

# Spring 2019 YIN Yoga Training

**Start Date:** Saturday, February 9th, 2019

*We are excited you are considering joining this Yin training, and look forward to meeting and getting to know each of you. Please take the time to read and submit this documentation to start your journey.*



Yin Yoga applies style and philosophy as originated with the teachings of warrior and enlightened teacher, Gautama Buddha, Lao Tzu (author of Tao Te Ching) and provides a Daoist understanding towards yoga as applied to the Vedic understanding Sri T. Krishnamacharya,

Stephen's studies and teachings draw from this ancient knowledge and tenure as a teacher and as a practitioner making yoga both accessible and non-intimidating.

His teaching brings a quiet intensity and depth of knowledge, fueled by his advanced asana practice.

Stephen's teaching style comprises of

intuitive hands-on adjustment, energetic alignment and heavy emphasis on pranayama to bring an internal awareness to the self with interest in body dynamics.

This program is designed to enhance your yoga practice, deepen your understanding of all things YIN yoga, and refine your teaching skills. Our curriculum is designed around self-empowerment and will unlock and unleash your teaching potential.

We provide tools to increase your efficacy and potency in the classroom and beyond. We systematically and exponentially increase your teaching knowledge and expertise. We build upon foundational competencies, and introduce new techniques to improve the quality and authenticity of your unique voice, position and perspective. You will learn self-empowerment strategies to better help yourself over time on your distinct yoga journey.

## Required Books:

**Bernie Clark:** The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga

**Sarah Powers:** Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing and Well-Being;

**Thomas Myers:** Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists:

**Michael Schuenke:** General Anatomy and the Musculoskeletal System

**Gail Reichstein:** Wood Becomes Water: Chinese Medicine in Everyday Life

**William Hart:** The Art of Living: Vipassana Meditation



## How you track your hours:

**Techniques, Practice & Teaching—30 hours**

**Teaching Methodologies—10 hours**

**Anatomy & Physiology— 25 hours**

**Yoga Philosophy,**

**Lifestyle and Ethics for Yoga Teachers - 30 Hours**

**Practicum - 10 hours**

## Spring 2019

### DATES & TIMES

#### Weekend 1

Saturday, February 9  
9 a.m. – 6 p.m.

Sunday, February 10  
10 a.m. – 4 p.m.

#### Weekend 2

Saturday, February 23  
9 a.m. – 6 p.m.

Sunday, February 24  
10 a.m. – 4 p.m.

#### Weekend 3

Saturday, March 2  
9 a.m. – 6 p.m.

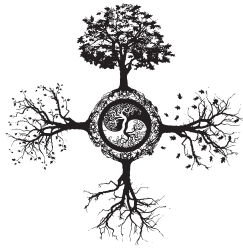
Sunday, March 3  
10 a.m. – 4 p.m.

#### Weekend 4

Saturday, March 23  
9 a.m. – 6 p.m.

Sunday, March 24  
10 a.m. – 4 p.m.

## Tuition and Fees:



**Tuition:** \$1000

**Registration Fee:** \$200

**Total Program Cost:** \$1200

**Early Bird Discount:** A discount of \$200 will be applied if the student submits their signed

enrollment agreement and payment in full by week 1

## 2 Tuition Payments:

Tuition deposit of \$500 is due with signing of the enrollment agreement. A non-refundable registration fee of \$200 is already included in this down payment. The preferred method of payment is cash or check but credit cards are accepted by means of Venmo.

## Payment Options:

**Option 1:** Down payment of \$500 and the balance to be paid by the start of the program.

**Option 2:** Down payment of \$500 and 50% of the balance to be paid by the halfway mark of the training.

Payments can be made weekly, bi-weekly or monthly.

## Cancellation and Refund Policy Prior to Program Start date:

**Enrollment Denials:** An applicant denied admission by the school is entitled to a full refund of all monies paid.

**Cancellations:** An applicant who submits written notice of cancellation of the program more than 3 business days after signing an enrollment agreement and making an initial payment, but prior to entering the school (start of the program) is entitled to a refund of all monies paid less the \$250 registration fee.

