



alcheme  
Yoga Therapy



# 300 hour Yoga Teacher Training Program

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## Level 1 of Yoga Therapist Training Program





Be The Change is the only studio in Orange County offering a 300 hour Teacher Training Program that focuses on adapting yogic practices for specific populations and students with specific health conditions. This program is for Yoga Teachers who have completed a 200 hour Yoga Alliance certified Teacher Training who seek to advance their knowledge in Yogic Studies and understand the totality of yogic practices as a healing modality.

Upon completing this 300 hour training, graduates can will receive the certification RYT500; which can be registered with Yoga Alliance. This 300 hour training also comprises Level 1 of our 850 hour Professional Yoga Therapist Training Program; which consists of 550 additional hours on top of the 300 hour certification. Program graduates can apply these hours and tuition toward their Yoga Therapist Certification.

The yoga therapy component within our 300hr Teacher Training Program courses, classes, instructions, and materials is derived from the Educational Standards of the International Association of Yoga Therapists, and is not derived from any status granted by the Yoga Alliance Registry.

## Program Structure

This 300 hour training is registered with Yoga Alliance and is made up of 15 full (15-hour) weekends (225 synchronous hours), as well as three asynchronous courses (45 hours), taken over a 11 month period. Each weekend meets Friday 5:00-8:15pm PST, Saturday 12:30-6:30pm PST, and Sunday 12:30-6:15pm PST. Classes can be taken virtually or in studio.

Our program consists of four courses:

- 1. Yoga Therapy Tools and Therapeutic Skills**
- 2. Philosophical Foundations of Yoga Therapy and Ayurveda**
- 3. Yoga Therapy Foundations for the Physical Body**
- 4. Yoga Therapy Foundations for the Subtle Bodies**

To receive the RYT500 Certification participants must complete all the necessary hours within a 2-year period, as well as all required assignments.

RYT500 Certification: Please fill out an application between October – February. If admitted into the program, trainee must be enrolled in auto-pay program and take all courses in sequential order.

Becoming a Yoga Therapist: Together, the courses in our 300hr program comprise Foundations of Yoga Therapy; which is Level 1 of our Yoga Therapist Training Program. Upon successful completion of all Level 1 / 300hr Courses, trainee be eligible to apply for enrollment in Levels 2 and 3 of our Yoga Therapist Training; which consists of an additional 550 hour program that starts every August.

# Levels 2-3 Yoga Therapist Training

We've developed a seamless program to move sustainably from Level 1 / 300hr YTT into our Level 2 Yoga Therapist Training Program. Level 1 students can now take the Level 2 Orientation and Foundations program concurrently from August through December, adding on 15 hours of synchronous coursework with five 3-hour Saturday morning classes and 15 hours of an asynchronous anatomy course to best prepare for Level 2 Coursework.

## Time Commitment

- Level 1: 15 full weekends for 11 months
- Level 1 and 2 concurrent: 15 hours of additional Level 2 coursework
- Level 2: 21 weekends (10-13 hour weekends) over 33 months
- Plus 19 Sunday morning mentorships per month via Zoom during months 6-33
- Levels 1-3 time commitment: 39 months / 3 years and 3 months

## Schedule

- Level 1.1 February of Year 1 – December of Year 1: Level 1 Coursework
- Level 2.1 August of Year 1 – December of Year 1: Yoga Therapy Orientation and Foundations
- Level 2.1 January of Year 2 – June of Year 2: Yoga Therapy for Musculoskeletal Ailments
- Level 2.2 July of Year 2 – December of Year 2: Yoga Therapy for the Energetic Body
- Level 3.1 January of Year 3 – June of Year 3: Yoga Therapy for the Mental / Emotional Body
- Level 3.2 August of Year 3 – October of Year 3: Integrative Medicine and Special Populations
- Level 3 Practicum: August of Year 3 - April of Year 4
- Graduation - April of Year 4

## 2023 Discounted Tuition

- \$600 Level 1 Registration Fee (paid before 300hr Level 1)
- \$257 per month for 11 months (February - December of Year 1)
- \$600 Level 2 Registration Fee (paid in August to cover Level 2 Orientation and Foundations)
- \$300 per month for 28 months (starting in January of Year 2)
- Total tuition of \$12,426.50

## Application

- Trainees don't need to decide to enroll in Level 2 until August
- Please complete the online application
- Submit personal statement and two references
- If you have to miss a weekend, we suggest missing a Level 1 weekend the first year instead of Level 2 classes. Makeup policy is the same.



