



Mandorla Yoga Institute



WOMEN CENTERED
YOGA | MASSAGE | WHOLENESS

MYI MANTRA

We believe that yoga is innate to every person

We are all born doing yoga in some fashion

We empower you to move forward with your life and do something with it

We offer in our teachings a path that is based on freedom and allowance

We do not keep ourselves at a distance

We do not throw around words about enlightenment or perfection

We are flawed and in allowing our flaws to be transparent, we allow you to do the same

We believe that true freedom comes from allowing our cracks to show and only then are we able to move forward, not despite the cracks but because of them

We find healing through our pain and challenges

We do not have to strive for perfection

We envision self-awareness, balance, personal growth and transformation



ABOUT THE MANDORLA YOGA INSTITUTE

The Mandorla Yoga Institute is a Certified Educational Institution in the province of Alberta. We provide T2202A's for income tax purposes, on all tuition paid for any certification workshops. We are a Registered Yoga School offering Canadian Yoga Alliance accredited yoga teacher training at the 200 hour (RYT200), 350 hour (RYT350) and 500 hour (RYT500) levels. Graduates of our Embodiment Yoga Teacher Training program may register with the Canadian Yoga Alliance as teachers of Vinyasa Flow, Yin and Restorative Yoga at the 200 hour level. Our Thai Yoga Therapy training is accredited with the National Health Practitioners of Canada and the Canadian Yoga Alliance. Upon completion, graduates will be given a certificate complete with your hour designation in Thai Yoga Therapy and are able to obtain licensure as a holistic practitioner and may use the designation 'Thai Yoga Therapist'. Graduates of this program may also register with the Canadian Yoga Alliance. Graduates who complete both the Embodiment Yoga Teacher Training and the Thai Yoga Therapy training programs through MYI may register with the Canadian Yoga Alliance for RYT350 or RYT500 (based on the hours completed). The Canadian Yoga Alliance will recognize training that students complete beyond these trainings either through mentoring programs, workshops or other course work to work toward RYT500.

REGISTRATION INFORMATION

Thank you for your interest in the Mandorla Yoga Institute. This information packet contains important details related to the 200 hour Embodiment Yoga Teacher Training and the 150 and 300 hour Thai Yoga Therapy training.

To register for our programs, we request you complete the following:

- **Please register via our website at:**
<https://www.mandorlayoga.com/school-application-form.html>
- Pay for an individual module or for the course deposit of \$500 with a credit card at time of registration to ensure placement. (An electronic invoice will be sent to you based on your registration)
- Pay the remainder of your tuition 2 weeks prior to the onset of teacher training. (An electronic invoice will be sent to you based on your registration)
- If you are applying to an MYI program less than 2 weeks prior to a course start date, we require that you speak with one of our course directors to ensure that we have a spot available for you. If this is the case, please email info@mandorlayoga.com to arrange a phone interview.



ABOUT MYI CURRICULUM

Geared toward adult learners, our curriculum has been designed to work with a variety of learning styles. By combining ONLINE classroom instruction with hands on work in the studio, we explore the course material from different angles including visual, kinetic and audio approaches. We record our ONLINE classes so that students may review the material as many times as needed and provide thorough manuals along with video and email support with our teachers. During the studio portion of the training we honour the adult energy cycles and complete lectures and demonstrations in the earlier portion of the day and leave applications and kinetic learning for the afternoons.

Unique to MYI is the therapeutic element of our trainings, which is due to the professional designations of our Senior Teachers. Including Registered Massage Therapy, Traditional Chinese Medicine, Ayurveda, and Thai Yoga Massage, we have a strong teaching family who bring their additional knowledge base to the curriculum. Providing a combined knowledge base of over 40 years of work in their respective fields, our students are exposed to therapeutic approaches to yoga practice. In our experience, our graduates gain a valuable skill in providing classes that are adaptive, safe, rehabilitative and empowering because of this exposure.

