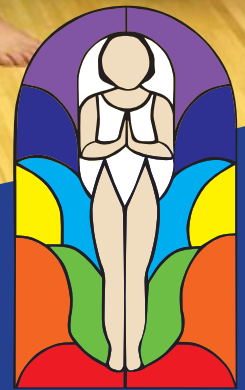


# YOGA SCHOOL OF THERAPEUTICS

*Teaching Yoga in the Kansas City & Midwest Community Since 1984*



TRY OUR PROGRAM FOR FREE!



## TEACHER TRAINING PROGRAM

NATIONAL YOGA ALLIANCE TEACHER TRAINING SCHOOL



TRY OUR  
PROGRAM  
FOR FREE!

## Free Trial

To make sure we are the best place for you, you may attend up to three classes with Suzette Scholtes, Director of Training, for free. We suggest you attend our intermediate, restorative, and special focus classes to understand the depth of our knowledge of many approaches to yoga for all ages. **No experience is required to begin the 200 Hour Program. It is best to visit with Suzette in person to answer questions and understand the program.**

## Welcome Letter from Director of Training

Dear Yoga Enthusiast,

We keep in our heart and mind always a principle of success which lights the path for our students and those in training: What is in this for you? It's not about listing our awards and accomplishments. The question must be why are we the school for you?

This yoga teacher training program, and we have certified 1000's, is organic and accessible without intimidation or rigidity. Not too much lecture but balanced to learn as you practice the most important philosophies, pranayama, meditation, nutrition and yoga. This is the full wheel of the eight steps of Yoga which leads us each to happiness and health.

What's in this for you? You will learn from the great yogis, who hold you in compassion and caring at the level of your spirit. You will be inspired, feel heart-felt connection to your most true self, and smile a lot as you make new friends, some for a lifetime. You will feel welcome here and excited to come to class. You will reach new heights of understanding. When you certify you will know how to help those who have hurting knees, backs, necks, or any concern facing our human condition, including our emotions and mental well being. You will learn much therapeutic yoga from Suzette.

Come visit us and talk to the many in the training. They fall in love with life. Many "center" for the very first time. Anxieties melt away. Doors open as gifts flow to your heart, soul, and being.

Indeed, welcome. You matter here. You will love this place.

With Compassion and Gratitude,  
Suzette Q. Scholtes, BS, E-1000

## Our Vision

Teaching yoga requires sensitivity, compassion and understanding, as well as practice, technical and therapeutic knowledge. Our program is designed for your own essence to radiate through; to communicate your own voice and expression of yoga naturally and with ease.

We commit to the clear choice of "joy in learning." We strive as teachers to be free of the ego's ploy of "am I good enough to teach?" If you want to give, to serve, and to inspire yourself and others, you are indeed a strong candidate for teacher's training. It's about joy of learning, not intimidation. Our program is hands-on and experiential, not just lecture! We welcome your questions. Best yet come over as our guest and take a class free so you know us and our community.



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### *National Yoga Alliance Code of Conduct*

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
  2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
  3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
  4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation.
  5. Respect the rights, dignity, and privacy of all students.
  6. Avoid words and actions that constitute sexual harassment.
  7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
  8. Follow all local government and national laws that pertain to my yoga teaching and business.
- Information updated on this date publication date: May, 2018*

*The Yoga School of Therapeutics is a Registered National Yoga Alliance Teacher Training School; with a 30 year history in training skilled and talented yoga teachers in yoga sequencing, curriculum, therapeutics, and more. We follow the yoga philosophy to honor, dignity, honesty, truth, courage, courtesy, service and humility. Our goal is to educate teachers of substance in our communities to help improve the quality of life with yoga.*

*"Our real personality is all light, all love, always shining."*

The Yoga Upanishads

## Become a Certified Yoga Teacher

For more information, contact Suzette Scholtes, Program Director, at 913/492-9594 or email at [info@theyogastudio.com](mailto:info@theyogastudio.com). Please visit [www.theyogastudio.com](http://www.theyogastudio.com) for more information about workshops and class schedule. When you visit, we will talk about the program and answer all your questions.

