



EMBODY MASTERY

A World-Class 300HR RYT
Professional Teacher
Certification Program

YOGA SCHOOL CATALOG
VOL. 2.0 MBY 2015

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WELCOME FROM THE DIRECTOR

On behalf of MBody Yoga, it is my privilege to welcome you to Embody Mastery – Our 300 HR Professional Teacher Certification Program. This program offers a cohesive, multi-specialist approach to teacher training that blends the best of the Yoga tradition from the East and West. Our faculty is comprised of highly-trained, experienced, inspiring professionals with a profound understanding of Yoga's transformative power.

Our approach to the 300 HR Methodology involves a blending of the three strands of the Krishnamacharya lineage of Eastern Yoga augmented by the contemporary Westernized Teachings of Baron Baptiste. From the Krishnamacharya lineage, we get the Eastern foundational yoga practices of: Ashtanga, Iyengar, & Desikachar. Essentially, Ashtanga provides us with the methodology that incorporates heat and flow. Iyengar provides us with the methodology of precise anatomical and physical instructions to teaching to the body. Desikachar provides us with the methodology that the practice should fit and adapt to the practitioner's changing needs to get the most therapeutic benefit. Baptiste Power Yoga provides us with the methodology of the (3) aforementioned practices blended into one Westernized and transformative approach to teaching powerfully to the body, mind and spirit.

Our programs emphasize a student's personal practice as the source for their teaching and include a comprehensive study of the techniques and mechanics of fundamental yoga postures, as well as the tools necessary to teach and inspire others. To deepen their education, students will also study functional anatomy and physiology; explore Yoga's philosophical underpinnings; practice meditation and pranayama; engage in the practice SEVA (service); and explore mastery in the form of leadership development.

We are honored you are offering us the opportunity to assist you in fulfilling your personal and professional goals. We look forward to sharing our enthusiasm about the program with you and are delighted that you have made the commitment to participate. We are here to support you. We are available to answer your questions and assist you in any way we can. Our commitment to you will not end after certification.

If there is anything we can do to enhance the program and make the process more meaningful and compatible to you, we would like to know. We would also appreciate receiving your impressions of the course as the program goes on. We know you will find this program to be of tremendous value on every level of your life and we look forward to working with you and getting to know you better.

Best,

Mark White

Mark White—Proprietor

MBody Yoga Certified Senior Baptiste Power Vinyasa Yoga Teacher, E-RYT 500

DIRECTOR



APPROVAL

MBody Yoga School is approved by Yoga Alliance to provide both a 200 hour and a 300 hour registered yoga teacher certification for professional careers in teaching yoga.

EMPLOYMENT OPPORTUNITIES

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 15-18 million Americans are practicing yoga today. The school cannot guarantee employment after completion of certification. Continuing education and employment postings will be offered as an ongoing service.

PROGRAM CURRICULUM

Techniques, Training and Practice:	107
Teaching Methodology:	95
Anatomy and Physiology:	55
Yoga Philosophy, Lifestyle and Ethics for a Yoga Teacher:	90
Practicum:	12
Total:	359

DEFINITIONS

Techniques, Training and Practice:

This material will foster an enhanced understanding and experience as compared to the content of your school's RYS 200 or foundational Techniques, Training and Practice sessions. Topics in this category include, but are not be limited to: Asanas, Pranayamas, Kriyas, Meditation and other traditional yoga techniques. These hours are a mix between:

- 1) analytical training in how to teach and practice the techniques; and
- 2) guided practice of the techniques themselves.

Teaching Methodology:

This category will cover additional teaching methods and principles, beyond what was covered in your school's RYS 200 or foundational syllabus content. Topics in this category include, but are not limited to: principles in demonstrating asana, learning modalities, use of language and voice, incorporating the Krishnamacharya Lineage and Baptiste Methodology into your classes, and other teaching topics.

Anatomy and Physiology:

This material will include, but not be limited to: Human physical anatomy and physiology (bodily systems, organs, etc.), as well as Energy anatomy and physiology (chakras, nadis, etc.). Both the study of the subject and application of its principles will be applied to yoga practice (benefits, contraindications, healthy movement patterns, etc.).



ACADEMIC REQUIREMENTS

CERTIFICATION & REGISTRATION

GRADING SCALE



Yoga Philosophy, Lifestyle and Ethics for a Yoga Teacher:

This category will further deepen the student's study of yoga philosophies and traditional texts such as the Yoga Sutras and Bhagavad Gita. Yoga lifestyle topics will be covered as they relate to the Yamas and Niyamas: Ahimsa, Satya, Santosha, etc. Students will also be exposed to ethics involving yoga teachers- specifically teacher/student relationships in the community. Increased focus will be placed on understanding the value of teaching yoga as service, and being of service to others through yoga (seva).

