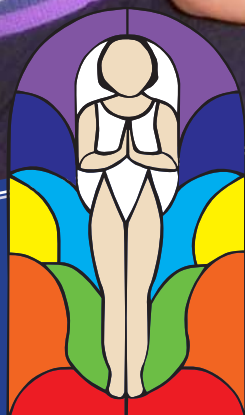


YOGA SCHOOL OF THERAPEUTICS

Teaching Yoga in the Kansas City & Midwest Community Since 1984



YOUR INVITATION
**TRY OUR
PROGRAM
FOR FREE!**



2016-17 YOGA TEACHER TRAINING PROGRAM

NATIONAL YOGA ALLIANCE TEACHER TRAINING SCHOOL



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,

I keep in my heart and mind 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 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. You will experience the full wheel of the seven steps of Yoga, which leads us each to happiness and health.

What's in this for you? You will learn from great yogis, who hold you in compassion and caring at the level of your spirit. You will be inspired and feel connection to your most true self, while you smile a lot and make new friends - some for a lifetime. You will feel welcome and excited to come to class, reaching new heights of understanding. After earning your certification, you will know how to help those with hurting knees, backs, necks, and other concerns facing our human condition, including emotions and well being.

Come visit us and talk to our many trainees. They fall in love with life, many "centering" 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-500, CYT*

Our Vision

Teaching yoga requires sensitivity, compassion, and understanding, as well as practice and technical and therapeutic knowledge. This program is designed for you to communicate your own voice and expression of yoga naturally and with ease, allowing your essence to radiate. To that intent, one must become free of the ego's concern "am I good enough to teach?" Yes, you are! If you truly want to give, to serve, to inspire yourself and others, you are indeed a strong candidate for teacher's training. It's about a joy of learning, not intimidation. Our program is carefully designed to inspire you and allow you to open to your full potential. Welcome.

Since 2002, hundreds of yoga teachers have gained depth of skill from our program



Table of Contents

Welcome Letter from Director of Training	2	Certified Yoga Teacher 200 and 500 Criteria	6
Our Vision	2	Sample Program Curriculum	7
National Yoga Alliance Code of Conduct	3	When You Succeed	7
Become a Certified Yoga Teacher	4	Answers to Frequently Asked Questions	7
Commonly Asked Questions	4	Program Faculty	8-10
Summary of Costs and Payment Program	4	Testimonials	11
Required Textbooks & Book	4	Q & A with Suzette Scholtes, Lead Trainer	12
Clarity on Completion Policy	5	Application for Teachers' Training Program	13-14
Course Curriculum	5	Summary of Program & Five Reasons to Join	15

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, religion 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: 3/2014*

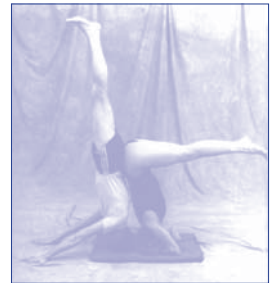
The Yoga School of Therapeutics is a Registered National Yoga Alliance Teacher Training School; with a 30 year history in training skilled and talented yoga teachers in yoga sequencing, curriculum, therapeutics, and more. We follow the yoga philosophy to honor, dignity, honesty, truth, courage, courtesy,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

Application Process

1. Email questions to Suzette Scholtes at info@theyogastudio.com
2. Set up a time to visit our school and take FREE classes with the Director of Training, Suzette Scholtes, to fully understand our methodology and therapeutic style of classic yoga.
3. If outside the Kansas City area, email and request a phone interview to answer your questions.
4. Complete application on final pages of this catalog.

Mail or deliver the application with the \$775.00 entrance fee. This covers:

- Application processing and filing
- Testing (two take home exams)
- Observation
- Mentoring
- Completion certificate
- Assisting in therapeutic classes
- Yoga School Teachers Training Manuals
- Work study programs
- Job placement assistance



Summary of Costs and Payment Program

1. To begin, pay the \$775 application and tuition of \$999 for unlimited classes. We offer a payment program if needed.
2. Attend all workshops, about 10 per year and pay as you go for these workshops.
3. Most complete in one year, but others take longer - up to you. The average costs for 200 hours is approximately \$3000.