OUR PHILOSOPHY

With philosophical roots in Buddhism and Tantra, our philosophical leanings are based around reclamation of the body-mind-heart relationship by following the 'Middle Way'. This is also known as Moksha, a belief that every day activities are spiritual and that we can become aware and awaken to a full and inspired life within our bodies. Celebrating our bodies and enjoying all that life has to offer is part of the spiritual process, not a hindrance to it. We believe that yoga is about cultivating body positivity and creating healthy relationships with ourselves and others. This view strongly pours into how we view interacting with the world. While some of us are practicing vegetarians, many of us are not and you will be hard pressed to hear us say anything along the lines of what yoga teachers should or should not do. While supporting you, we acknowledge your individual process and from a place of generosity and kindness practice AHIMSA (non-harming) from a very gentle place. And of course, this applies to how we teach asana (the yoga postures) and pranayama (breathwork). We will invite you to play with your habits and will certainly support you into entering places of challenge and discomfort, but for us it is about bringing the practice to you and adapting it to your personal needs.



OUR INTENTION

When we work with you, we hold to the following intentions at our core:

- To support you in developing and growing your sadhana (personal yoga practice) with the hope that you may deeply experience the transformative benefits of yoga in an intimate way
- To support you in beginning to develop a comprehension of yoga in all of its depth from its history and philosophy to how it is applied physically, emotionally, energetically, mentally and spiritually
- To support you to the best of our abilities to be fully prepared to share yoga with others in an environment that is both safe and nurturing as well as creative, fun and inspiring
- To support you in creating meaningful relationships with yourself and others within an inspiring yoga community founded in transformative yoga practices

BEING PREPARED FOR TRAINING

The program is designed to build you from the ground up, so physically, you do not need to be prepared. Emotionally and Mentally though, we are looking for students who are coming in a state where you feel safe and ready to ask some challenging questions and to explore your SELF on a deep level. In other words, we are not looking for you to be able to touch your toes, but we would ask that prior to training, you have given yourself time to digest and process so that when you do come to training, you are in a fairly grounded state.

MYI PROGRAM OFFERINGS AND LEARNING OUTCOMES

We love learning and have improved our programs over and over again since 2007 so that we can speak to adult learners, both academic and not, in a manner that helps you grasp and apply the material so that you experience the fullest degree of transformation and support while in our presence. Yoga is about getting to know yourself deeply and fully. We make ourselves accessible and teach from a place of vulnerability and authenticity. We strive to listen with warmth, compassion and understanding and make it our goal to ensure that you feel safe, welcome and like you belong.

Currently MYI offers a 200 Hour Embodiment Yoga Teacher Training in Yin, Restorative and Vinyasa yoga and a 150 and 300 hour Thai Yoga Therapy training. We offer these trainings from our heart to yours and take supporting you on your journey very seriously.



200 HOUR EMBODIMENT YOGA TEACHER TRAINING

Embodiment - 'Uniting the imaginary separation between body and mind'

This training is a beautiful blend of yin, restorative, and vinyasa yoga with healing hands on assists stemming from Thai Yoga Massage with the intention of supporting you in reclaiming your body-mind connection through establishing a personal yoga practice. This training prepares our graduates to offer inspired **group yoga classes** with a strong foundation in: Ayurveda, hands on assisting, sequencing, modifications, props, meditation, mantra, mudra, asana, and pranayama.

Our modules are inspired by the elements of Ayurveda: Earth, Water, Fire, Air and Ether. We draw from this inspiration to create meaningful class plans with the intention of helping you to bring balance to your body and mind. Our students are exposed to therapeutic essentials and adaptations from the Western and Eastern medicine models. We believe that injury in yoga practice occurs when the emphasis is placed on 'attaining' a posture. We teach you to listen to your body and attain full fluid strength and range of motion within the degrees of a posture.

