro cycles that guide living flow and the wave of a vinyasa flow class

Learning Krishnamacharya's principles of Vinyasa Krama

Embodying the Flow 108+ page workbook-manual

DVD and Online resources for continued practice

Mandala of Asanas™ - The Art of Sequencing & Hands-on Assists

Mandala of Asanas™: Essential Tools for Teaching Vinyasa - Energetic Alignment™, Hands-on Enhancements, Vinyasa Krama, Prana Flow® Three-Part Vinyasa™ Method, and Wave-Sequencing™

Our 5-Day Immersive experience takes you into this secondary foundational module which builds on Embodying Prana Flow® and unpackages the art of multi-dimensional Wave Sequencing™ through an integrated approach of the Seven Mandala of Asanas™.

Teaching vinyasa is an art that requires a teacher to develop related tools using their voice, hands-on assists, observation and energetic attunement to provide guidance that facilitates the state of flow of a class. In this week-long immersion, you will learn the energetic alignment for core asanas within the Mandala of Asanas™ based upon an integrated understanding of 1) the movements of Prana; 2) practical anatomy; and 3) how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body.

Teaching Tools:

Experience a unique holistic approach of Seven Mandalas of Asanas™ base of 108 asanas as the basis for creative and effective sequencing, teaching and embodiment

Learn to teach Four Prana Flow® Dancing Warrior Namaskars, as a foundation for further innovations.

Learn Prana Flow Wave Sequencing for Five Solar Sequences for backbends and arm balances and Five Lunar Sequences for deep flexibility and regeneration.

Learn to teach and assist five primary alignment actions of the core "blueprint" asanas of the mandalas and sequence combinations with skill, effectiveness, fluency, and creativity.

Work with Prana Flow Three-Part Vinyasa Method and Vinyasa Krama to teach to all levels.

Experience Prana Flow® method of hands-on assists as both adjustments and "enhancements" to the core movement of the asana.

Develop Energetic Observation - ability to assess imbalances, blockages and leaks of energy to a person's body, mind and heart fire.

Review and application of basic anatomy to understand the way prana flows in the muscles, bones and fascia for balancing and lengthening qualities of structural embodiment within the asanas.

Special Mandala of Asanas™ Method - self and partner massage for regeneration and learning muscles, joints and boney landmarks of the body relevant to practice.

Daily meditation and yoga nidra for regeneration.

Online resources for continued practice.

Elemental Prana Vinyasa - Embodying the Power of Nature

During our 5-Day intensive module, aspirants are invited to live with the power of the earth, water, air, space and inner fire through Prana Flow® sequencing of "Elemental Vinyasa."

Our body is comprised of all of the elements which make up life - the food of the earth, the sacred water of our primarily fluid body, the metabolic and electrical fire of our cellular and neural network, the air which is the breath of life that nourishes every cell and the space which primarily pervades our body. Awakening the "elemental body" is the primary energetic map in Prana Vinyasa® that forms the foundation for our sequencing of Movement Alchemy™ - our embodiment of nature and an integrated flow between our practice and life. Through daily sadhana, we'll experience the "roots and evolution of vinyasa" as we collectively embody the Elemental Vinyasa™ pathway of Prana Flow®

This system is a unique part of our teacher training which offers the maps of embodiment through the elements as the art of yoga and life-sequencing for realization of our full potential and dharma in the world.

Experience 5 Namaskars/10 Sequences - powerful teaching tools for creative and effective sequencing of the flow of yoga.

Embody and Teach Five Elemental Namaskars - Bhumi (earth) Namaskar, Jala (water) Namaskar, Agni (fire) Namaskar, Hridaya (air) Namaskar, Akash (space) Namaskar.

Practice and learn the principles of Ten Solar-Lunar Elemental complete Prana Flow Sequences to explore and continue to embody through Samudra's Online Pathways of Prana Flow Program for certification.

Principles of Prana Flow® Movement Alchemy™ for sequencing Elemental Vinyasa

Understanding the Microcosm-Macrocosm of the Elemental Body within Yoga and cross-culturally, and the importance of embodying nature in our current times

Living Flow - Prana Flow® - Applying Elemental Vinyasa in Daily Life.