## Commonly Asked Questions to Get Started

1. Email your questions to Suzette Scholtes at [info@theyogastudio.com](mailto:info@theyogastudio.com)
2. Set up a time to visit our school and take a class with the Director of Teacher's Training to understand our complete teaching methods.
3. If out-of-town email and request a phone interview to answer your questions.
4. Complete application on final pages of this catalog when ready to apply. This requires \$775.00 entrance fee. This covers:
  - Application processing and filing
  - Testing (most are take home exams)
  - Observation
  - Mentoring
  - Completion certificate
  - Assisting in classes
  - Yoga School Teachers Training Manuals
  - Work Study programs
  - Job Placement assistance

All hours of study qualify for registry with Yoga Alliance at your own expense.

## Mission

The Yoga School of Therapeutics is an Accredited and Registered National Yoga Alliance Teacher Training School; with history in curriculum, therapeutics, and integrity. Our goal is to educate teachers of substance in our communities to help improve the quality of life with yoga. We are approved by the Kansas Educational Board of Regents..

## Summary of Variable Costs and Payment Program

1. Those with qualified training at other events or workshops depending on hours you bring to the program. Approx: \$2800
2. Those joining with no experience costs to complete 200 CEU's Approx: \$3200 (\$775 application and testing fee due up front)
3. Those of you testing out to achieve 500 or 1000 hour certificate new to YS \$775

## Military Scholarships

We are approved to file with MyCAA. The Mission: We help you succeed! MyCAA funds scholarships to military spouses. That means you may train with us with no other expenses than your text books.

## Facility

The Yoga School of Therapeutics is located at 10400 W. 103rd Street, #14, Overland Park, KS 66214. The 2700 sq. ft. learning space is a fully equipped yoga studio with wall ropes systems along two walls; as well as a full inventory of bolsters, blankets, blocks, eye pillows, sand weights, belts, chairs, and poles. The foyer provides a place of transition before entering the solace of the studio. Cubicles are provided as space to store personal items. Spacious men's and women's restrooms/changing rooms are located within the school. The facility has bamboo flooring, central heating, and air conditioning.

### Non-discrimination Policy & Statement

We admit students of any race, gender, sexual orientation, national and ethnic origin, philosophic and religious beliefs, to all the rights, privileges, programs, and activities generally accorded and made available to all students at our school. It does not discriminate on the basis of race, gender, sexual orientation, national and ethnic origin, and philosophic and religious beliefs in administration of its educational policies, admissions policies, and school administered programs.

## Required Textbooks

1. **Light on Yoga** by BKS Iyengar
2. **Yoga: A Gem for Women** by Geeta Iyengar
3. **Yoga the Iyengar Way** by the Mehtas
4. **Relax & Renew** by Judith Lasater or new version **Restore & Re-Balance**
5. **Scientific Keys Volume I: The Key Muscles of Hatha Yoga** by Ray Long, MD and Chris MacIver
6. **How to Know God** (or any interpretation of The Yoga Sutras of Patanjali) by Sami Prabhavananda & Christopher Isherwood

**Book budget:** Many of our students buy books on the internet for approximately \$155.00. The “used ” book market is always an option for lowering costs.

Keep a reading log of elective yoga related books or periodicals on subjects pertaining to training; such as philosophy, pranayama, pregnancy, anatomy, energy, cues, alignment or meditation.

Before final certification and teaching a sample class, you are required to submit an informal notebook(s) of your notes detailing what you learn in weekly classes, workshops, reading, and extra-curricular study.

## Clarity on Completion Policy

You attend weekly classes with the teacher training faculty and the required workshops, until you reach your required hours. All workshops are required. You complete take-home exams, one on anatomy and final exam. You complete your practicum or model teaching and hand in your log of hours. You complete a practicum (model teaching).

The Teacher Certification Program for either the 200 or 500 hour levels must be completed within two years of application acceptance notification. Non-Kansas City Residence are allowed three years to complete the program. If more than three workshop trainings are missed in a year, the candidate may be terminated from the program.

## Vacation/Illness/Work

No credits are ever lost. Many of the teachers in training certify in 8 months to two years. It's more important you enjoy your time in yoga and the study than worry about final exams or getting it done. After 30 years as a school, we see that those who enjoy themselves and learn with enthusiasm and take more hours become exceptional teachers in the long run. Most of the teachers continue to come back to the national events and Saturday trainings for continuing education.