# Application for Levels 2-3 Yoga Therapist Training

To apply for our Yoga Therapist Training, we request that applicants fill out our on-line application before August as well as include the following items:

- Personal Statement
- 1 Letter of Recommendation (Professional)
- 1 Letter of Recommendation (Personal)
- Copy of 200hr Teacher Training Certification

## Levels 1-3 Total Hours

### Level 1 Courses

270 Contact Hours + 30 Non-Contact Hours

\* For the 300hr Yoga Alliance credentialing, 30 non-contact hours are applied towards the RYT500 per YA standards but these hours are not counted towards the IAYT certification.

### Level 2 Courses

Module 1: Yoga Therapy for Musculoskeletal Ailments – 117.25 hours

Module 2: Yoga Therapy for the Energetic Body – 100.50 hours

### Level 3 Courses

Module 3: Yoga Therapy for the Mental / Emotional Body - 100.50 hours

Module 4: Integrative Medicine and Special Populations - 83.75

**Practicum - 173 hours**

**Total Hours – 850 hours**





## Course 1: Yoga Therapy Tools and Therapeutic Skills (56 hours)

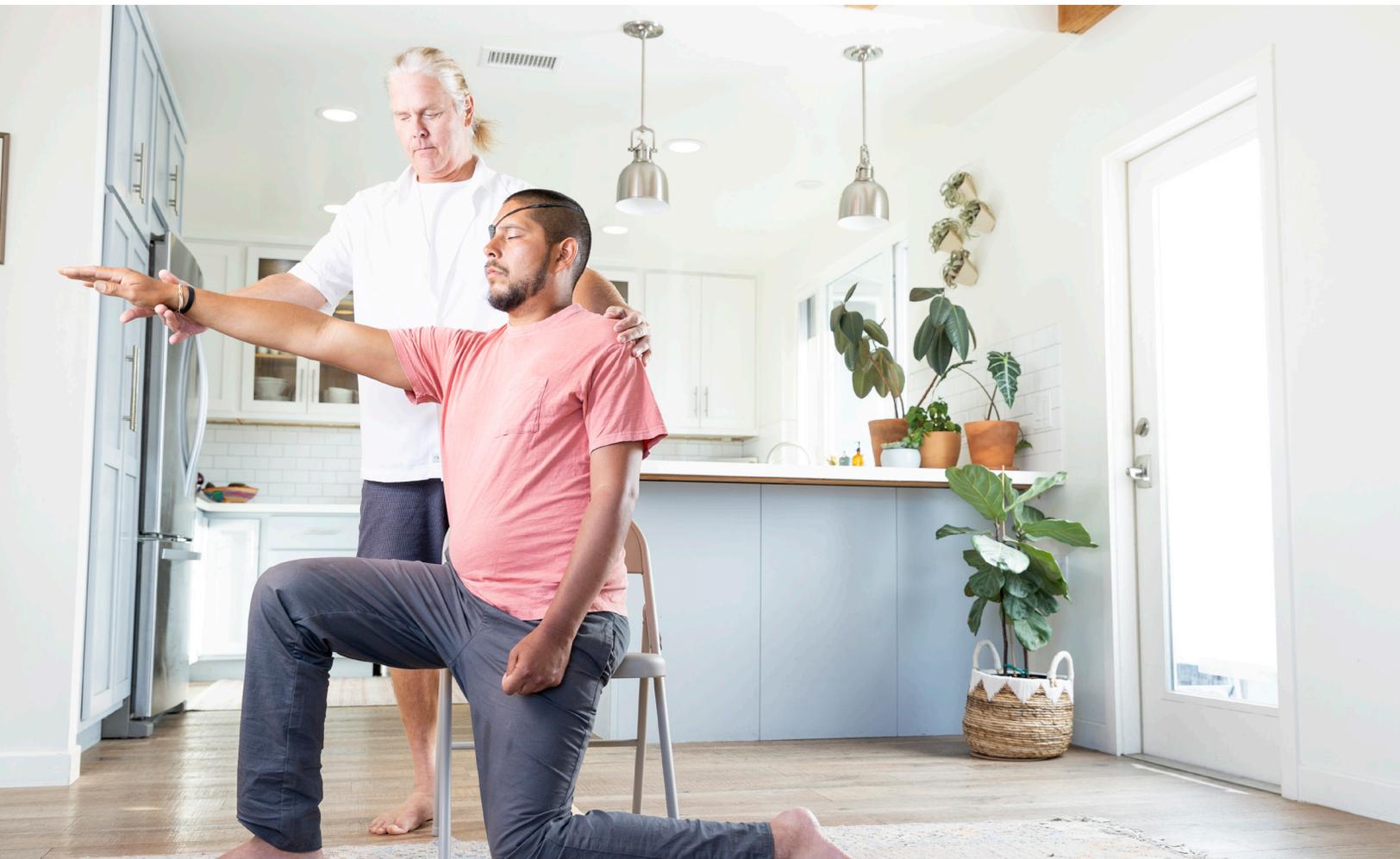
This course provides the foundational principles for building a therapeutic relationship. Trainees will be introduced to the principles to work with clients one-on-one; which include primary yoga therapy assessment models to identify imbalance, as well as the skillful application of tools to assist their clients in achieving their goals and moving towards optimal health.

