

JULUKA YOGA STUDIO

394 Hillsdale Ave, Hillsdale, NJ 07642

200 Hour Level Yoga Teacher Training Course Graduation Requirements and Acknowledgment

The Juluka Yoga Studio 200 hour teacher training course is intended to result in your certification as a yoga teacher. Certified Juluka Yoga Studio teachers must possess the abilities and skills necessary to safely and competently teach yoga postures, and we reserve the right to withhold certification from any student who fails to develop the necessary skills.

Every attempt will be made to provide input throughout the program about teaching deficits that might impede certification. The program director and teaching staff will use the following criteria to establish student eligibility for certification

Graduation Requirements.

- 100% attendance. 1 weekend may be made up with an equivalent private session with RYT-E., at cost to student.
Arriving late and leaving early is not 100% attendance.
- Teach a 1 hour yoga class, to include 10 minute meditation, 2 different types of Pranayama, and at least 12 asanas, including an inversion, backbend, balance posture, twist, seated and standing forward bend, supine posture, an asana using a prop e.g. strap, blanket or block, a modification for pre-natal and savasana. Strict adherence to safe, competent instruction and correct alignment are necessary.
- Written assignments to be completed on time.
- Pass a written exam which will cover anatomy and physiology as it relates to yoga, physiological and psychological benefits of yoga, 4 paths of yoga, 8 limbs of ashtanga yoga, including identifying the yamas and niyamas. Ethics of a yoga teacher, seven major chakras, brief history of yoga, the goals of yoga as per Patangali, including the explanation and importance of “sthira sukham asanam”. Know Sanskrit names of the postures taught.
- All fees to be paid in full before receiving certification.
- During the course, all students must conduct themselves in a manner that is in keeping with the moral and ethical guidelines that are contained in the Juluka Yoga Studio and School Code of Ethics. Non-compliance with the schedules, teachers’ instructions or behavior that is disruptive to the other trainees or clients of the studio could mean instant dismissal from the program. Refund of fees would be at the discretion of the director and would be based on materials and instruction already received.
- Students are required to teach several Community classes at the studio as part of their practicum.
- Students are to attend at least 30 classes over the training period at Juluka Yoga Studio .
- Students are required to attend & assess 8 outside yoga classes during the training period.
- Juluka Yoga Studio reserves the right to withhold certification if the student does not meet the above requirements.
- You will be allowed to retake the practical and written exam, in the unlikely event that you do not pass it the 1st time. This must be done within 60 days of graduation date. Extra help/tuition will be given if necessary. No extensions after this time, and no refunds if graduation requirements are not met.

Payment and Refund Policy-Fall/Winter 2015/16

1. Pre-payment option , \$2900. (the earlier the better as this is when you can start attending for free)

\$500 paid on application

Balance of \$2400 due by September 1st

2. Extended payment plan option, \$3200 paid in the following installments

\$500 on application or before August 21st, 2015

\$450 before September 1st, 2015

\$450 before October 1st, 2015

\$450 before November 1st, 2015

\$450 before December 1st, 2015

\$450 before January 1st, 2016

\$450 before February 1st, 2016

3. Extended payment plan option \$3100, paid in the following installments.

\$500 on application or before August 21st, 2015.

\$650 before September 1st, 2015

\$650 before October 1st, 2015

\$650 before November 1st, 2015

\$650 before December 1st, 2015

I will choose option number _____

**I fully understand the payment schedule. I understand that in order to graduate,
full payment must be made.**

Signed _____ Date _____

Full Name _____

Witness Name _____ Witness

Signature _____

Juluka Yoga Studio reserves the right to cancel a workshop/program/class at anytime and refunds (pro-rata) will be given under these circumstances. If you choose to exit the program after its commencement, refunds will be entirely at the discretion of the director. Free classes begin August 21st 2015(or when deposit is received and end April 21st, 2016

I certify that I have read, understood and accepted the above conditions and requirements of certification

Signed _____ Date _____

Witness _____ Date _____