## Course Curriculum Studies

- Yoga sequencing, including classic and therapeutic
- Hands on and proper adjusting
- Study of the energy body including study of chakras and pranic energy
- Anatomy & Physiology as related to yoga
- Basic Sanskrit Terminology (Manual provided)
- Meditation and Yoga Nidra
- How to teach Pranayama to the injured, beginner and intermediate student
- How to teach professional restorative yoga
- How to work with challenges such as hypertension, knee injury, achy backs and hips, and more
- Yoga for Weight Loss and Management
- Yoga for the Immune system (Manual provided)
- Yoga for back care and neck and shoulder therapy (Manual provided)
- Healing PTSD
- Healing Anxiety and Depression
- Working with special needs students such as Parkinson's patients
- Healing High Blood Pressure
- How to use the rope wall (Kuranta)
- How to create safe and effective inversions
- Keys to Correct Alignment
- Understanding contraindications for injured or weak
- How to work with students suffering auto-immune
- How to work with pregnancy and issues concerning safety for these ladies



Registered Yoga Teacher



Registered Yoga Teacher

## Certified Yoga Teacher (CYT) 200 Hr and 500 Hr Criteria

### Level I - 200 Hours

- Therapeutics • Alignment • Adjusting • Assist in Assigned Classes • Sequencing

### Level II - 500 Hours

- Therapeutics • Alignment • Sequencing • Adjusting • Voice • Pacing & Presentation • Assist Suzette in Assigned Classes
- Substitute teach a beginners class

### For both 200 Hr & 500 Hr Level

- Passing Grade on Anatomy Exams • Passing Grade on Final Exam • Be observed teaching a 40-minute yoga class

### When Updating from 200 Hr to 500 Hr Certificate

You are required to take a private oral and presentation exam with the director of teacher's training or senior staff. **Fee \$250.00**

### When Updating from 500 Hr to E-RYT or 1000-Hour Certificate

You are required to write a 1500 to 2000 word dissertation on the philosophies of yoga to include personal dialogue on your understanding of philosophies including niyama, dharma, the chakras, and teaching yoga as a healing modality.

Required reading: **The Fire of Love** by Aadi Palkhivala. **Fee: \$250.00**

### Testing Out to 500 Hours or 1000 Hours

Many of our teachers in training join our program with qualified CEU's. Each situation is unique. Schedule an interview and bring a written log of your yoga training. A teacher who teaches teachers must have 3000 CEU's so those hours studied elsewhere qualify. We provide references for this short program if requested.

### Note to Out of Town Teacher Trainees

You may earn CEU's from our affiliate teachers in most major cities including Wichita, Topeka, Lawrence, Tulsa, Oklahoma City, Des Moines, Omaha, Columbia and St. Louis. You attend the major weekend workshops at the Yoga Studio.

### Required Training

- Attend all scheduled workshops.
- Attend Weekly classes with staff teaching faculty
- Assist in Special Focus or Therapy Class
- Before taking the final exam, you are required to
- Keep a detailed log of all training. A sample log will be emailed to you. Submit a notebook containing study notes from classes
- Attend required anatomy workshop and complete take-home exam from workshop; your reading log and study, and/or other notes that inspire your work as a yoga teacher.

Additional classes and workshops may be taken to achieve CEU's if approved



## Staying on Track

### Yoga Certification offers two Levels:

1. Certified Yoga Teacher (CYT) - Level I (200 training hrs) 2. Certified Yoga Teacher (CYT) - Level II (500 training hrs)

All hours are cumulative. For example: you may complete the 200 hour certification, then later submit subsequent documented trainings hours to achieve the 500 hour Level II certification. These two curriculums meet the standards set by the National Yoga Alliance's Registered Yoga Teacher criteria.

## When You Succeed

*Once you have successfully completed all the requirements in the Yoga Teacher Training Program you will be:*

- Certified by The Yoga School of Therapeutics, an accredited and registered National Yoga Alliance Teacher Training School, as a Certified Yoga Teacher (CYT) 200 Hr , 500 Hr, or 1000 Hr.
- Receive a Certificate displaying your achievement
- Eligible to use the title of CYT 200 Hr or 500 Hr or E-RYT (1000 Hr)
- You specialize in classic yoga and therapeutic yoga at your preference or both.