Practicum:

This category will focus on practice teaching, receiving and giving feedback, observing others teaching, assisting students while someone else is teaching and taking the final exam.

1. Be at least 18 years of age.
2. Hold a high school diploma or its equivalent.
3. Have completed a 200 hour registered yoga teacher training and be registered with Yoga Alliance as a RYT 200.
4. Submit proof of liability insurance.
5. Submit application fee (deposit) \$500 USD (applied towards tuition, non refundable).
6. Complete Application for admission. Application to the program does not guarantee acceptance.
7. Candidates are evaluated for academic and physical ability and ability to manage time and meet financial obligations for tuition.
8. Complete an admission interview by scheduling appointment with the school director. Admission requirements must be completed prior to the first day of class. Notification of admission will be by email.

Our yoga teacher certification is designed to fulfill the and Registration requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. Following graduation, students will be assisted in completing applications for registration.

The following grades are given for work completed at MBY:

Excellent 93–100% = A

Very Good 85–92% = B

Satisfactory 75–84% = C

Unsatisfactory Below 75% = F

To graduate, a student must complete all requirements with a cumulative grade of 75% or above. Grading criteria includes: class participation, exams, hands-on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments.

PROBATION, DISMISSAL, AND READMITTANCE

Grades will be given after each test, quiz and practical exam. Students who are not meeting the standards of practical experience will be notified and will meet with the director to explore methods of improving performance. Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the director. Make up class fees are \$50 per hour.

Students who have an average grade below C or 75% will be considered to be on academic probation. Student may submit an additional essay assigned by the director to be lifted from probation. Students who are on academic probation and continue to fail one more month will be dismissed from the program.

STUDENT'S RECORDS

Student records will be kept for a period of seven years. Records are accessible to students by appointments only. The school maintains confidentiality by keeping records locked. Students may obtain transcripts by sending \$10.00 with a request in writing. Any student who is dismissed may not reapply for one year. Following one year, students may reapply for the next term. Fees will apply.

STUDENT CONDUCT

Students are required to follow all school rules and procedures. Students will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

1. No sexual harassment of any type or form will be allowed.
2. No substance use or abuse during school hours will be accepted.
3. No smoking allowed on school property.
4. No breach of confidentiality will be tolerated.

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handled by the director. Failure to comply will lead to the following ramifications: conduct warning, or dismissal.

LEAVES OF ABSENCE

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition.



ATTENDANCE AND TARDINESS

One hundred percent attendance is required. Any missed hours will have to be made up before graduation. All hours must be documented accurately. If the instructor must spend extra time with the student to make up information missed, the student will be assessed a \$50.00 per hour fee due at time of make up. Students who fail to keep make up times and/or who fail to pay the fee will be dismissed.

Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time.

Students are expected to notify school if they intend to withdraw from the program. Any student who fails to attend a weekend intensive without communication is assumed withdrawn.

Cancellation of classes due to weather may occur. It is the student's responsibility to call the school to find out if class has been cancelled.

Additional Saturdays, or weekends would be added near the end of the program if a cancellation was necessary.

STUDENT COMPLAINTS

Each month, time will be allotted to discuss any concerns they may have regarding the program. Complaints may be presented to the director, at which time it may be decided to meet to address the issue. Final decision will be made by the director.

TUITION, FEES AND REFUNDS

Application Fee (*deposit*): \$500.00 USD (applied towards tuition, nonrefundable) fee due at time of application.

Regular Payment \$4500.00 (minus application fee): Payment due in full prior to 1 week before training starts (excluding promotions). All fees are payable by personal check or credit card (MC, VISA, AMEX).

Incidental Administration Charges:

- Application Fee \$500 (deposit)
- Transcript Request \$10
- Check Return (NSF) \$25
- Practical Retake \$50

Refunds:

1. The application fee of \$500.00 is non-refundable except in the case of a declined application.
2. The student will receive a full refund if they cancel within 7 business days before classes begin (minus application fee/deposit).
3. No refunds will be made after program start date.



THANK YOU FOR YOUR INTEREST IN THE



EMBODY MASTERY

OUR 300 HOUR PROFESSIONAL TEACHER
CERTIFICATION PROGRAM.

WE LOOK FORWARD TO PROVIDING YOU A
TRANSFORMATIONAL EXPERIENCE. WE WILL BE
CONSTANTLY IMPROVING AS WE EVALUATE OUR
PROGRAMS WITH INPUT FROM OUR STUDENTS.
WE HOPE YOU JOIN US FOR THE BEGINNING OF
THIS EXCITING JOURNEY! FEEL FREE TO
CONTACT US WITH ANY QUESTIONS YOU HAVE
ABOUT OUR PROGRAM.