Military Scholarships

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

Facility

The Yoga School of Therapeutics is located at 10400 W. 103rd Street, #14, Overland Park, KS 66214. The 2700 square foot space is fully equipped with wall ropes and a full inventory of bolsters, blankets, blocks, eye pillows, sand weights, belts, chairs, and poles. Storage is available for personal items. There are spacious restrooms/changing rooms within the school. The school offers a library of many yoga texts for reference and study.

Non-discrimination Policy & Statement

We admit students of all races, 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. We do 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
5. An interpretation of your choice of the Yoga Sutras of Patanjali (recommended: **How to Know God** by Swami Prabhavananda & Christopher Isherwood)
6. **Scientific Keys Volume I: The Key Muscles of Hatha Yoga** by Ray Long, MD and Chris MacIver

Book budget: Many of our students buy books on the internet for approximately \$125.00. 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, body work or meditation.

Required Documentation

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, inspirations, and extra-curricular study. You submit your log of hours of study (it will also be kept in our computer.)

Clarity on Completion Policy

All our instructors have over 3000 hours, and some have as many as 15,000 training hours. You complete two take-home exams, one on anatomy and final exam. You complete your practicum or model teaching and hand in your log of hours.

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 25 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: You are trained in the following areas:

- Study of Asana, Pranayama, Mantra and Meditation
- Teaching Methodology Including Voice, Pacing, Staging, Alignment
- Sequencing for All Levels Including Beginner, Limited Mobility, Therapeutic, and Advancing
- Yama and Niyama Philosophy and Yoga Sutras
- Energy of the Body Including Chakras and Etheric Energy
- Anatomy & Physiology as related to Yoga
- Basic Sanskrit
- Yoga Nidra or Guided Imagery
- Different Teaching Styles Including Classic, Flow and Ashtanga
- How to Address Specific Needs such as Scoliosis, Spine Concerns, Headache, and more
- Becoming a Teacher: Ethics, Morals, Legalities.
- Understanding the Value of Teaching as Service to Others and Community
- Kuranta Yoga: Using Wall Ropes Safely & Effectively
- Working with the Elderly and People with Special Needs
- Alignment Principles for Body and Mind
- Therapy for High or Low Blood Pressure
- The Art and Science of Safe Adjustments
- Teaching Advanced or Intermediate Level Classes

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



Registered Yoga Teacher



Registered Yoga Teacher

The Steps for 200 Program

1. Complete 200 hours in assigned public classes and workshops
2. Take required anatomy course and complete take home exam with passing grade.
3. Learn to help those with special needs in our "Special Focus" class, assisting lead trainer in helping people with auto-immune challenges, injury, and other concerns.
4. Spend time with the Director of Training to learn the business aspects of teaching yoga.
5. When ready, submit your log of hours with details of dates, who, when, and where.
6. Receive your final tutorial exam to complete over a four to six week period (long essay).
7. Receive a passing grade on the final exam.
8. Complete an interview with Director of Training.
9. Present your Practicum (one for restorative/therapy and one for intermediate level).
10. You are certified as a Registered Yoga Teacher!

200 Hour Requirements

Yoga Alliance's® Requirements for a Registered Yoga School (RYS®) for 200-hour program.

1. Objectives - 1. Techniques, Training and Practice: 100 hours Includes asana, pranayama, mantra, meditation and technique.
2. Teaching Methodology - 25 hours in communication skills, alignment and boundaries.
3. Anatomy and Physiology - 12 to 20 hours. Completed exam required.
4. Lifestyle and Ethics - 30 hours. Taught by lead trainer and visiting faculty.
5. Practicum - 5 Hours. Learn in assisting lead trainer and leading classes.