## Answers to Frequently Asked Questions

### 1. How do I get my hours?

You attend weekly classes with teaching staff, required weekend visiting faculty workshops, and four to five Saturday trainings until you accumulate 200 or 500 hours. You keep a log of your hours and weekly journal. WEBINARS are NOT allowed. We have no ONLINE training. You must be physically present.

### 2. What is required and what is elective?

You are required to attend all workshops. You must attend Saturday workshops with Suzette as well as one or more of the weekend workshop classes with visiting faculty. Exceptions may be negotiated.

### 3. When do I take my exams?

You take the anatomy take-home exam immediately after the training. You complete your tutorial or final exam after you accumulate 200 or 500 hours. You take your practicum shortly after or before your final exam, as you prefer.

### 4. Refunds?

No refunds of classes or workshops or application fee.

**Current workshop schedule [www.theyogastudio.com](http://www.theyogastudio.com)**

## Program Faculty

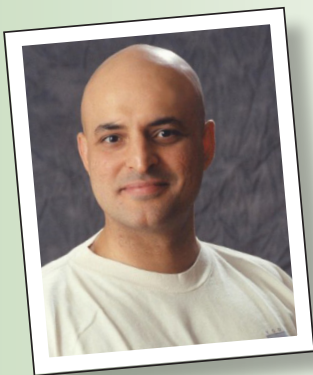
### Suzette Scholtes, E-RYT

Teaching yoga and meditation since 1984, Suzette founded The Yoga Studio of Johnson County as a formal corporation in 1994. The name was changed to The Yoga School of Therapeutics in 2008. Suzette serves as Director of Teacher's Training. Suzette says, "to teach one must be committed to service while keeping a sense of humor." Her studies continue this day in advanced trainings across the country. Suzette's community service has brought recognition in both awards and press. Her published works include a current column in KC Wellness Journal. She previously wrote a monthly column for Enlightened Practice Magazine. Her other published non-fiction material on health and wellness has appeared in many national and regional magazines. Her audio tape "Yoga Balance" was published by New Leaf, Atlanta, in 1996. She was awarded for her non-fiction work in 1989 by Writer's Digest Magazine. In 2006, she was hired by KU Medical Center to lead a study on yoga's effects on Parkinson's disease where she relied upon her 16,000 hours of training to create new yoga therapeutics. Suzette's presentations on yoga and health have been received by such groups as the Kansas University School Nursing, The American Business Women's International Conference, Wyandotte County Mental Health Association, Kansas City Chamber of Commerce, Unity Church and more. She leads yoga workshops and conferences in many other cities, including an annual presentation in Wichita, Kansas. Suzette says that an effective teacher helps students empower themselves to create wellness in body, mind, and emotions.



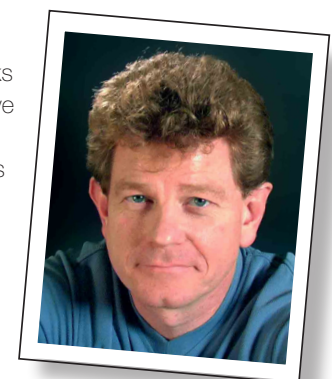
### Aadil Palkhivala

For over thirty years, Aadil has had a reputation as a "teacher of teachers," training yoga teachers since 1976. Aadil began the study of yoga with B.K.S. Iyengar at the age of 7 and was introduced to the Integral Yoga of Sri Aurobindo and the Mother at the age of 10. He was certified as an Advanced Yoga Teacher by Iyengar at the age of 22. Aadil and his wife Mirra are the cofounders and directors of internationally-renowned Yoga Centers™ in Bellevue, Washington, and the co-founders of Purna Yoga™ and the Washington State licensed College of Purna Yoga™, which offers Yoga Alliance 200-hour and 500-hour teacher trainings, as well as the Purna Yoga Certificate Program. Aadil is the author of the book, *Fire of Love: For Students of Life and Teachers of Yoga*, and is an "asana expert" for Yoga Journal magazine and its website. Constantly educating himself in his passion for teaching the "whole yoga," Aadil has degrees in law, physics, and mathematics, and is a certified Shiatsu and Swedish bodywork therapist and a clinical hypnotherapist. He is also a federally licensed doctor of Naturopathy and an Ayurvedic Health Science Practitioner.



