



**Sattvic Sage**  
Ayurveda & Yoga  
A personal journey to natural health

YTT

# Yoga Teacher Certification

Overview

Tuition

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~ O V E R V I E W ~

## CLASSES:

*Sessions Are Available as Follows:*

1. *In-Person at Sattvic Sage Ayurveda in Buckeye, AZ*
2. *In-Person at Soderworld Wellness Center in Willowbrook IL*
3. *Hybrid of LIVE Online Sessions*

## Requirements for Completion:

Completion & Attendance of All Session Hours & Any Needed Make Up Hours  
All Assigned Homework / Personal Class Attendance Log / Meditation Journal Sharing / Student Survey  
Class Observations / Complimentary Community Class Offerings

## Pre-Requisite:

ALL CLASSES: At least 18 Years of Age with Proficiency in English, as all classes are taught in English language  
For 300HR Course: Completion of YTT200HR Program - Transcript or Certification Proof Required  
It is suggested that each student has previous experience by way of attending classes, lectures, inquiry or has engaged in self-awareness practices for at least 6 months.

## Upon Completion:

When course requirements are met, a "Certificate of Completion" is issued.  
You are considered a Certified Yoga Instructor: CYT200 or CYT500  
This program not offer Job Placement Opportunities

## Registration with Yoga Alliance:

To become a Registered Yoga Instructor (RYT), the registration process is completed directly with Yoga Alliance.  
This program is a YA RYS Registered School and may be included in the path to RYT200 / RYT500.  
This process is also explained in the Professional Development portion of the program.

## Current CYT200 & RYT200:

The completion of hours and Certificate of Completion may be added to experiential hours for the path of CYT500 / RYT500.  
If RYT500 is desired, Yoga Alliance will recognize your additional training hours through this program.

## Academic Requirement:

ALL CLASSES: Applicants must possess a high school diploma or GED and must attain 18 years of age prior to start of classes  
ALL CLASSES: Applicants should have English language fluency, as all classes will be taught in English  
LEVEL 2 300 HR: Applicants will have already completed a Level 1 - 200HR Program in any capacity

## Steps in the Application Process & Enrollment Registration:

1. ONLINE SUBMISSIONS: [www.sattvicsage.com/ytt](http://www.sattvicsage.com/ytt)
  - Payment of SEAT RESERVATION or TUITION IN FULL
  - Submission of ONLINE ENROLLMENT FORM
2. Reply Email of Confirmation, Welcome and Full Details, Required Books, Etc
  - Will include Class Schedule, Program Handbook & YTT Policies
3. Phone Interview with Lead Trainer for Confirmation of Acceptance & Class Requirements
4. On Class Start Day, Signed Waiver & Arrestation Required

### Tuition Includes:

- 200 Hours or 300 Hours Curriculum
- Personal Class Attendance & Class Observations
- Class Set Up & Clean Up
- High Quality, Professional Presentations & Equipment, Set Up/Breakdown
- Full-Color Binder of Syllabus, Class Schedule, Course Handbook, Homework Summary & Due Dates
- Part 1 & 2 Printed Handouts, Personal Logs, Observations Template & Class Design Templates
- Part 3 Onward Handouts in Electronic PDF Format
- Meditation Journal
- Numerous E-Books depending on 200 Hr / 300 Hr Course
- In Person Class Practice at The Hindu Temple of Greater Chicago
- Attendance Tracking / Homework Tracking & Review, Grading & Feedback
- Administrative Communications & Follow Up
- Discounted Yoga Classes at Soderworld Wellness Center during training
- Graduation Ceremony

### Non-Mandatory Suggestions for Additional Education / Certification:

Free Anatomy Courses at <http://www.corsera.org>

Various workshops to enhance Sanskrit understanding

Obtaining Personal AHA CPR Certification is Recommended

# ~ P O L I C I E S & A G R E E M E N T S ~

## EQUAL OPPORTUNITY & ANTI-DISCRIMINATION

This YTT Programs provides, encourages and requires a state of fairness in which individuals are treated similarly, unhampered by artificial barriers, prejudices, or preferences. We welcome **ALL** – regardless of religious or spiritual beliefs (or not), sexual orientation or identification, physical ability or challenge, age, ethnicity, race, caste, or any other important personal attributes. The program also a zero-tolerance policy for those with discriminating words, thoughts or actions.