Caring for the Elemental Body through Ayurvedic Dinacharya and Lifestyle (Daily and Seasonal) Rhythms.

Online support offers 10 (1.5 hour video practices) for your continuing practice. Live teaching emphasizes hands-on assist, personal embodiment and understanding of sequencing.

Applied Anatomy and Massage for Flow™

Join Andrew McAuley, LMT for a 5 day exploratorium in both the practical and applied concepts of anatomy within advanced yoga asanas. A weekend diving deeper into the body - energetic and physical.

As you advance in the practice of yoga asana as a teacher/practitioner you will gain a new connection to the organic unraveling of the mudra of the body within each yoga asana allowing its inherent intelligence to take form. Learn how we can create habitual patterns of movement that can lead to injury and stagnation. We will digest various class sequences to modify for yourself and your students in relation to physical and energetic considerations. Learn to support your students through the nurturing art of touch and language, as we explore advanced hands-on enhancements, facilitated stretch and energetic techniques, along with energetic cueing.

By the end of this training participants will:

Study both practical and applied anatomy through daily yoga practices, kinesthetic exploratoriums, and massage of the muscles that support body consciousness and awakening through both observational and personal embodiment.

Gain and develop a working knowledge of the anatomy of the body within advanced yoga asanas, with a focus on "whole body participation" in order to promote energetic awakening and awareness.

Learn to observe the body in asana, evaluating for pranic "leaks" and discover how to prioritize enhancing the energetics of a posture.

Discover how to unlock and harness the body's inner intelligence by examining the mudra of the body within each asana, reconnecting with intention and unraveling the habitual patterns of a rigid, forced practice.

Learn a variety of enhancements for advanced yoga asana by examining certain Thai Yoga techniques, partner assists, and indicated manipulation, both mechanical and facilitated techniques, of the muscles which yields the most profound results, all while accessing a nurturing and solutions-based lexicon for enhancing through both verbal and energetic cues.

Learn to sequence classes with injuries in mind and guide injured students toward a functional practice focused on rehabilitating daily living skills vs. creating a hierarchy within asana families based on previous attainment or ego-fed goals. Practically and creatively explore the art of somatic cueing and how your language can support and heal habitual patterns of both physical and energetic stagnation within the body and encourage a student's investment within their practice.

Learn sacred activations, how one applies daily living skills and practices in such a way that they will masterfully promote and enthusiastically inspire the awakening of a daily yoga practice both on and off the mat.

Chakra Prana Vinyasa - Liberating the Body Mandala

Experience an integrative approach to the chakra system within vinyasa and the flow of life. Through this practical and inspirational exploration of the chakra system and yogic body, we will develop an transformative approach to the body mandala - - the divine container of our interconnectedness within our Self, experiences, relationships and nature. These five days will be devoted to traditional practices, innovative explorations, inward reflection, dynamic morning vinyasa sadhana and integrating specific and creative tools for transformative teaching and living of yoga.

An overview of key points, energetic anatomy chanting, meditation, affirmations and healing practices associated within each chakra.

How to utilize the chakra model and wave sequencing principles to create class sequences that are dedications within each chakra.

The Eastern view of the body as energetic layers of consciousness, sheaths, koshas.

The Five Sheaths, Pancha Koshas as a model, resource, tool for teaching and living Yoga.

History of the Chakra System from Tantra

Principles of Energetic Vinyasa for Sequencing for the Chakras and All Levels of Practice

Chakra, Mantra and Mudra Meditation for realization and balancing

Ten (10) Chakra Vinyasa™ Solar/Lunar Sequences from the root to the crown including pranayamas, chanting and music for balancing through the chakras.

Chakra Mandala Namaskar - Integrated practice sequence

Embodied Psychology of the Chakras - East and West for life-integration

Empowering Teaching Labs for Individual and All-Level Classes

Theory and application, to awaken the yogic body of marmas (108 energy points of the body), the nadis (energy channels), the seven major chakras, the five elements and the movement of prana, essential marma points for self-massage and activation during asana practice.

Bhakti Prana Vinyasa

Bhakti means " the path of love, devotion and service." Bhakti-yoga is connecting to Source through love, devotion and service. The sacred texts of yoga, such as the Bhagavad-gita address the essential questions of life.