500 Hour Requirements

Yoga Alliance's® Requirements for a Registered Yoga School (RYS®) for 500-hour program.

1. Objectives - 1. Techniques, Training and Practice: 150 hours (100 hours with lead trainer) Includes asana, pranayama, mantra, meditation and technique.
2. Teaching Methodology - 30 hours in communication skills, alignment and boundaries and the business of teaching yoga.
3. Anatomy and Physiology - 35 Hours. Completed exam required. Many hours gained in visiting faculty workshops and required weekend workshops.
4. Lifestyle and Ethics - 60 Hours. Yoga sutras, yama and niyama (philosophy), student relationships and community, and understanding dhama and karma.
5. Practicum - 40 Hours. Assisting students, practice teaching, and minimum 15 hours with lead trainer.

The requirements detailed above ensure all trainees of a RYS receive training and instruction in the five educational categories for a minimum number of designated hours. The remaining contact hours (245 hours) and elective hours (185 hours, a combination of contact and non-contact) are to be distributed among the educational categories, but the hours may be allocated at the discretion of each RYS based on their program's focus. Total minimum contact hours: 450 hours Total minimum contact hours with Lead Trainer(s): 200 hours



Sample Program Curriculum

- 1. Therapeutics for the Physical Body** Learn how to work with limitations and how to see your students. Learn from lead trainer how to work with scoliosis and sciatica and sports related challenges; classic restorative yoga and healthy bones and joints
- 2. Therapeutics for the Emotional Body** Work with lead trainer on healing anxiety and depression, healing PTSD, ayurvedics with visiting faculty and more
- 3. Rehab and Chair Yoga** Classic chair yoga for all ages and groups, especially seniors
- 4. Special Populations** Prenatal yoga, menopause, and chronic pain management taught by lead trainer and visiting guest faculty
- 5. Alignment, Cueing, Sequencing, and Adjusting** Taught throughout 200 and 500 curriculum
- 6. Chakras, Bandhas and Mudra** Taught throughout 200 and 500 curriculum. Lead trainer and guest faculty lead all philosophy training, especially energy body and the chakras
- 7. Meditation and Pranayama Practices** Advanced course work taught throughout the year, often with lead trainer

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 or 500 Hr.
- Receive a certificate displaying your achievement
- Eligible to use the title of CYT 200 Hr or 500 Hr or E-RYT (1000 Hr)
- Eligible to register with the Yoga Alliance International Organization at www.yogaalliance.org (at your own expense)

Answers to Frequently Asked Questions

1. How do I get my hours?

Attend weekly classes and all workshops. Keep a log of your hours. WEBINARS or ONLINE training not allowed. You must be physically present.

2. 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.

3. Refunds?

No refunds of classes or workshops.

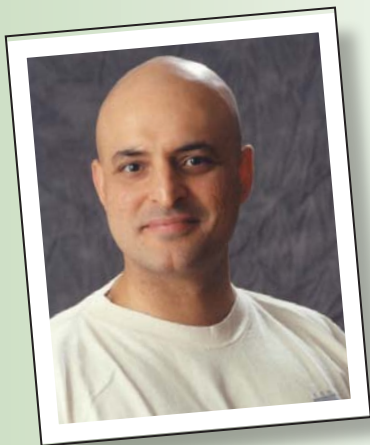
Program Faculty

Yoga School Teacher Trainers for Your Weekly Training

NOTE: Most of your training hours are required to be with Suzette Scholtes, Lead Trainer (guideline of Yoga Alliance.)

Suzette Scholtes, CYT E-RYT, Over 15,000 CEU's of Training Hours

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 others 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.