## HEALTH & SAFETY FOR ALL STUDENTS

**BACKGROUND CHECK / CRIMINAL HISTORY:** Prior to or upon Enrollment, Sattvic Sage Ayurveda & Yoga & Soderworld Wellness Center reserve the right to complete a general background check on students who wish to join the YTT program. No student shall be accepted into the program that has had criminal charges against them within a 10-year previous period prior to class start date. Minor Traffic violations are excluded from this policy. All other criminal misdemeanor or felony charges apply.

**HARRASSMENT OR SEXUAL MISCONDUCT:** Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center are committed to providing a safe environment for all students and staff, free from discrimination on any grounds and free from all from harassment of any kind, including sexual harassment. SSA&Y operates a zero-tolerance policy for any form of harassment, treats all incidents seriously and will promptly investigate all allegations of sexual harassment. Any person found to have harassed or sexually harassed another will face disciplinary action, up to and including dismissal from the YTT program.

**NON-RETALIATION:** All complaints of harassment or sexual harassment will be taken seriously and treated with respect and confidence. No one will be victimized for making such a complaint.

## TUITION

### **SEAT RESERVATION OR PAYMENT IN FULL IS REQUIRED BY REGISTRATION DEADLINE DATE**

All subsequent tuition payments are due on 15th of month per selected session of the year with no grace period. Payments are made via AutoPay with major credit/debit cards only. A US \$25.00 late fee will be charged for declined payments. Written Notification is required 30 days prior to payment due *if there are any changes with your credit card on file*. Any & All payments made electronically by major credit cards for Tuition, Seat Reservation or Payment Plans are charged a 4% processing fee (and a 2% interest charge, if applicable for payment plans). Sattvic Sage Ayurveda does not offer state or federal financial aid, loans, or tuition scholarships to students at this time. Maintenance of a current and satisfactory account standing is required for continued enrollment in the Program, Graduation and for the issuance of Certificate of Completion. Students who lapse in their tuition payments will be dropped from the program after 15 days past due. Tuition must be paid in full in order to receive certification.

**REFUNDS:** We don't want to see you go! But if for any reason you must leave the program, please note the following: \$250 as well as all electronic processing Fees is non-refundable. If the student decides to cancel or withdraw from enrollment at any time, a written notification and request from the student is required to be sent directly to Lead Trainer at [sattvicsage@gmail.com](mailto:sattvicsage@gmail.com). Refund of paid Tuition (minus Non-Refundable Fees) applies if student withdraws 15 days or more prior to program start date. Less than 15 day notice of discontinuation prior to program start dates results in 75% Refund (minus Non Refundable Fees).

### **PAYMENT PLAN REFUNDS:**

Please note: Payments are in AREARS, meaning tuition for classes each month is paid for what you have already attended. For Example: Tuition Payment on Sept 15 pays for your class attendance for the previous month (August 16 – Sept 15). If a payment is made on August 15 and a student decides to drop on Sept 5, Tuition is STILL DUE to be paid for Aug 16 – Sept 5. A "Withdrawal from the Program" request must be made prior to the 15<sup>th</sup> of the month in order to pro-rate the last Auto Pay and to Cease any further debits from going through. No further tuition installments will occur and no refunds are due.

**PAID IN FULL REFUNDS:** The same info applies as above regarding tuition required for the month. If tuition has been paid in full, the prorated portion of tuition & Non-Refundable fee will apply with all remaining hours being refunded. A refund will be processed within 30 days from the date of receipt of official written request of cancellation from the student. The refund amount will be electronically refunded via same method as payment was received: PayPal Gateway. Confirmation of Refund will be automatically emailed to email address on file. Eligible refunds will not include any interest or processing fees on the Tuition at any point in time. Additional fees incurred (i.e., credit card fees) etc. are not refunded.

## TERMINATION

**TERMINATION:** Sattvic Sage Ayurveda & Yoga // Soderworld Wellness Center reserve the right to terminate any student from the program if their behavior is deemed inappropriate, unethical or poses any risk whatsoever. Under such circumstances, tuition will not be refunded.

**ATTESTATION:** Sattvic Sage Ayurveda & Yoga // Soderworld Wellness Center reserve the right to terminate any student from the program if it is discovered that questions contained within the Enrollment Form or Signature to Attestation of Policies is found to be untruthful regarding Academic Background or Criminal History. Under such circumstances, tuition will not be refunded.

## RESPECT SPACE

- Be respectful of yourself, your teacher and of each other.
- Keep our program room clean / Return props neatly to their proper place.
- Beverages are allowed in closed containers with a sealable lid
- Respect a shoe-free environment.

