

# Sumits Hot Yoga Teacher Training



## School Catalog

**2011**

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Chandler, AZ 85226  
480.768.1000 P  
[www.sumitsyoga.com](http://www.sumitsyoga.com)**

**ADMINISTRATION**

Dayna Henig, Executive Director  
Craig Henig, Co-Owner

**NOTICE OF DISCLAIMER**

Sumits Hot Yoga Teacher Training reserves the right to amend, add or delete classed, programs, policies, tuition and/or facilities without prior notice. Sumits Hot Yoga Teacher Training also reserves the right to cancel classed due to insufficient number of students. Catalogs of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations. Revisions made to this catalog shall be provided to the State Board within ten (10) days of implementation. This catalog is available in written or electronic format.

**STATEMENT OF NON-DISCRIMINATION**

No person shall be excluded participation, denied any benefits or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin or physical disability.

**MISSION STATEMENT**

Sumits Hot Yoga Teacher Training will provide a quality educational experience that prepares graduates to succeed in the health and fitness industry. Sumits Hot Yoga Teacher Training offers in-depth comprehensive yoga programs to individuals who wish to teach yoga or deepen their understating of the science, art and philosophy of yoga.

**ADMISSION REQUIREMENTS**

Applicants must have a high school diploma or a recognized equivalent (GED) and a letter of recommendation from a certified yoga teacher indicating that the student has practiced yoga for a minimum of one year.

Sumits Hot Yoga Teacher Training requires a personal interview with each applicant prior to acceptance into a program. The school encourages prospective student's parents and/or spouse to attend the interview. This gives both the applicant and their family the opportunity to see the facility and equipment and to ask questions relating to specific training. The personal interview also gives the school the opportunity to meet the prospective student and to evaluate his/her qualifications and aptitudes.

Sumits Hot Yoga Teacher Training considers and applicant to be enrolled as a student when they meet the following criteria:

1. Interviews with a school official.
2. Signs an enrollment agreement.
3. Certifies that he/she is a high school graduate or has a GED.
4. Provides a letter of recommendation from a certified yoga teacher indicating that the student has practiced yoga for a minimum of one year.
5. Makes satisfactory arrangements for payment of tuition and other fees.

**DRESS CODE**

Students are required to wear loose comfortable cotton clothing.

### **ATTENDANCE POLICY**

Students are required to maintain a minimum of 80% attendance over the length of the program. Students who fall below 80% attendance will be placed on attendance probation until they reach 80% attendance or cannot achieve the 80% attendance by the end of his/her training program completion date, at which time the student must make arrangements with the school to complete his/her program of study. Failure to make such arrangements may result in termination. Students who are on attendance probation are considered to be making satisfactory progress. If a student must be absent, he/she must call the school within thirty (30) minutes prior to class start time.

### **TARDINESS**

Tardiness and leaving class early is subtracted from the total time of the program and counts against the 80% minimum required attendance.

### **MAKE-UP WORK**

Assignments and projects not completed on schedule during a course must be made-up within the time frame of that course. Arrangements must be made with the instructor.

### **GRADING SYSTEM**

Grades are based on assignments, tests and performance examinations given with each course. The minimum acceptable grade for each course is 70%

<b>Grading Scale</b>		
<b>Alpha</b>	<b>Numeric</b>	<b>Grade Point</b>
A	90 -100	4.0
B	80 -89	3.0
C	70 -79	2.0
D	60 -69	1.0
E	0 -59	0.0

### **TRANSCRIPTS**

Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

### **ACADEMIC ADVISING**

A student's educational objectives, grades, attendance and conduct are reviewed on a regular basis. A one-on-one student evaluation meeting will be held after completing half of the training program. If academic standing or conduct is unacceptable, the student will be advised. Failure to improve academic standing or behavior may result in further action being taken up to and including termination. Students are encouraged to seek academic advising through their instructor.

### **SATISFACTORY ACADEMIC PROGRESS**

Satisfactory progress is defined as a passing grade in all levels of the training program. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be allowed to present justification or evidence of extenuating circumstances as to why he/she should be allowed to continue training. The student will be considered making satisfactory progress during any probation period. If the student has not achieved the criteria as set forth in this section at the end of the probationary period he/she may be terminated from the training program.

If a student must repeat a section of study he/she may be charged a repeat fee to be determined by the school. This repeat of the section of study may be due to academic failure or failure to meet attendance requirements. The maximum time allowed for repeats will be determined by Sumits Hot Yoga Teacher Training. The grade earned in the repeat section of study will prevail.

### **COURSE INCOMPLETES**

An "incomplete" cannot be given as a final grade. However, at the end of the program a student may, with the Executive Director's approval be granted an extension. This extension of time will be determined by Sumits Hot Yoga Teacher Training in order to complete all the required course work and assignments. The extension cannot be used to make-up accrued absences from class. If the student does not complete the required course work and assignments within the extension period, he/she will receive a grade of "F" or zero, which will be averaged with the students other grades to determine the grade point average.