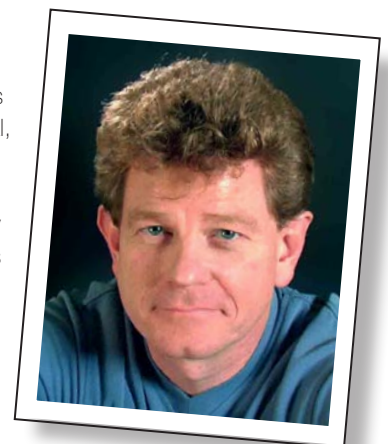


Aadil Palkhivala

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 Tortolano Self

Paula Tortolano Self, Senior Intermediate Iyengar Yoga Instructor –Paula has been practicing Iyengar Yoga for the last 18 years. In 1996 she first visited the Ramamani Iyengar Memorial Yoga Institute in Pune, India and has dedicated her life, practice, and teaching to Iyengar Tradition ever since. Since 1996 she has been back to study with the Iyengar family in Pune on 5 different occasions, a total of 11 months of immersion. Paula has been teaching regularly in Chile since being invited to help form a basis of Iyengar Yoga in 2000. She also continues teacher-training courses in both Santiago and Buenos Aires since 2012 as well as teaching workshops in other Latin American countries and in the U.S.



Judith Lasater

The practice of yoga is fundamentally an act of kindness toward oneself.

This idea is often forgotten, but not by Judith, whose approach is warm, nonjudgmental and responsive to individual differences and needs. Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Judith is president of the California Yoga Teachers Association, and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra in the San Francisco Bay Area. Judith also gives workshops throughout the United States, and has taught in Canada, England, France, Indonesia, Japan, Mexico, Peru, and Russia. She is the author of eight books: *A Year of Living Your Yoga*, *Yoga Abs*, *Yoga for Pregnancy*, *30 Essential Yoga Poses*, *Living Your Yoga*, *Relax and Renew*, *Yoga Body*, and *What We Say Matters*.



Nancy McMillan, RYT 500

After serving as a substitute teacher during her apprenticeship at the school, Nancy became a regular teacher at the studio in 2006. Having discovered yoga in the early 90's Nancy is aware of the powerful effect yoga has had on her life. She firmly believes no matter one's age or physical limitations, a focused practice can be life changing. A commitment to life-long learning challenges and motivates Nancy in her own study in her teaching. In her classes she strives to make certain each student experiences a deeper awareness of their own body that will enable change and growth through their practice. She is grateful for inspirational teachers who give so much of themselves as she continues her own journey. She witnesses community forming between students and teachers with each giving and receiving equally. Regular attendance at workshops given by Aadil Palkhivala, Doug Keller, Judith Lasater, Paula Tortolano has been invaluable in her continuing growth. Nancy holds over 2000 CEU's of training hours.

at



Kim Lacy CYT, RYT 500

"The more I practice, the more I love and appreciate yoga and the better I feel. I love sharing yoga because it benefits us on so many levels-- physical, emotional, mental, and spiritual--if we do it. I tell my students the most challenging part of a yoga practice is just managing to get oneself on the mat or to class. After that it's an adventure, and always healing, strengthening, enlivening and enlightening."

Kim graduated from KU with degrees in English and Education intending to teach school, but found herself watching the kids sitting at their desks and wishing she could teach them yoga. She moved to San Francisco with the intention of becoming certified so she could bring yoga into classrooms. Since then she has taught yoga in schools, various venues, and yoga studios. After graduating from the Iyengar Yoga Institute of San Francisco's 3 year teacher training program in 1989 she moved to Bellevue, WA to study with Aadil Palkhivala. She taught at his studio as well as at Yoga Northwest in Bellingham, WA for many years. She has

been a Certified Iyengar Yoga Instructor since 1994 and has traveled to India once to study with the Iyengars. For the past ten years now, she has been teaching at The Yoga School and at Yoga Center of Lawrence where she continues to enjoy learning from her students and other teachers. Kim has also trained in massage therapy and energy healing.