## ETHICS & ROLE OF A STUDENT

- Attendance and participation at all sessions is mandatory for certification.
- Arrive promptly for all sessions and be ready to begin on time.
- Bring manual, books, journal and mala beads to all sessions.
- Reading assignments may be given during the program. Please use these assignments to enhance learning.
- Be attentive and alert in class.
- Consider Balance between not sharing & oversharing.
- Participate fully in every Sadhana.
- There are scheduled breaks. You are also free to quietly leave the program room as needed.
- Wear modest yoga attire to classes.
- The regular practice of yoga asana & philosophical principles of yoga can be stimulating on many levels.
- Taking time for personal silence between sessions and/or during meals can help integrate the experience.
- Co-listening & conscious communication techniques are built into the curriculum. Students are encouraged to work with these methods in interactions with fellow students and staff throughout the training.
- Practicing yoga and intimate community may increase energy that can be mistaken for romantic feelings. Romantic and/or sexual relationships have a tendency to be distracting.
- Please Refrain from entering into a new romantic relationship during this program.
- There is time available in almost every session to speak relevant thoughts, questions, feelings, and insights. There may be time boundaries set by the session leader out of respect for the overall process.
- Trainers are available outside of class for one-on-one meetings.
- Wi-Fi Access will be provided. Cell Phones are permissible and welcome for occasional photos and video, but other cell phone use is PROHIBITED during session. Personal communications and Social Media may be engaged during breaks. Cell phones are to be kept silent and face down to avoid distractions during practice, discussion, meditation, etc.

### Substance Use

The use or abuse of alcohol or other recreational drugs is strictly prohibited during the training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program with **no refund**.

### Sattvic Sage Ayurveda & Yoga Promotional Efforts

At times Sattvic Sage Ayurveda & Yoga takes photographs and makes audio and video recordings to promote the benefits of participating in its programs and activities. Whenever these activities are happening, I can tell Sattvic Sage Ayurveda & Yoga staff that I do not want to participate, or move to a place in the room that is not being photographed or recorded. Otherwise I hereby consent to being the subject of any photographs or audio/video recordings made during my time and participation with Sattvic Sage Ayurveda & Yoga or Soderworld Wellness Center, and grant permission for these to be published or posted in ways that promote Sattvic Sage Ayurveda & Yoga.

### Release of Liability

After being informed of the above risks and responsibilities, I generally release Sattvic Sage Ayurveda & Yoga & Soderworld Wellness Center together, with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my guest participation, whether they arise while at Sattvic Sage Ayurveda & Yoga, or from my later use of information or instruction at home.

# Criteria for Certification

This program is intended to result in Certification as a Traditional Yoga Teacher. Certified Yoga teachers must possess a certain level of emotional and mental stability, and the skills necessary to safely and competently teach this profound practice.

You will be evaluated on the criteria listed below.

Although the majority of students who attend complete this program and are certified, we reserve the right to withhold certification from any student who fails to develop the necessary skills and meet the criteria described below.

In the event that you do not make satisfactory progress, every attempt will be made to provide input throughout the program about challenges that might be impeding your certification. If it is determined that you have not successfully met the certification requirements, you will meet with the teacher trainers, who will determine the appropriate steps needed for you to complete certification. This process may include working with a certified Sattvic Sage Ayurveda & Yoga teacher or mentor at additional expense. The specifics of any additional work required will be determined individually, based on the needs of each student.

In the case of extended study and a pending certification, the student and the teacher trainers will agree upon the terms of continued study and sign a letter outlining the required steps and the timeline agreed upon with the Program Director. Students who are unable to complete the additional requirements within a year from the end date of the program must repeat the training in order to be certified by Sattvic Sage Ayurveda & Yoga. The program reserves the right to ask any student enrolled in a yoga teacher training program to leave the program if it determines that a student is not a good fit for the program. There are no refunds available if a student is asked to leave a training.

## Certification Requirements

### ATTENDANCE

To be considered present, you must arrive / Login on time and stay for the duration of the session, or you must arrange ahead of time to leave a session early. Signing in online requires camera to be turned on to allow for participation.

Excessive tardiness will result in not receiving certification.