Our Program Includes:

- Embodiment Yoga Training 1 (60 hours) Explore the Elements of Earth and Water while being supported in developing a personal practice. In these modules we explore energetic alignment and anatomy, the principles of sequencing, the art of hands on assisting, Ayurveda, adaptations for emotional balancing, meditation, philosophy, the history of yoga, breath-work, and so much more. It is a beautiful time full of community, growth, and laughter. Learn how to practice, sequence, and teach, standing poses, hip openers, seated poses, and stabilizing postures.
- Embodiment Yoga Training 2 (60 hours) Explore the Elements of Fire, Air, and Ether while cultivating strong sequencing and teaching skills, powerful hands on assisting techniques as well as the ability to modify, adapt, and make the practice accessible to a wide range of students. Learn how to safely practice, sequence and teach backbends, twists, core work, arm balances and inversions.
- 20 hours of ONLINE studies in Functional Anatomy and Adaptive Yoga where you are introduced to a hands-on and applicable way to learn the human body and how to respond to various injuries and individual needs using yoga modifications. These classes



are recorded so that you may 'attend' class when you are able and may re-watch the portions you found challenging until you get it. Utilizing 3D software and our skeleton 'Bob', we help you to see the how and why of therapeutic yoga so that you can become an empowered teacher who not only offers safe classes, but healing ones.

- 20 hours of ONLINE studies in Meditation and Philosophy in our course the Art of Holding Space, where you learn how to hold space for yourself and others so that you might experience and offer transformative yoga practices
- 20 hours of ONLINE studies in The Art of Sequencing, a mentor supported program designed to assist you in mastering the skill of creating well thought out yoga class plans. This mentorship supports you in transitioning into the teaching world.
- Video Recordings, Audio Files, and a Thorough Teacher Training Manual.
- Access to our teachers in person, via phone and email during the entirety of the training
- Opportunities for practice teaching, retaking modules and assisting our teachers in future trainings

What you will learn in the 200 Hour Embodiment training:

- Learn how to create inspiring classes and yoga sequences around the elements of Earth, Water, Fire, Air and Ether using the MYI Sequencing Model
- Learn about the anatomy of the energetic body including the Chakras, vayus, meridians and nadis
- Learn functional and adaptive approaches for teaching accessible and inspiring vinyasa, yin and restorative yoga classes with confidence
- Learn how to safely practice, teach and modify over 200 yoga postures
- Learn the skillful art of hands on assisting and how to incorporate yoga props
- Experience mentorship and support in developing your own unique yoga style
- Explore the therapeutic benefits of yoga through the lens of Eastern and Western medicine
- Develop a foundational understanding of therapeutic essentials within yoga practice from the Eastern and Western models
- Learn about anatomy in an applicable way and gain awareness of key injuries and the health conditions to look out for as a yoga teacher and learn how to respond to these conditions within a yoga class with confidence
- Explore Self-discovery techniques through inquiry, discussion and meditation from Tantric, Classical and Buddhist perspectives
- Develop a foundational understanding of Ayurveda and the Elements and learn how to better understand yourself through this sister art to yoga



Criteria for Certification:

Upon Completion of the 200 Hour Embodiment Yoga Teacher Training, graduates will receive a 200 hour certificate in Vinyasa Flow, Yin and Restorative Yoga. Certification for the 200 Hour Embodiment Program is given within 1 year with completion of:

- Attendance at all YTT sessions, Classroom and Online
- Embodiment Yoga Training 1 (60 hours)
- Embodiment Yoga Training 2 (60 hours)
- Functional Anatomy and Adaptive Yoga (20 hours) Online course
- The Art of Holding Space (20 hours) Online course
- The Art of Sequencing (20 hours) Online course
- Completion of yoga project that expresses what your yoga is **OR** completion of 3-5 page book report on one of the following books:
 - Living Your Yoga by Judith Lasater
 - The Yama's and Niyama's by Deborah Adele
 - A book of your own choosing that has been pre-approved by a MYI mentor
- Turning in of 3 Class Plans
- Attendance of 20 classes with an RYT with written documentation
- Teaching one supervised practicum class during the course of the YTT



THAI YOGA THERAPY TRAINING

Our Thai Yoga Therapy training merges the arts of Thai Yoga Massage with Yoga Therapy for the purpose of creating practitioners who are able to offer heightened sensitivity through the element of touch and a deep responsive listening that allows you to tailor each session to your individual clients. This modality allows you to support your clients physically, emotionally, and mentally through yoga asana, stretching, massage, breath work and energy work in a meaningful and transformative way.