Program Faculty



Theresa Goodman CYT RYT 500

Theresa's skill in yoga broadened and deepened when she gained nearly 3000 CEU's by 2012. Theresa says yoga has helped her as well as her family remain even more healthy and happy in every way. She is a skilled herbalist, nutrition specialist and a daily meditator as well. She has studied with many influential master teachers including Paula Tortolano, Doug Keller, Aadil Palkhivala, Rod Stryker and Judith Lasater. She and her husband, Mark, enjoy their home and four lovely sons. She was educated at Kansas State University in 1992-1993. She says her personal yoga practice for her is an art form in which she strives for perfection for the physical and spiritual benefits.

Adjunct Faculty

Take majority of hours with Director of Training, Suzette Scholtes.



Sharon Friedman

500 - RYT

Sudha Govidan

500 - RYT



Janet Schmidt

500 - RYT

Stacy Sebol

P.T., 500 - RYT



Affiliate Teachers in nearby cities: Tonya Henning Wichita, KS, Yoga Central

In this place of *healing*, deepen your *inner strength*, find *peace*, and *relax*, maybe for the first time.



Testimonials

"I traveled from out of town to enjoy this program with Suzette and the cadre of guest trainers. The training at the Yoga School of Therapeutics has given me confidence and inspired my dedication to continue practicing and training and teaching Yoga. I am grateful to staff and all!" **Jane Forsythe, 1/16**

"Suzette Scholtes, the director of the school is an excellent teacher and manager. She brings in world renowned teachers for workshops, as well. I will continue to study at this awesome school as long as possible." **Alberta Mobley, Jefferson City, MO 2/6/16**

"I did a lot of research in the programs in my area, and this one offered the most diverse exposure to yoga and the visiting faculty are phenomenal to get outside perspective. I'm extremely pleased with my decision to go to Yoga School of Therapeutics for my teacher's training." **Heather Clark, 7/16/16**

"I extend my deepest gratitude and appreciation for one and all at the Yoga School. Suzette, you are an exceptional teacher. I have learned so much from you. It's been the most amazing year of study. Thank you for the guiding light." **Jayashree Kumar, graduate, 200 Hour Level, 12/11**

"Thank you for all your wonderful lessons in life and yoga. I appreciate that you have taken me into the yoga teacher-training certification program. Thank you for all the work you do to make this program available who feel heart-felt yearning to learn and teach yoga. Suzette, you are an amazing teacher and mentor who shares so much knowledge to impart so generously to all of us. I simply cannot thank you enough for this joyful experience." **Annemarie Chilton, student, 200 Hour Level, 1/12**

"This calls for a pen-to-paper acknowledgement—to thank you for such an extraordinary experience learning anatomy at your workshop yesterday! I spent the next afternoon reviewing my notes, handouts and photos, sharing with my husband the invaluable lessons we received. Kudos! Kudos for this fabulous presentation and the catered lunch. It was a feast for the eyes as well as the palate. You share yourself, Suzette, and your vulnerability is beautiful. And the hands-on use of yoga as therapy life-changing." **Love & gratitude**

MFF, 4/13





Q & A with Suzette Scholtes

Suzette Scholtes has been teaching Yoga for 30 years. She is a pioneer in using the healing power of Yoga on Parkinson's disease and shares with us her perspectives on Yoga teacher training and what she believes makes a good Yoga teacher.

What do you love about Yoga?

Everything. It is "health" insurance for the body, mind and emotions. I LOVE the physical and mental and emotional strength it gives. I love the feeling of the prana flowing in my cells. It is a powerful modality of healing still misunderstood by the consensus. We need schools such as ours to provide depth of knowledge and understanding and the lightness of teaching in joy.

Who did you do your Yoga teacher training with?

Many great masters including John Schumacher, Aadil Palkhivala, Judith Hansen Lasater, Doug Keller, Dona Holleman, Donna Farhi, Rod Stryker, Gary Krafstow, and Paula Tortolato.

What or who inspired you to open a Yoga studio?

My mentor said my gifts were powerful and encouraged me to open the doors to our first of three future locations in 1994.

What is the inspiration behind your Yoga studio name and business direction?