### Subjects within this course include:

- Yoga Therapy Foundations, Practice and Public Health
- Basic Principles of a Therapeutic Relationship
- Application of Basic Principles of a Therapeutic Relationship

### Faculty Members:

- Katie Allen MPH, C-IAYT, E-RYT 500
- Kelsey Delane C-IAYT, RYT 500





## **Course 2: Philosophical Foundations for Yoga Therapy and Ayurveda (69.25 hours)**

Yoga is a lineage-based system. These teachings have been passed down for thousands of years from teacher to student. As Yoga and Yoga Therapy continue to evolve well into the 21st Century, it is of paramount importance to understand and maintain the essence of Yoga. In order to do this, we must study the source text of Yoga; which is the Yoga Sutras of Patanjali. Our trainees will gain correct knowledge of the systems of Yoga, Sankhya and Ayurveda as comprehensive and complimentary paths of personal transformation. This course outlines the myriad of tools and correct application of tools, available in our Yoga Therapy tool belt, as well as the methodology to positively change mind, body, relationships and every aspect of life.

### **Subjects within this course include:**

- Yoga Sutras Tools for Yoga Therapy
- Bhagavad Gita for Yoga Therapy
- Principles of Ayurveda Wellness (asynchronous)
- Ayurveda Framework for Health and Disease

### **Faculty Members:**

- Kelsey Delane C-IAYT, RYT 500
- James Bailey, DASc, AD, LAC, MPH, E-RYT 500
- Arun Deva, CAS, PKS, C-IAYT





## Course 3: Yoga Therapy Foundations for the Physical Body (81.5 hours)

This course addresses musculoskeletal anatomy and physiology, investigating kinesiology and biomechanics. Students will look at normal and dysfunctional movement, common imbalances in the body, how to analyze and assess these common imbalances that contribute to structural misalignment and potential injury and pain. Students will become practiced in postural analysis, structural assessment, and gait analysis. Students will become familiar with alignment and muscle function, as well as how to design and apply yoga practices to promote healthy structure and function.