Our Thai Yoga Therapy courses explore the following:

- Thai Yoga Massage - exploring empowering hands on assists, stretches and massage techniques (thumbing, palming, rolling, tractioning etc.) within supported yoga postures and how to use these techniques within the context of a private yoga session and/or Thai Yoga Massage session
- Thai Yoga Therapy - a thorough exploration of the physical body's myofascial meridians and musculature along with powerful techniques for improving range of motion, releasing tension, re-patterning misalignments and improving freedom of movement and range of motion
- Adaptations and modifications to work with your body's alignment needs as the therapist/teacher
- Adaptations, use of props and modifications for working with larger clients or people with health concerns or injuries
- Ayurveda - looking at the emotional body through the lens of Pitta (irritability), Kapha (depression) and Vata (anxiety) and comparing this with the current Western perspectives on mental health and its relationship to the nervous system
- Exploring the Energetic Body - Energy work for supporting emotional health through the lens of Marma Therapy (the Ayurvedic expression of acupuncture and Reiki)
- Craniosacral Therapy for supporting a profound shift in the nervous system toward deep relaxation
- Therapeutic yoga asana for releasing and re-patterning the myofascial meridians and musculature
- Pranayama - breathwork assessment and yoga therapy techniques for supporting anxiety, depression and stress



Criteria for Certification in Thai Yoga Therapy:

Thai Yoga Massage Practitioner Designation with the NHPC, 150 hour certification - CE credits available for Yoga Alliance and Canadian Yoga Alliance

- Completion of the Ayurvedic Thai Yoga Massage modules for Vata, Pitta and Kapha Dosha (60 hours)
- Completion of the Art of Holding Space and the Art of Sequencing and Functional Anatomy and Adaptive yoga (60 hours)
- Completion of 25 documented practice hours (25 hours)
- Completion of Practicum (can be completed online for students in other cities) (5 hours)
- *If you are not an RMT, you must acquire at least this designation to acquire membership with the NHPC and to practice as a licensed Holistic Practitioner. This will allow you to issue insurance receipts to those who have a health spending account option as part of their Health Care Plan.*

Thai Yoga Therapist Designation with the Canadian Yoga Alliance and the NHPC, 300 hour certification (RYT500 for students who hold a 200 hour RYT)

- Completion of Yoga Therapy and Advanced Thai Massage Modules in Restorative Yoga Therapy, Yin Yoga Therapy and Advanced Thai Yoga Massage (60 hours)
- Completion of the Ayurvedic Thai Yoga Massage modules for Vata, Pitta and Kapha Dosha (60 hours)
- Completion of the Art of Holding Space and the Art of Sequencing and Functional Anatomy and Adaptive yoga (60 hours, MYI graduates who have already completed these courses, may take alternative courses in lieu)
- Supervised Teaching, Assisting and Observation (60 hours, alternate arrangements can be made for students coming from other cities)
- Private Mentoring Sessions (20 hours, alternate arrangements can be made for students coming from other cities)
- Completion of 35 documented practice hours (35 hours)
- Completion of Practicum (5 hours can be completed online for out of town students)
- **No further requisites are required for attaining this designation with the NHPC.**
- **To attain this designation with the Canadian Yoga Alliance for RYT500, a 200 hour yoga certification is also required. You can obtain this through the MYI Embodiment training or through any recognized 200 hour Yoga School.**



CONTINUING EDUCATION CREDITS

Our Thai Yoga Therapy training is comprised of 6 workshop style modules. Each of these workshops may be taken individually over a weekend or during a weeklong intensive for continuing education credits with the Canadian Yoga Alliance.

You are welcome to attend any of the individual modules from this program. It is not required that you be enrolled in the full program to attend. By completing 3 modules in Thai Yoga Therapy, RMT's receive 15 CCP credits and yoga teachers receive 60 CE credits.

PREREQUISITES

The Mandorla Yoga Institute does not require that you have any previous experience with yoga in order to participate in any of our courses. Everyone is welcome to attend.

ACCREDITATION

We are an accredited educational institute in the province of Alberta, and as such all tuition paid is 100% tax deductible.

Our 200 Hour embodiment training is an accredited training with the Canadian Yoga Alliance, and as such graduates are eligible to acquire the designation of Registered Yoga Teacher at the 200 hour level.