**ATTENDANCE / CLASS MAKE-UP:** Students are expected to be on time for class, after breaks, and after lunch. Please let faculty know if you will be late. Students are encouraged to have 100% attendance. However, we understand that students have important commitments outside of the classroom. Should extenuating circumstances impact attendance, students are permitted to miss class, provided they work with the program director to make up any missed hours. Students are responsible for rescheduling missed hours to make up any course material they have missed. If a student needs to miss any training session, he or she must speak to the program director before the beginning of the session. Absences may be made up if we have available teacher trainers and studio openings at the rate of \$25 per hour. Students recognize that, if they miss training hours that they have not made up, they will not graduate from the program.

**IMPORTANT ATTENDANCE NOTE:** A trainee cannot miss more than 10 hours of training for YTT200 and not more than 20 Hours of training for YTT300. Missing these hours will result in termination from the program AND the trainee will still be responsible for paying tuition in full. If a student fails to complete the required attendance hours, he or she may be terminated from the program without a refund.

### Active Class Participation

Being fully present and actively participating in the daily activities of class to the best of your abilities is required. Actively participating enables you to process, apply, interact, and share experiences as part of the educational process. The interactive components support the goal and the educational objectives for learning to be an effective Yoga Teacher. This includes In-Person & Online. Of course, all modifications are needed and welcome – but be present 😊

## Maintain Safe Space for Teaching and Practicing Yoga

Students must have the ability to create a safe space for people to learn and practice yoga through demonstrating the following abilities:

- Appropriately direct and manage attention toward oneself and others
- Receive and integrate constructive feedback
- Show respect for other students, and for guests, time, and the experience.
- Articulate and Embody Ethics
- Bring forth personal needs and concerns to the Lead Trainer in a timely manner.

## Teaching Competence and Proficiency

Students must demonstrate command of the skills necessary to safely and competently teach a Yoga class. Participation in all practice-teaching sessions is mandatory for certification. During these sessions & throughout training, you must demonstrate the ability to teach Yoga using the methodology presented in the training as noted below:

- Demonstrate knowledge, embodiment and modeling of Āsana, including modifications, intuitive and evidence-based benefits, contraindications, and alignment principles for all intended demographics
- Demonstrate understanding and use of effective, conscious communication skills
- Demonstrate ability to lead Āsana, Pranayama, Guided Meditation and Relaxation.
- Demonstrate fundamental knowledge of basic anatomy and physiology—muscles, bones, and systems
- Demonstrate knowledge of Yoga History, Philosophy and Methodology

These skills will be evaluated during session Teachbacks.

A minimum of 5 hours is required teaching as the Lead Instructor and will be incorporated into class training sessions.

You will conduct classes live as lead instructor amongst classmates and offer Community Yoga Classes.

Classmates will provide feedback to each other on each class offered.

## Assessments

Students will be given a series of assessments designed to support integration of content. The assignments include Homework on studied texts, Summaries/analyzation of specific documentaries, self-reflective based journaling, lesson reviews, and practice teaching exercises. The successful completion of these assessments is required for certification. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

## At-Home Assignments

Students attending training will be given assignments to complete between segments.

These assignments will account for Non-Contact Hours. These assignments will include attending personal yoga classes, Observing others teaching in a classroom setting, and developing Class Designs. Students must satisfactorily complete and submit all assignments in hardcopy or email to receive certification. These assignments will be provided by the Lead Trainer In-Person or via email. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

## Professional Behavior and Ethical Conduct

Professional behavior and ethical conduct create an environment that promotes a safe, high-quality student experience and learning environment

- The following are guidelines for professional behavior and ethical conduct:
- Maintain cleanliness and a neat appearance and dress appropriately for class
- Listen respectfully to students and teachers during group activities and personal sharing
- Respect the cultural and religious differences of others
- Remain truthful in verbal and written communications
- Communicate differences in opinion and good-faith criticism respectfully, in the appropriate forum.
- Be on time for class and meetings
- Keep shared student information confidential

Students in the training program are required to adhere to all program guidelines and policies as stated above - and in the Enrollment Agreement Waiver. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere could result in denial of certification.

The Sattvic Sage Ayurveda & Yoga School of Yoga does not discriminate on the basis of race, color, religion, national origin, gender, gender identification, age, marital status, disability, or sexual preference.