### Doug Keller

Doug, ERYT 500, is registered with the international Association of Yoga Therapists and is author of numerous books and CDs covering all aspects of the practice of yoga. He is well known for his *Yoga As Therapy* manual, an extensive look at applying the structural alignment principles, asanas, exercises and the energetics of yoga to healing the physical body. He has a strong background in the alignment based styles of Iyengar and Anusara Yoga®, as well as in yoga philosophy and yoga therapy. He is a regular columnist in the internationally renowned magazine *Yoga+* and is the author of several books covering all aspects of yoga practice. He holds a Master's Degree in Philosophy from Fordham University, and travels nationally and internationally, teaching workshops in philosophy and pranayama as well as hatha yoga. Doug's home base is The Health Advantage Yoga Center in Herndon Virginia where he teaches upper level classes and co-teaches a year long teacher training program



### Paula Self

Paula Tortolano Self is a regular to the Ramamani Iyengar Memorial Yoga Institute in India, where years ago, B.K.S. Iyengar assigned her teaching certification level to Intermediate Level III. She has assisted in medical classes under the personal guidance of B.K.S. Iyengar and his daughter Geeta as well as studying with recognized senior teachers such as John Schumacher, Manouso Manos, Ramanand Patel and Patricia Walden. Paula teaches at the Iyengar Yoga Center in Boulder, Colorado, as well as regularly traveling to her native South America to conduct teacher training courses. Her high energy and magnetic personality have made Paula a beloved teacher.



### Other Program Faculty

You may supplement credit classes with qualified staff members including **Nancy, McMillan, Kim Lacy, Yvonne Palese, Sharon Friedman,** and **Jan Schmidt** and others as we indicate in your interview.





## Application For Teachers' Training Program

The Yoga School of Therapeutics, LLC. • 10400 W. 103rd St., #14, Overland Park, KS 66214

*Leading Yoga in the Midwest since 1984*

Our Teacher's Training Program is approved by the Kansas Board of Regents & Registered with Yoga Alliance to Protect and Insure the Quality of Your Education

Your Start Date: Classes and workshops on-going. Your Start date begins upon filing the application and the payment of your class fee. **You keep an ongoing journal or record of your class times, length, workshops, readings, and intensives you submit before final exam.** You must be 18 years old or older to apply.

Applicant's Name \_\_\_\_\_

Home Address with City/State/Zip \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_ Work Place \_\_\_\_\_

Title \_\_\_\_\_ Work Number \_\_\_\_\_

Cell Number \_\_\_\_\_ Home Phone \_\_\_\_\_

Email address \_\_\_\_\_

Birth date \_\_\_\_\_ Highest Level of Education completed \_\_\_\_\_

Your home County: \_\_\_\_\_ Social Security Number \_\_\_\_\_

Two Non-Relative References (name, email and phone)

1. \_\_\_\_\_

2. \_\_\_\_\_

## Yoga Alliance Registered Teaching School

Please read all the information carefully and complete the application in its entirety. The Yoga School of Therapeutics does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. All information will be treated as confidential.



### 1) Level of Registry and Certification Desired: (Must be completed in two years or three years if out-of-town)

200-HOUR Certificate\_\_\_\_\_

500-HOUR Certificate\_\_\_\_\_

### 2) Your History:

**a. Type** here or attach a separate page giving a brief history of your yoga training and experiences and list all teaching experience including where, when, how long and what style of yoga you teach. If no previous experience list "not applicable."

**b. List** here those you have studied with or your home study books, DVD's or Videos: **GRIEVANCE POLICY** The school encourages any student with a complaint against the school to bring it in writing to the attention of Suzette Scholtes, the Founder and Director of Teacher's Training of the school as soon as possible and the problem will try to be resolved through respectful communication and due process. If the complaint is not satisfied with the successful outcome after the proceedings, the student may pursue the matter further by (1) Student submitting the problem in writing to the director of the school; (2) Student may contact the Kansas Board of Regents, Private Postsecondary Department, 1000 SW Jackson Street, Suite 520, Topeka, KS 66612 or by calling 785-296-4917 and submitting their written complaint to the Board..