Our Hour Thai Yoga Therapy program is an accredited training with the Natural Health Practitioners of Canada and the Canadian Yoga Alliance. Upon completion graduates can attain licensure as a holistic practitioner via the NHPC and may also register with the Canadian Yoga Alliance for RYT designation as a Thai Yoga Therapist. This registration includes practitioner insurance for practicing as both a yoga teacher and Thai Yoga Therapist.

YEARLY CALENDAR AND FLEXIBLE TRAINING DATES

We offer our training in 3 unique formats to support you in making the dates work for your schedule. With our modular based program, you can easily mix dates from our different formats to make up any hours that may not work for you. We offer weekday, weekend and week long intensives throughout the year and are very supportive in finding a schedule that supports you. To see the complete yearly calendar for our 2017/2018 offerings, please view our [Training Calendar](#).



ACCOMMODATIONS AND MEALS

The Mandorla Yoga Institute is hosted by various locations during individual training sessions. Students coming from out of town are welcome to inquire about guest housing with one of the teachers in our community, but for those who would prefer more private accommodations, hotel and other lodging options are available. We are happy to send you a list of nearby hotels or to assist you in airport transportation. When we offer our intensives at retreat centres, we ensure that both meals and accommodations are included in the package price. This package price is paid in addition to your tuition, airfare and extracurricular activities.

ACADEMIC POLICIES

We understand that it isn't always possible to be on time, but suggest arriving 15 minutes prior to the onset of classes so that you will have some time to stow your belongings and settle in. Should you arrive late, we will support you in transitioning into the group but ask that you be aware that practice may have started.

Completion of all hours are required for course graduation. Should you need to miss any hours from a course, please discuss this with your teacher so that we can give you the opportunity to make up these course hours at a future training. Our course offerings are very flexible and allow you to find a schedule that accommodates most students. At times we are able to offer make up hours in a one on one setting with a senior teacher. A fee of an additional \$45 will be billed for this option, should this be your preference.

Should you not be able to complete your study, or be held from certification at the time of graduation, you can come under the mentorship of an appointed teacher. This process may require additional costs to you. The course director reserves the right to request a repeat of the teaching practicum, should it be apparent that certain aspects of yoga teaching need to be refined. In addition, a certain level of emotional and mental stability goes along with the technical skills to become certified. This assures a safe environment for the student and competency of training for the teacher. We reserve the right to withhold certification or cease the teacher training process with any student who fails to co-participate in the creation of a safe and ethical learning environment either through abusive behaviour or otherwise. Depending on the incident that would lead to this decision, it will be up to the course director of the individual location if the student will be allowed to complete their training at a later time.



FURTHER INFORMATION REGARDING TRAINING

- Students will be emailed 2 weeks prior to a course start date with a suggested reading list. Your tuition includes the comprehensive MYI manuals. To complete the MYI training, you do not have to purchase the additional reading materials.
- Students are responsible for bringing their own notebook and pens etc.
- Currently, first aid training is not offered through MYI and while we will not require first aid certification prior to graduating, we strongly suggest it. Go to www.redcross.ca for training dates offered near you.
- At times the primary E-RYT will require you to do additional hours in areas where you may need improvement. Should you require additional time with a Senior Mandorla teacher for these hours, we charge a fee of \$45 per hour for our assistance.
- Should you lose your certificate or find that you need an additional copy, we are more than happy to provide you with one for the fee of \$15.

INCOME TAX RECEIPT

T2202A Tuition Tax receipts will be provided for all students who are completing an accreditation program. This is not available for students doing individual modules. T2202A Certificates will be mailed to all students by the end of February. The amount shown reflects tuition paid for courses taken during the previous tax year. Replacement copy requested of the original tax receipt will be \$10.00

PAYMENT PLANS

MYI offers a payment plan option for students upon request. Please discuss this with your MYI advisor. We require that your chosen payment arrangements have commenced one month prior to the onset of your course program. Please note, payment plans must be honoured and kept up to date. Any dishonouring of payment arrangements, i.e. not paying in a timely manner or missing a payment, as specified by your individual agreement, will result in a suspension of your program as follows. With the first missed or late payment, you will be given a written warning with the opportunity to make up the payment within 1 weeks' time. With the second missed payment, your program will be suspended and we will ask that you correct the payment prior to returning to training. You will be allowed to return to training once the payment has been resolved. Should you miss any training hours as a result of this, it will be your responsibility to make up the missed training hours at your expense either through repeating the training at a later date or by paying one of our teachers to instruct you privately. Should a payment be missed a third time, your program will be put on full suspension and you will be given the opportunity to join the next yoga teacher training cohort once your full payments have been made.