### Subjects within this course include:

- Anatomy and Physiology for Yoga Therapy (asynchronous)
- Biomechanics and Movement for Yoga Therapy (asynchronous)
- Principles and Skills of Teaching Methodology
- Foundations of Asana for Yoga Therapy
- Tools and Techniques for Teaching Students with Injuries
- Common Pathologies of the Human Systems

### Faculty Members:

- Cheri Dostal Ryba C-IAYT, E-RYT 500
- Megan McCarver MA, C-IAYT, E-RYT 500
- Tess O'Hern C-IAYT, DPT
- Allison Martin Prince, C-IAYT, E-RYT 500
- Juris Zinbergs C-IAYT, E-RYT 500





## Course 4: Yoga Therapy Foundations for the Subtle Bodies (63.25 hours)

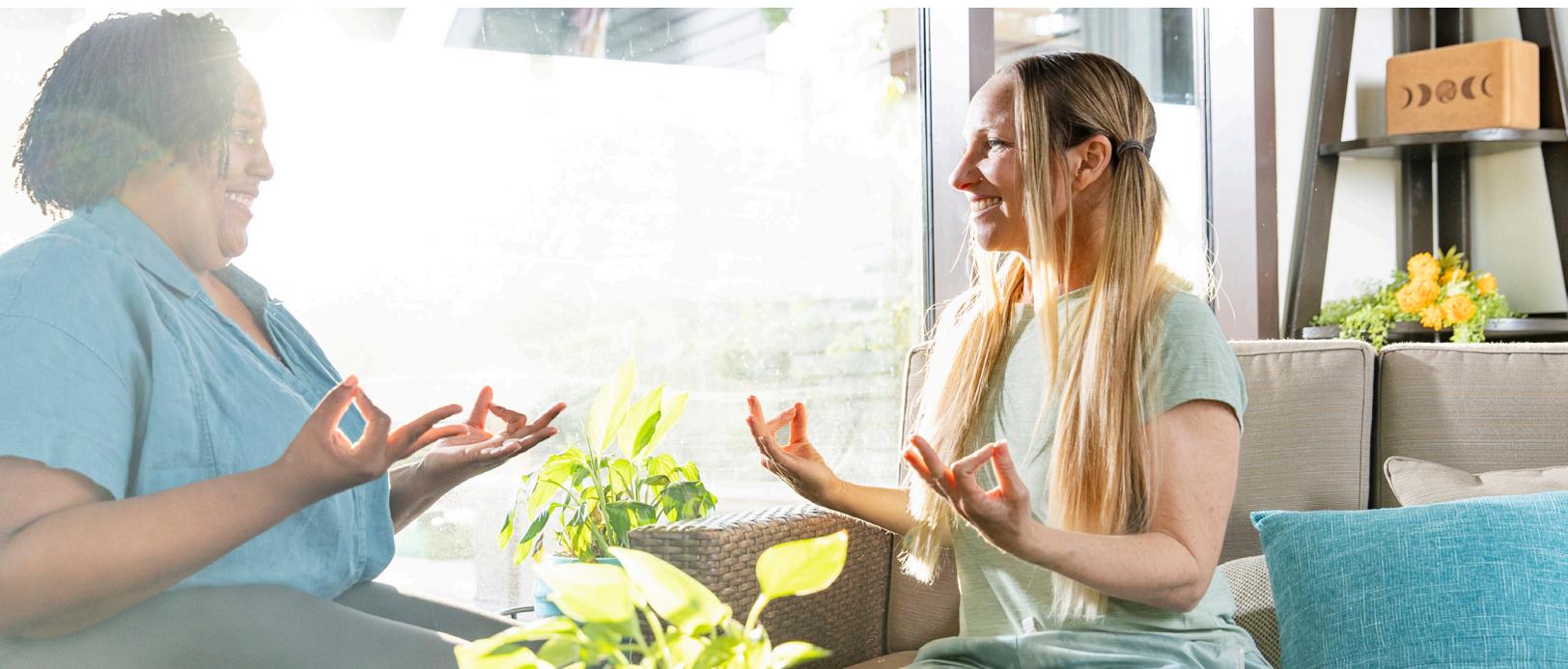
This course provides Yoga perspectives on the structure, state, functioning and conditions of the mind, as well as Western scientific perspectives on the mind with a specific emphasis on positive psychology and neuroplasticity. Trainees will gain knowledge of the interactions of the body, breath, mind, intellect and emotions in health and wellbeing. In addition, trainees will learn to assess imbalance in the subtle bodies (pranamaya, manomaya and vijnanamaya layers), as well as how to skillfully apply specific Yoga tools to improve mental / emotional / energetic health and relationships.