### **LEAVES OF ABSENCE**

Leaves of absences, including military leaves, shall be reasonable in duration, not to exceed sixty (60) calendar days and shall be for specific and acceptable purposes. A written request for leave of absence properly dated and signed by the student and school official must be filed prior to the beginning of such a leave unless circumstances prevent completion of the request at that time. Student must return on or before the expiration of the leave of absence or face termination.

### **STUDENT CONDUCT**

Students must adhere to the rules and regulation of Sumits Hot Yoga Teacher Training. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors or the progress of the class or Sumits Hot Yoga Teacher Training in general. The Administration of Sumits Hot Yoga Teacher Training reserves the right of judgment to place on probation and/or terminate a student on any of the following grounds:

1. Non-conformity of rules and regulations of the school.
2. Conduct that is unsatisfactory to the school, its staff, faculty and its students.
3. Unsatisfactory academic progress.
4. Excessive absences or tardiness.
5. Falsifying school records.
6. Breach of school enrollment agreement.
7. Failure to pay fees when due and/or to make available required documents.
8. Entering school premises while under the influence of alcohol or drugs.
9. Carrying a concealed or potentially dangerous weapon.

10. Aiding, abetting or inciting others to commit any act that would detract from the normal operation of the school.
11. Theft
12. Cheating on tests or exams.

#### **TERMINATION PROCEDURE**

Students to be terminated from school are notified in writing and may appeal to the Executive Director of Sumits Hot Yoga Teacher Training within three (3) days of "Notice of Termination".

#### **REINSTATEMENT**

Students who have been forced to interrupt their education for any reason may request reinstatement by contacting the Executive Director of Sumits Hot Yoga Teacher Training. Students who were making satisfactory academic progress when they withdrew will be eligible for re-entry without condition. Students who were not making satisfactory progress may be placed on academic probation or have other special conditions placed on their re-entry. All students requesting reinstatement will be required to go through a portion of the admissions process again. A \$25.00 reinstatement fee will be charged to students who desire to re-enter.

#### **STUDENT GRIEVANCE PROCEDURE**

1. Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
2. If one-on-one discussion fails to result in a satisfactory resolution, a written complaint must be submitted to the Executive Director. The Executive Director must resolve the complaint in writing within ten business days, excluding Saturday, Sunday and State and Federal holidays.
3. If the student is not satisfied with the proposed resolution, the student must respond to the Executive Director, in writing, within ten business days, excluding Saturday, Sunday and State and Federal holidays. The Executive Director will issue a final written response to the student within ten business days, excluding Saturday, Sunday and State and Federal holidays.
4. If the student complaint cannot be resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Arizona State Board for Private Postsecondary Education. The student must contact the State Board for further details.

Arizona State Board for Private Postsecondary Education  
1400 W. Washington St.  
Room 260  
Phoenix, AZ 85007  
602-542-5709 P  
[www.azppse.gov](http://www.azppse.gov)

### SCHOLARSHIPS

Sumits Hot Yoga Teacher Training does not offer a scholarship program.

### CREDIT FOR PREVIOUS TRAINING

Sumits Hot Yoga Teacher Training does not accept credit for previous education, training, work experience (experiential learning) or CLEP.

### STUDENT SERVICES

Sumits Hot Yoga Teacher Training does not offer career planning assistance to graduates.

### LIBRARY

Students have access to relevant magazines and publications related to yoga practice.

### GRADUATION REQUIREMENTS

In order to graduate, a student must:

1. Complete with a passing grade all requirements for their program of study within five (5) days of scheduled class end date and maintain a minimum 2.0 CGPA.
2. Return all property belonging to the School.
3. Fulfill all financial obligations to the School.

### TUITION SCHEDULE

<b>Sumits Hot Yoga Teacher Training Program Tuition and Fees</b>	
Registration Fee	\$200.00
Tuition	\$3,000.00
<b>Total Tuition and Fees</b>	<b>\$3,200.00</b>

### PAYMENT OF TUITION

Sumits Hot Yoga Teacher Training does not provide any institutional payment plans, loans or grants and does not assist with living expenses. A deposit of \$500.00 (\$300.00 to be applied to Tuition and \$200.00 for the non-refundable registration fee) must accompany the enrollment agreement to secure a space in the program. Full tuition is due prior to the beginning class. Students may pay for tuition and fees with cash, cashier's check, debit card or credit card. All financial obligations to the school must be satisfied in order to receive their certificate of completion.

### CANCELLATION POLICY

**Rejection:** An applicant denied admission is entitled to a refund of all monies paid.

**Three-Day Cancellation:** An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, the school shall provide the 100% refund.

**Other Cancellations:** An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid **minus a registration fee of \$200.00.**

## REFUND POLICY

Refund after the Commencement of Classes:

### 1. Procedure for withdrawal/withdrawal date:

- A. A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the Executive Director of the school. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
- B. 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.
- C. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 consecutive class days.
- D. All refunds will be issued within 30 days of the determination of the withdrawal date.