TUITION GUIDELINES

Should you not be accepted into training; a full refund will be given. Should you change your mind or need to change your dates, your acceptance will be valid for one year. *Please view the refund policy for full details.* Programs fill as applications are approved and deposits received, on a first come first serve basis. Class size is limited.

The Mandorla Yoga Institute reserves the right to change the dates, fees, and times of all courses offered at its sole discretion.

REFUND POLICY

- If the Mandorla Yoga Institute cancels the Training a full refund will be issued.
- No refunds will be issued for sessions postponed for inclement weather and every effort will be made to reschedule such sessions.
- We require that your chosen payment arrangements have commenced one month prior to the onset of your course program.
- No refunds will be given for course abandonment or once the training has commenced
- No refunds will be given for course abandonment by the student.
- No refunds will be given once the training has commenced. Under extenuating circumstances related to illness, death or injury, we will hold your funds for one year's time as a retainer for attendance at the next yoga teacher training session.

If a student withdraws from the training the following refund policy applies:

- If the student withdraws a minimum of **30 days** prior to first day of training commencement the student will receive a full refund of all monies paid minus an administration fee of \$100.
- If the student withdraws **15-30 days** prior to the first day of training the student will receive a 50% refund of all monies paid.
- If the student withdraws **1-14 days** prior to first day of training or withdraws after the training starts *no refund* will be issued.
- No tuition refunds will be issued for no-shows, late arrivals, or early departures.

The Mandorla Yoga Institute reserves the right to amend this policy at its sole discretion.





FEE SCHEDULE

Please inquire about special pricing for combined programs

PROGRAM	COURSE BREAKDOWN	COURSE HOURS	TUITION *
200 Hour Embodiment Training	In studio training ONLINE training Om-work	120 hours 60 hours 20 hours	\$3200 Full training \$3357 Pay per module
150 Hour Thai Yoga Therapy Training	In studio training Om-work Practicum	120 hours 25 hours 5 hours	\$2501 Pay per module
RYT350 200 Hour Embodiment Training + 150 Hour Thai Yoga Therapy Training	In studio training ONLINE training Om-work Practicum	240 hours 60 hours 25 hours 5 hours	\$5600 Full training \$5858 Pay per module
300 Hour Thai Yoga Therapy Training	In studio training ONLINE training Private Mentoring Supervised Teaching, Assisting & Observation Om-work Practicum	120 hours 60 hours 20 hours 60 hours 35 hours 5 hours	\$4475 Full training \$5200 Pay per module
RYT500 200 Hour Embodiment Training + 300 Hour Thai Yoga Therapy Training	In studio training ONLINE training Additional ONLINE Training** Private Mentoring Supervised Teaching, Assisting & Observation Om-work Practicum	240 hours 60 hours 60 hours 20 hours 60 hours 55 hours 5 hours	\$7657 Full training \$8557 Pay per module



Practicum for Thai Yoga Therapy	By appointment	5 hours	\$329
A La Carte Thai Yoga Modules	In studio	20 hours per module	\$395
A La Carte ONLINE modules	ONLINE	20 hours per module	\$329
Workshops and Immersions	In studio	Hours vary	Pricing Varies
Intensives for YACEP hours with YA and CEC's for NHPC and CYA	In studio	60 hours	\$1185

*All pricing is subject to provincial sales tax.

** We can honour, at our discretion, courses from other schools in lieu of the following courses: Online Courses (up to 40 hours) For these students, we will give you a tuition reduction of \$329 per 20 credit hours.

Making up Missed Hours - students can retake the same course at an alternate time or can make up missed hours online with a Senior Student at \$45 per contact hour

It's time to come home...It's time to be nurtured...It's time to go deeper...