### Subjects within this course include:

- Integration of Psychosocial Emotional Components for Yoga Therapy
- Principles of Pranayama for Yoga Therapy
- Foundations of Meditation for Yoga Therapy
- Mantras, Guided Meditation and Mudras for Yoga Therapy
- Developing a Trauma Informed Lens for Yoga Therapy
- Psychology of Healthy Relationships

### Faculty Members:

- Megan McCarver MA, C-IAYT, E-RYT 500
- Tess O'Hern C-IAYT, DPT
- Megan McCarver MA, C-IAYT, E-RYT 500
- Juris Zinbergs C-IAYT, E-RYT 500
- Amy Harper, C-IAYT



## Tuition

We have developed a monthly auto-pay plan to make tuition more affordable and easier to manage. Trainees will complete the Level 1 application and once accepted into the program, will submit a \$600 registration fee. Once the Level 1 courses start in February, trainees will be enrolled in our auto-pay program at \$257 per month for 11 months. This tuition includes all of the Level 1 courses, as well as a 11-month membership to BTC group yoga classes and the total tuition is \$3427

## Enrollment Form

This Enrollment Agreement, Contract # \_\_\_\_\_, is between Be The Change 300hr Advanced Yoga Teacher Training and the assigned below.

Trainee's Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ Drivers License # \_\_\_\_\_

Email \_\_\_\_\_

The school agrees to provide the following training:

Be The Change Yoga Therapist Training Program

Starting Date: \_\_\_\_\_ Completion Date: \_\_\_\_\_

The cost of our 300-hour Yoga Teacher Training includes the following:

Non-Refundable Application Fee: .....	\$600
Total Tuition: .....	\$3427
Tuition divided into 11 monthly payments :.....	\$257
Books: .....	+/- \$100

Total Cost for 300hr Program (tuition + application fee): .....\$3427

### Agreement is Binding

This agreement will be binding only when it has been fully completed, signed, and dated by the trainee and an authorized representative of the school prior to the time instruction begins.

### Changes in the Agreement

Any changes in the agreement will not be binding on either the trainee or the school unless such changes are acknowledged in writing by an authorized representative of the school and by the trainee or the trainee's parent or guardian if he/she is a minor.

## **Cancellation and Refund Policy for 300hr Teacher Training Program**

Our auto-pay program includes a one-time \$600 non-refundable registration fee and a \$257 per month commitment for 11 months on autopay totaling \$3427.

Trainee will receive a full refund (minus the registration fee) if they withdraw from the training at least 3 days before taking any 300hr classes by notifying Be The Change Yoga in writing.

If trainee chooses to withdraw from the training after the initial start date, they can cancel the monthly auto-pay program. Any tuition paid once classes have been taken is non-refundable.

Any unused tuition will remain on trainee's account for future 300hr Independent Studies classes at then current, a la carte rate, minus a \$200 administrative fee.

If trainee withdraws from the autopay program and seeks to re-enroll for 300hr certification at a later date, a \$200 administrative fee will be required, if trainee is accepted back into the program. Trainee will resume autopay at the then current price.

If trainee continues enrollment in the auto-pay program but is unable to attend all courses during the 13-month period; they can complete the 11-month autopay program and apply the funds towards future 300hr YTT classes and complete the coursework at a later date.

### **Discontinued Programs**

If the school discontinues instruction in any program after trainees enter training, including circumstances in which the school changes its location, trainees must be notified in writing of such events and are entitled to a pro-rated refund of all tuition and fees paid unless comparable training is arranged for by the school and agreed upon, in writing, by the trainee. A written request for such a refund must be made within 90 days from the date the program was discontinued or relocated and the refund must be paid within 30 days after receipt of such a request.