### Yoga Alliance Legal Agreement:

The Yoga School of Therapeutics is granted limited, non-exclusive use of the certification mark (Registry Mark) for the purpose of identifying its Yoga Teacher Training program as an approved and Registered School in its promotional material. The Registry Mark indicates to the public that your school has met Yoga Alliance's standards for training as of the date of granting your use of the Registry Mark

**By my signature below, I acknowledge that I have read and received a copy of this agreement & agree to terms:**

Applicant Signature: \_\_\_\_\_ DATE: \_\_\_\_\_  
*(If filed via email please use italics)*

Director of Teacher's Training Signature: \_\_\_\_\_  
*Suzette Q. Scholtes, E-RYT, C'YT, CMT Director of Teacher's Training & Founder*

Mailed or Delivered (check or money order) Date\_\_\_\_\_

Application FEE: \$775.00. This fee pays:

- Application processing and filing (supervised by Kansas State Board of Regents)
- Testing (two take home exams), Grading and Reviews
- Mentoring
- Assisting in therapeutic classes
- Work study programs
- Observation
- Completion certificate
- Yoga School Teachers Training Manual
- Job placement assistance

All hours of study with Suzette Scholtes and national visiting faculty qualify for registry with Yoga Alliance and The Yoga School certification.

*After Certification completion, there is no guarantee of yoga teacher placement, however we assist in exploring possibilities of instructor job placement. We have helped 80% of our students find teaching opportunities in our community with no extra costs to you.*

Come on over and visit us. Add your *smile* to ours.



*Suzette's yoga from 1985*

## Cost of Certification

The cost for certification ranges from \$1,800 to \$3,200 depending on the students choice of the 200 hour or 500 hour program and how many Continuing Education Units (CEU) you transfer into the program. We hold the right to adjust tuitions. You will be given advanced notice in writing of any such changes.

## Yoga Props

All props needed for the practice of yoga are fully provided at the school. You may purchase your own props and yoga mat if you prefer on your own expense.

## Start Date – Join Teacher Training Anytime!

Classes and workshops on-going. Your Start date begins upon filing the application and the payment of your class fee. You keep an ongoing journal or record of your class times, length, workshops, readings, and intensives you submit before final exam.

## Grounds for Your Termination from the Program

If the applicant misses more than three weekend trainings in one year, you may be terminated from the program. If you wish to terminate the program with us and officiate the reasons for your termination in writing.

## Refunds

No refunds of application or tuition fees are given.

## Cancellation of Classes

Workshops or classes may be canceled due to severe weather in winter months. If case of illness or death in family of a faculty member, enrolled students will be notified by phone or email of any cancellation.

## Transfer Of Workshop Fees

If you become ill or have a death in the family, your workshop fee may be transferred to a future workshop.

## Postponements

In our 30 year history, an event has never been canceled. If for unforeseen reasons this takes place, the event or workshop will be re-scheduled within six weeks. If for some unforeseen reason this cannot take place, your fees will be credited for future classes or events.

## Changes to Course Content

Changes to course content do not occur as the material is based upon the 5000-year-old study of classic yoga. If new material is added for any reason, no extra costs are charged to student.

## Five Top Reasons to Choose the Yoga School

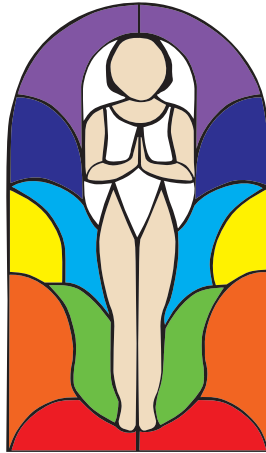
1. Proven reputation with 100's of teachers have certified with us in six states
2. Over 30 years of credentials to give you substance and refined skills
3. Join any-time for on-going ease of completing 200 or 500 hours. Think of our place as a junior college with continuing education at all times.
4. We offer organic training of poses even in anatomy training as opposed too much lecture. The focus is on the joy of learning with balance of lecture & notes.
5. You receive One-on-one mentoring to foster understanding, ease anxiety as well as to foster open hearted communication based on yoga philosophies. We are there for you! You are important to us. We answer all phone calls and emails and texts quickly with respect back to you.



Registered Yoga Teacher



Registered Yoga Teacher



## THE YOGA SCHOOL OF THERAPEUTICS

10400 W. 103rd St., #14

Overland Park, KS 66214

[www.theyogastudio.com](http://www.theyogastudio.com) • 913-492-9594 • [info@theyogastudio.com](mailto:info@theyogastudio.com)

Find class and workshop schedule and pricing at  
[www.theyogasudio.com](http://www.theyogasudio.com)