### 2. Tuition charges/refunds:

- A. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition **(less the \$200.00 registration fee)**.
- B. After the commencement of classes, the tuition refund **minus the registration fee of \$200.00** shall be determined as follows:

<b>% of the Clock Hours Attempted:</b>	<b>Tuition Refund Amount:</b>
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 day of attendance, by the total number of clock hours in the program.

**3. Books, supplies and fees:** There is no refund for equipment, books and supplies received by the student.

**4. Special Cases:** In case of prolonged illness or accident, death in the family, or other circumstances that make it impractical for the student to complete the program, the school may make a settlement which is reasonable and fair.

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

**Holder in Due Course Statement:** Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of 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 05-14-1976).

## **HOURS OF OPERATION**

### **Studio Hours**

Monday – Friday: 9:00 am – 8:00 pm

Saturday & Sunday: 8:00 am – 6:00 pm

### **Class Hours**

Class times will vary with the session. Sessions will include weekday daytime sessions, weekday evening sessions and weekend sessions.

## **STUDENT HOLIDAYS**

New Year's Day

Easter

Memorial Day

Independence Day

Labor Day

Yom Kippur

Thanksgiving Day

Christmas Day

## **START AND END DATES FOR THE SUMITS HOT YOGA TEACHER TRAINING PROGRAM**

Session start and finish dates will vary throughout the year depending on session type.

## **YOGA ALLIANCE**

Sumits Hot Yoga Teacher Training certificate of completion gives the graduate what they need to teach yoga in Arizona. It is not required by law that the graduate be registered with the Yoga Alliance. Upon successful completion of the 200 hour Teacher Training Program, graduates supply documentation to Yoga Alliance whereby they are then registered with the national organization at the 200 hour level. For more information about Yoga Alliance and their certification requirements contact:

Yoga Alliance  
7801 Old Branch Avenue  
Suite 400  
PO Box 369  
Clinton, Maryland 20735  
888.921.YOGA (9642)  
[www.yogaalliance.org](http://www.yogaalliance.org)

**Program Course of Study:** Hot Yoga Teacher Training

**Prerequisites:** High School Diploma or GED and a letter of recommendation from a certified yoga teacher indicating that the student has practiced yoga for a minimum of one year. Sumits Hot Yoga Teacher Training requires a personal interview with each applicant prior to acceptance into a program.

**Clock Hours:** 200 Clock Hours

**Curriculum:**

**Y201 Methodologies and Practices of Asana** **Clock Hours: 100 Hours**

**Course Description:** This course will specifically explore the principles and philosophy of Asana Yoga including the five universal principles of alignment, the “3A's” (Attitude, Alignment and Action) operating principles and how to teach a heart centered practice. Students will observe, practice and participate in voice expression, tone delivery, heat and music coordination. Students will demonstrate and learn to teach basic warm-ups, standing poses, basic hip openers, forward bends, inversions, back bends, twists and Savasana (relaxation). Students will learn the effective and safe mechanics of using props and variations for asana. Students will practice mock up class teaching. They will be assessed on their verbal cues understanding and delivery. Students will practice pacing and observing class, as they practice their verbal cues.

**Y202 Anatomy and Physiology** **Clock Hours: 35 Hours**

**Course Description:** In this course students will learn the practical elements of anatomy and physiology to maximize safety in the yoga classroom. Students will learn the major muscles bones, and joints and the relationship between the respiratory and nervous systems. Students will also be introduced to energy anatomy, including interrelationship of Prana in the Chakra systems, nadis, koshas in the human body. Students will stand in mock up classes sharing verbal cues and weaving anatomy and physiology.

**Y203 Methodologies of Pranayama** **Clock Hours: 8 Hours**

**Course Description:** Students will be able to explain and demonstrate these breathing methods: natural yogic breath ujjayi greath, sitali greath, viloma kapalabhati, nadi sodhana and bastrika. Students will practice supine and seated positions to enhance breathing techniques.

**Y204 Yoga Lifestyles** **Clock Hours: 16 Hours**

**Course Description:** In this course students will learn the history of yoga, the four main paths of yoga and the philosophy and literature of classical yoga. Students will explore personal responsibility as yoga teachers including moral and ethical conduct, as well as civil laws and other legal codes of behavior, both in the classroom and in society.

**Y205 Techniques of Meditation** **Clock Hours: 6 Hours**

**Course Description:** In this course students will learn the Pratyahara and Dharana forms of meditation. Students will understand the importance of self-transcendence and personal enlightenment through meditation.

**Y206 Yoga Principles of Health****Clock Hours: 12 Hours**

**Course Description:** In this course students will study the guidelines of Ayurveda as holistic science and art of life. Students will become familiar with the five elements, the five senses, the six tastes, the three doshas, (constitutions) and their unique relevance to each participant.

**Y207 Yoga for Special Populations****Clock Hours: 23 Hours**

**Course Description:** In this course students learn how to utilize yoga for therapeutic purposes, for rehabilitation of wrists, shoulders, knees, hips, neck and back. Students will learn and practice yoga techniques for the physically challenged, senior population, pre and post natal women and children.