A central practice of the bhakti yoga is mantra meditation. There are two types of mantra meditation, Japa and Kirtan. Japa is private, meditation kirtan where mantras are chanted softly on prayer beads called mala. The main purpose of the beads is to keep track of the number of mantras chanted. Bhakti yoga practitioners decide on a minimum number of mantras they want to chant each day. The focus while chanting is to hear the sound of the mantra. Japa turns the powerful benefits of kirtan into personal development. Kirtan, on the other hand, is the singing of mantras with others. The singing is accompanied by musical instruments and rhythmic drumming and the audience is encouraged to participate by chanting, clapping and dancing. In its heartfelt expression kirtan can induce profound states of meditation, bliss and ecstasy. Kirtan is the number one ingredient in the path of Bhakti yoga, the yoga of devotional service. Bhakti yoga and kirtan can be easily done by anyone. Anyone can participate in kirtan and immediately experience great benefits regardless if they are young or old, poor or

wealthy, scholarly or uneducated. Bhakti is the yoga, the spiritual practice, for all people.

Learn historical roots of Bhakti Yoga

Study the Bhagavad Gita

Experience mantra through both japa and kirtan

Honor the Navaratri (9 nights of the goddess) Cycle for Spring Renewal

Altar & meditation Sadhana

Create an altar every three days for each aspect of the Goddess. Keep fresh.

Offer puja and meditation

Movement Sadhana - experience 3 Shakti Namaskars for kundalini and Saraswati Ma (the creative flow), Lakshmi Ma (the abundant flow), Durga Ma (the empowered flow), as healing sequences expressing the full spectrum of a woman's life

Food Sadhana - No Meat or Vegetarian during days 1-10 which is the core fasting period including abstinence from alcohol during that period. Incorporating Cleansing Diet into your ten days.

Reflection and Outer Sadhana - For ten days bring, kindle the fire of renewal of your heart, awareness, speech, home space, life in the world.

Spring Renewal is consciously "tending the fire" of your life:

What needs to be "tended to"

What needs to be addressed, nourished, cared for?

What is emerging?

What is dissolving?

Seva and Community - Feed as Seva for at least one person to a larger community in need anytime during the sadhana cycle.

Explore specific mudras, meditation, asanas, mantras, and prayers for awakening shakti

Yogic Lifestyle - Ayurveda and Transformational Breath®

Ayurveda is a 5,000-year-old system of natural healing and the sister science to yoga. It has its origins in the Veda. Ayurveda has been enjoying a major resurgence in both its native land and throughout the world.

More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a holistic body of knowledge designed to help people stay vital while realizing their full human potential. Providing guidelines on ideal daily and seasonal routines, diet, behavior and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

Recognizing that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments: movement, transformation, and structure. Known in Sanskrit as Vata (Space & Air), Pitta (Fire & Water) and Kapha (Earth & Water) these qualities are responsible for the characteristics of our mind and body. Each of us has a unique proportion of these three forces that shapes our nature.

For each Vata, Pitta and Kapha there is a balanced and imbalance expression. When Vata is balanced a person is lively and creative, but when there is too much movement in the system a person tends to experience anxiety, insomnia, dry skin, constipation, and difficulty focusing. When Pitta is functioning in a balanced manner a person is warm, friendly, disciplined, a good leader, and a good speaker. When Pitta is out of balance a person tends to be compulsive and irritable and may suffer from indigestion or an inflammatory condition. When Kapha is balanced a person is sweet, supportive, and stable but when Kapha is out of balance, a person may experience sluggishness, weight gain, and sinus congestion.

An important goal of Ayurveda is to identify a person's ideal state of balance to determine where they are out of balance, and offer support using diet, herbs, aromatherapy, massage treatments, balancing yoga asana practices, music, and meditation to help reestablish balance.

Learn Historical and philosophical foundations of Ayurveda

Learn how to sequence for balancing dosha (constitution) and rtam (rhythm of life for the day, week, lunar and solar cycles)

Integration and ability to adapt Solar and Lunar Energetic Vinyasa Series for Balancing the Elements and Doshas

Ability to teach Meditation, Pranayama, Mudra and Mantra that you practice in your daily life

Recognize constitutional imbalances and create individualized recommendations based upon lifestyle, diet, asana, pranayama and meditation.