Our mission: Teach traditional and therapeutic applications, focusing on wellness for the body, mind, and emotions. We commit to continuing study, learning, and professionalism, integrity in the true light of yoga to empower our students, volunteers, staff, vendors and guest faculty. We build upon our honor and history as the Midwest's original and first formal yoga school.

What style/s of Yoga do you offer at your studio?

Classic, Iyengar, therapeutic, restorative (all certified staff in these modalities). Our motto is "whatever it takes to feel healthy and well."

What makes your Yoga studio unique?

Our depth of knowledge and history of success in making yoga accessible to all ages and body types. We teach yoga therapy to help achy knees, neck pain, tension in the stomach, back ache, arthritis, headache, and so much more. Our teachers are skilled with helping with these issues so common to many.

Tell us a little bit about the type of students you tend to attract to your studio?

We appeal to educated, pro-active, positive people who take responsibility for their choices and wish to maintain a high level of wellness.

What do you look for in a new potential Yoga teacher?

Happiness and joy in practice and teaching.

What do you expect to see from a potential teacher at an audition? Is there anything a potential teacher should focus on more?

Lighten up. It is yoga, not rocket science. Yet, be serious about learning and find your passion for this powerful art and science. Show up on time and become enthusiastic. Let go of your ego, of "not-feeling—good enough," as soon as it rears up. Come from your heart, not your head.

Is there any advice you would give to an aspiring Yoga teacher?

Yes. Have fun, relax, and love taking class. Do not worry about notes for a long time. Be a student for years for the love of yoga. Then write journals of notes and buy every book and DVD and material on the topic. Immerse yourself in yoga.

Do you guys have any new exciting things coming up?

Indeed! We continue to offer visiting faculty workshops with the most noteworthy teachers in the world. Donna Farhi returns from New Zealand, and of course the master work of Aadil, Judith, Doug and Paula. I teach now the principles of Ayurveda (i.e. food as medicine) and the Doshas and deeper insights to the beautiful yoga philosophy. The teaching we offer fulfills the promise of Yoga: Learn to be healthy and happy!

You can learn more about Suzette and her yoga school at www.theyogastudio.com



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

Registered with the National Yoga Alliance as teacher training school to protect and insure the quality of your education.

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: _____

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 possible yoga teacher job opportunities. We have helped 80% of our students find teaching opportunities in our community, at no extra cost to them.



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

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



Suzette's yoga from 1985

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.

Weekly or Monthly Class Schedule

Local students may attend class with Director of Training Monday through Friday. Out of town students attend once or twice monthly Saturday trainings and visiting faculty two or three day workshop as published on the website.

Grounds for Termination from the Program

If the applicant misses more than three weekend trainings in one year, you may be terminated from the program. This policy made official May 1, 2009. **If you wish to terminate the program:** Contact Suzette Scholtes and then 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. In case of illness or death in family of a faculty member, enrolled students will be notified by phone or email of any cancellation. No weekend event has been cancelled yet in our 30 year history.

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 postponed or cancelled. 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.

Out of State Training

We have certified teachers in seven states. Arrange an interview with Suzette Scholtes on details to how it works

Five Reasons to Choose the Yoga School

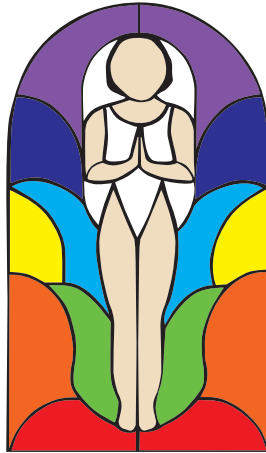
1. Proven reputation with 100's of teachers have certified with us in six states.
2. Over 30 years of credentials to give you substance and refined skills.
3. Join any-time for on-going ease of completing 200 hours. Think of our place as a junior college with continuing education at all times.
4. We 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 and notes.
5. One-on-one mentoring with director to foster understanding, ease anxiety. 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 • 913-492-9594 • info@theyogastudio.com

Find class and workshop schedule and pricing at
www.theyogasudio.com