### **Termination by the School**

A trainee who fails to maintain satisfactory progress, violates safety regulations, interferes with other trainees' work, is disruptive, obscene, aggressive towards staff / faculty, under the influence of alcohol or drugs, or does not make timely tuition payments, is subject to immediate termination.

### **Cancellation of Classes**

The school reserves the right to cancel a starting class if the number of trainees enrolling is insufficient. Such a cancellation will be considered a rejection by the school and will entitle the trainee to a full refund of all money paid.

### **Notice to Buyer**

Do not sign this agreement before you read it or if it contains any blank spaces. This is a legal document. All pages of this agreement are binding. Read both sides of all pages before signing. You are entitled to an exact copy of the agreement, school catalog, and any other papers you may sign, and are required to sign a statement acknowledging receipt of those.

**Cancellation of Contract**

If you have not started training, you may cancel this contract by submitting written notice of such cancellation to the school at its address shown on the contract, which notice shall be submitted not later than midnight of the fifth business day (excluding Sundays and holidays) following your signing this contract or the written notice may be personally or otherwise delivered to the school within that time. In event of dispute over timely notice, the burden to prove service rests on the sender.

**Unfair Business Practices**

It is an unfair business practice for the school to sell, discount, or otherwise transfer this contract or promissory note without the signed written consent of the trainee or his/her parent or guardian if he/she is a minor and a written statement notifying all parties that the cancellation and refund policy continues to apply.

**Effective Date of Acceptance**

I certify that (1) I have read and understand the cancellation and refund policy and the complaint procedure; (2) I have received a copy of the school catalog or brochure; and (3) I am entitled to an exact copy of this Enrollment Agreement, school catalog, and any other papers I sign. I hereby agree to abide by the conditions set forth herein.

Trainee's Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

As the authorized representative of the school, I hereby agree to the conditions set forth herein:

Name of Authorized School Representative \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

# Goals

Our goal in this course is to help you understand the human experience through the lens of Yoga, while including additional holistic health models to offer a wider perspective, such as Spiritual Psychology, Positive Psychology and Ayurveda. These tools will enable you to work with clients on all levels: physical, mental, emotional, energetic and spiritual.

By combining the wisdom of the Yoga Sutras, the breath-centered physical practice of asana, (ranging from Yoga Therapy to advanced asanas) and numerous modalities of spiritual psychology; you will receive a plethora of tools to integrate into your life and teachings. By doing the work on yourself, you will be able to understand your students more clearly and thus help them clarify their values and create practices to improve happiness and wellbeing in all aspects of their lives.

## Class Make-Up's

There are a few options for class make up's.

Option 1. Schedule a make-up session with the instructor for \$55 an hour or \$35 an hour for a group of 2 or more.

Option 2. Watch the recorded lectures and complete a quiz to show completion when option is available.

Option 3. You can make up the lectures the following year with the next class if you are not in a rush to receive your certification.

Option 4. We will record the Friday night lectures by audio and you can make up one class via audio lecture. You will have to complete an assignment corresponding to the materials.

If you are unable to attend the total contact hours during a weekend class, the missing hours will have to be make-up with to receive certification

## Assignments

1. Yoga Therapy Foundations, Practice and Public Health: Choose a specific group and develop, implement and evaluate a 6-week Yoga Therapy intervention program.

2. Principles and Skills of Teaching Methodology: Teach various practices to the group to assess presence, delivery, verbal cues, sequencing and choice of tools.

3. Pass fail on all quizzes and short assignments

4. Receive an 80% or higher on the 300hr cumulative written exam, taken in the Yoga Therapy Foundations, Practice and Public Health:

5. Present sequence planning and adaptation of appropriate tools in Basic Principles of a Therapeutic Relationship (Part 1) - pass / fail

6. Demonstrated ability to develop and teach appropriate practices in Basic Principles of a Therapeutic Relationship (Part 2) - pass / fail