Breath is our direct connection to source energy & life. Without it, we are not alive!

As we breathe.....
so shall we live

Transformational Breath® uses a connected breath pattern that awakens the infinite wisdom & healing possibilities found inside the breath.

Tremendous Insight and transformation can be gathered in just one breath session. Profound healing & permanent resolution can emerge from the experience.

Transformational Breathing gives you the POWER to make POSITIVE change in your life.

Experience 4 powerful breath sessions

Learn about your unique breathing pattern & how it affects your life

Deepen your understanding of the 3 levels of Transformational Breath

Work with your own personal intentions to create change in your life

EMPLOYMENT ASSISTANCE SERVICES

Jewel in the Lotus Yoga does not offer employment assistance services. For many, yoga teaching is a part time job.

ADVANCED STANDING

We do not offer advanced standing for previous training or course-work.

STUDENT RECORDS

Student records will be stored for a period of ten years from date of graduation. Records are confidential and can only be accessed through written consent of teacher trainee. No records will be forwarded to other parties.

CLASS POLICIES

"Class" is defined as any practice, training, or teaching class in the setting of the

teacher-training program. "Class" also includes any Studio or Jewel in the Lotus Yoga class, any specially arranged or ad-hoc class, workshop class, special event class, master teacher round table class, introduction to yoga class, yoga sutra study group class, and any and all other classes at The Studio and Jewel in the Lotus Yoga not mentioned above.

Excessive tardiness will jeopardize your certification status. In addition, if you are late to any class more than three times, you may be asked to leave the program.

Excused Absences: Each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as weddings, family holidays, or pre-planned vacations. Shopping, movies, lunch with a friend, and "I'm too tired" are NOT legitimate excuses. You are allowed two excused absences, but hours missed must be made up.

Unexcused Absences: After the 2nd unexcused absence, you will automatically become ineligible for certification. You may also be asked to leave the program.

Absence due to Illness or Accident: Inform Jewel in the Lotus at least 4 hours before the class begins. The best way to do this is to call the studio and leave a message for Aubree. Please follow-up with an email at your earliest convenience. This will count as an excused absence.

Make-up: Trainees must complete a make-up (as described below) for ALL absences to become eligible for certification; there are no exceptions to this policy.

Option One: You may attend the missed class(es) in the following year's program.

Option Two: Meet with the teacher for a private session/review. Contact hours for the length of the private session will be credited. A \$108/hr rate will be charged for these meetings.

LEAVE OF ABSENCE

We do not offer leave of absence from the teacher- training program.

CLASS CONDUCT

You are expected to act in a respectful way towards the teacher and other students. Please arrive on time, prepared for class with assignments and class supplies. Please leave your mobile phone and other distractions outside the classroom. Disruptions to the teaching atmosphere will not be tolerated.

Disruptive behaviors include but are not limited to: harassing other students, being under the influence of drugs or alcohol, and abusive language.

COMPLAINT PROCEDURE

Students are encouraged to bring any complaints to the attention of the Director of Jewel in the Lotus Yoga, LLC.

Students are welcome to contact the Wisconsin Education Approval Board for further assistance at 608-266-1996.

Probation, Dismissal, and Re admittance

Any student behaving inappropriately will receive a written warning.

A second policy violation will result in termination from the program. School Director will determine final termination.

Students may reapply for re-admission to a future class. Admission is not guaranteed.

CANCELLATIONS AND REFUNDS

Student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.

A student who withdraws or is dismissed after attending one class, but before completing 60% of the instruction is entitled to a pro rated refund as follows:

After completion of at least	Prior to completion of	Refund will be
N/A	FIRST DAY	100%
1 unit/class	10% of program	90%
10%	20% of program	80%
20%	30% of program	70%
30%	40% of program	60%
40%	50% of program	50%
50%	60% of program	40%
60%	N/A	NO REFUND

As part of this policy, the school may retain a one-time application fee of no more than \$108. Student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.

A written notice of withdrawal is not required. All or a portion of the refund will be used to pay grants, loans, scholarships or other financial aid in conformity with federal and state law. The school will make a "good faith" effort to make a refund, if necessary, by sending certified mail to student's and parent's permanent address.