# ~ WAIVER & RELEASE ~

## ATTESTATION & ACKNOWLEDGEMENT

### BY JOINING THIS YOGA TEACHER TRAINING PROGRAM, I UNDERSTAND, DECLARE & ACCEPT THE FOLLOWING:

Sattvic Sage Ayurveda & Yoga Teacher Training is a physically and psychologically rigorous immersion program. I am responsible for my experience in the Sattvic Sage Ayurveda & Yoga Teacher Training and for my well-being while at Sattvic Sage Ayurveda & Yoga or Soderworld Wellness Center. I agree to support Sattvic Sage Ayurveda & Yoga's environment and contribute to a safe, respectful, and positive experience for everyone in-house during my attendance.

I understand that the practice of yoga often produces non-ordinary states of awareness, and that Sattvic Sage Ayurveda & Yoga program instructors and staff are not responsible for managing every student's personal needs. I understand that the Sattvic Sage Ayurveda & Yoga Teacher Training curriculum has been designed to create the optimal yoga education for the majority of students, and each specific experience may have content that differs from my beliefs.

I understand that the study of yoga involves exploring and discussing different belief systems. I agree to respect all the ideas and practices that are presented as part of the Sattvic Sage Ayurveda & Yoga Teacher Training curriculum.

I understand that Sattvic Sage Ayurveda & Yoga / Soderworld Wellness Center does not require or expect me to change my faith or beliefs in any way in order to be certified as a Yoga Teacher.

I understand that practicing yoga is often about exploring new boundaries and personal limitations.

I recognize that activities of this nature involve an element of physical, emotional, and psychological demand. I understand that each person's level of physical and psychological fitness is different, and that some activities may not be appropriate for me given my individual capacities. I accept the need to monitor my own participation in each activity, and each exercise within any given activity, and that Sattvic Sage Ayurveda & Yoga is not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

Although my attendance is required in each session for me to become certified as a Yoga Teacher, my participation is never required if I feel unsafe in any way. It is my responsibility to honor my physical and psychological boundaries, and if I feel unsafe in any way, to stop participation in an experience and speak to the lead trainer.

I understand that this training is not intended to teach trainees how to treat or diagnose mental or physical medical conditions

#### WAIVER, RELEASE AND ASSUMPTION OF RISK

I have volunteered to participate in a program of physical and mindful contemplative practices under the direction of Karla A. Cain and various guest teachers which will include, but may not be limited to physically stretching, balancing and various physical yogic postures, as well as mindful meditation and contemplation practices.

In consideration of Karla's (and others) agreement to instruct, assist and train me, I do here and forever release, discharge and hereby hold harmless Karla A. Cain, Sattvic Sage Ayurveda & Yoga, Soderworld Wellness Center (and all affiliates) from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES OR MENTAL SHIFTS AS A RESULT OF (1) ANY INJURY THAT MAY OCCUR AS A RESULT OF EXERCISING PAST PERSONAL THRESHOLD (2) ANY SLIP OR FALL (3) MENTAL REVELATIONS THAT MAY POTENTIALLY SHIFT WITHIN MY PERSONAL MEDITATIONS

I recognize that any exercise might be difficult and strenuous. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include muscle soreness, change in blood pressure, or losing balance. I understand that as a result of my participation in this program, I could suffer an injury and I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I have chosen not to obtain a physician's permission prior to beginning this exercise program with Karla A. Cain, Sattvic Sage Ayurveda & Yoga, Soderworld Wellness Center (and all affiliates), I hereby agree that I am doing so at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I UNDERSTAND WHEN PARTICIPATING IN THIS PROGRAM, I MAY BE CAPTURED IN PHOTOS OR VIDEO FOOTAGE THAT COULD POTENTIALLY BE RELEASED FOR ONLINE VIEWING AND/OR PROMOTION OF THE PROGRAM. I RELEASE AND GRANT PERMISSION THAT IMAGES AND VIDEOS THAT INCLUDE ME MAY BE RELEASED TO THE PUBLIC.

IF I DO NOT WISH TO BE INCLUDED IN POTENTIAL IMAGES OR VIDEO, I MAY OPT OUT BY INITIALING HERE: \_\_\_\_\_ . With Opt Out, strict steps will be taken to protect my privacy.

I acknowledge and agree that no warranties or representation have been made to me regarding the results I will achieve from this program. I agree and acknowledge ALL POLICIES & AGREEMENTS WITHIN THIS DOCUMENT. I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS DOCUMENT AND FULLY UNDERSTAND WHAT APPLIES AS A STUDENT OF THE PROGRAM, AS WELL AS RELEASE OF LIABILITY.

#### **SIGNATURE & ATTESTATION REQUIRED FOR PARTICIPATION**

PRINTED NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_