**Refunds After the Program Start Date:** Procedure for withdrawal and withdrawal date:

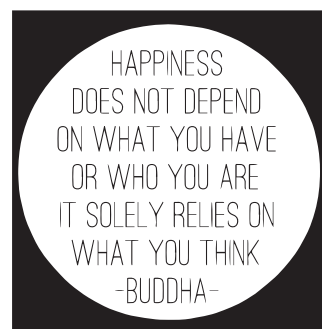
1. A student choosing to withdraw from the program after the start date is to provide written notice to the Stephen Bison. The notice is to indicate the expected last date of attendance and be signed and dated.
2. For a student who is on authorized Leave of Absence, the withdraw date is the date the student was scheduled to return from the leave and failed to do so.
3. A student will be determined to be withdrawn if the student has not attended any 2 days.
4. All refunds will be issued via check within 30 days

of the determined withdraw date.

5. After the commencement of classes, the tuition less the registration fee of \$250 shall be determined as follows:

- 3 % of clock hours at the withdrawal date:  
Refund amount 10% or less 90% Refund
- More than 10% and less than or equal to 20%  
80% refund
- More than 20% and less than or equal to 30%  
70% refund
- More than 30% and less than or equal to 40%  
60% refund
- More than 40% and less than or equal to 50%  
50% refund
- More than 50% No refund is required

The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last date of attendance, by the total number of clock hours in the program (less the \$250 registration fee).



## Books, Workshops, Supplies

**and Fees:** There is no refund for equipment, books or supplies received by or purchased by the student, this includes the required anatomy course. Any workshops paid for and attended by the student are not refundable.

Holder in Due Course Statement: Any holder of this consumer credit contact is subject to all claims and defenses which the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds, hereof recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5.14.76).

## PLEASE SIGN AND SUBMIT THIS PAGE

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## THE STUDENT UNDERSTANDS:

**Please initial below if you agree to and accept the following terms:**

\_\_\_\_\_ 1. This Teacher Training does not guarantee job placement to graduates upon program completion or upon graduation.

\_\_\_\_\_ 2. This Teacher Training reserves the right to reschedule the program start date when the number of students scheduled is too small.

\_\_\_\_\_ 3. This Teacher Training reserves the right to discontinue the student's training for unsatisfactory progress, nonpayment of tuition or failure to abide by Yamas and Niyamas.

\_\_\_\_\_ 4. This Teacher Training does not guarantee the transferability of credits to a college, university or institutions. Any decision on the comparability, appropriateness and applicability of credits and whether they should be accepted is the decision of the receiving institution.

## STUDENT ACKNOWLEDGMENTS:

I here by acknowledge receipt of Yin Yoga Teacher Training with Stephen Bison manual dated contains information describing programs offered and equipment/supplies provided. The Yin Yoga Teacher Training with Stephen Bison program manual is included as part of this enrollment agreement, and I acknowledge that I will receive a copy of this manual. Also, I have carefully read and received an exact copy of this enrollment agreement.

I understand that Yin Yoga Teacher Training with Stephen Bison may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the learning process. While enrolled in this Yin Yoga program, I understand that I must maintain Satisfactory Academic Progress as described in the Yin Yoga manual and that my financial obligation to Yin Yoga Teacher Training with Stephen Bison must be paid in full before a certificate may be awarded.

I also understand that this training does not guarantee job placement to graduates upon program course completion or upon graduation.

## CONTRACT ACCEPTANCE:

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the Director of the Yin Yoga Teacher Training with Stephen Bison. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by Yin Yoga Teacher Training with Stephen Bison

My signature below signifies that I have read and understand all aspects of this agreement and do recognized my legal responsibilities in regard to this contract.

Signed this \_\_\_\_\_ day  
of \_\_\_\_\_ 20\_\_\_\_.

Signature of student: \_\_\_\_\_

**An ancient Chinese proverb says: 'A tree grows from the roots.' Yin and yang and the Five Elemental Energies form the main roots in the tree of health. The entire edifice of Yin Yoga and physiology is based upon the foundation of these energy principles to fight off the seven harmful emotions.**

