



STUDENT HANDBOOK
MANDORLA YOGA INSTITUTE

WELCOME TO MANDORLA

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WELCOME TO MANDORLA



We believe that yoga is innate to every person

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

Mandorla Yoga Institute was born in the summer of 2007 in a small Ontario community. There were no yoga studios at the time and with very little business knowledge, I took a leap of faith into the unknown, often making notorious mistakes. What I lacked in business experience however, allowed Mandorla to become something unique. People often showed up early for classes and left late. There was a feeling of community and safety. People could be vulnerable. It just felt natural to lean into this, to build relationship and incorporate time for sharing into the classes. I was very young and made many errors, but I knew in my heart that by allowing myself to be imperfect and flawed that I was actually doing us all a service. At the same time, I was working through past trauma and had a great deal of pain that I didn't share publicly. I was hard on myself and I struggled to access my body at times, even though I practiced excessively.

In time, I found myself needing to change my approach to yoga, because a softening was occurring, a self-compassion, an ability to find ease in my body. I was just scratching at the surface at this point, but something was shifting powerfully for me and I had no choice but to follow it to its conclusion. As I write this, it is now precisely 10 years later from the time this last Dharmic change began, and I find myself at a new precipice. I am older. I am wiser, and I feel a sense of completion to this chapter of my life. This ease that I began to uncover only 10 years ago, taught me how to reclaim my body, my voice and how to simply 'BE' in my body. Overtime, the confusion that I felt dissipated. I let go of 'how yoga is supposed' to look and I just went for it. I shared what was on my heart, what came from my practices and allowed the process to unfold. Over the years, this practice has had many iterations but in time it revealed its name to me, what it was that I was doing. This is Embodiment Yoga™. The definition of Embodiment is to 'unite the imaginary separation between the body and mind.' Could you think of anything more beautiful or more freeing than that? Your body and your mind are not separate. You are WHOLE, all of your parts, INTEGRATED.

As a teenager, I found solace in acting, so I suppose, that is why this word stood out to me, the idea of fully embodying a character, but in this scenario, the character is you. Embodiment Yoga™ is a to support you in fully embodying this role that you have been given, this life that you are here to live. This body. This breath. This home.

I am no longer an island. I am surrounded by beautiful, talented, brilliant human beings who together are the embodiment of Mandorla. And you are here for a reason. Light can only attract light. Every person who comes through these doors, I have no doubts, is meant to be here, to share and contribute. WELCOME HOME . . .

In love and light,

Stef

OUR TEACHING APPROACH

Students in our trainings are taught using a mentor inspired approach to learning. We believe in utilizing vinyasa krama, the art of intelligent sequencing to make our programs accessible. We work from the ground up, literally, starting you in the more restorative practices and supporting you in finding your body's true range of motion and ability. We then help you to grow your practice sequentially in a mindful, nurturing and loving way inviting yin and gentle vinyasa into the exploration. We apply this, not just physically, but mentally and emotionally as well, building on key concepts in a gentle and trauma informed manner.

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 with closed captioning 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. When possible, we will film portions of the studio training and make them available to you for future reference.

Unique to MYI is the trauma informed practices introduced in our training methodology, which has been developed through the years of experience of our Senior Yoga Teachers and the professional designations that they hold in Registered Massage Therapy, Yoga Therapy, Traditional Chinese Medicine, Shamanism, Ayurveda, and Thai Yoga Massage. Providing a combined knowledge base of over 80 years of work in their respective fields, our students are exposed to therapeutic and trauma informed approaches to yoga practice. In our experience, our graduates gain a valuable skill in providing classes and sessions 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

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 a sense of belonging.

We hold the following intentions at the core of our work:

- 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



ORIENTATION

PREPARING FOR TRAINING

Our programs are designed to build you from the ground up, so physically, you do not need to change or adapt anything. Please come as you are! Emotionally and mentally, we are looking for students who are coming to training 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 slow down, process, and get grounded. The container that we create with one another is a sacred one and anything that you can do in support of that space is very much appreciated.

TRAINING EXPECTATIONS AND CLASSROOM ETIQUETTE

This is a professional training with the expectation that we will come together with a certain degree of courtesy and mindfulness. At the same time, we are a community of individuals who hold space for one another from a place of mindfulness and compassion. One of our intentions at Mandorla is to ensure that the learning environment we create is inclusive and supportive for ALL of our students. When you attend training with us, we would like for you to be aware that your fellow students may come from all walks of life and have their own abilities and strengths.

WE ASK YOU TO PLEASE EXHIBIT:

Forgiveness. for yourself and others during those times when we are not perfect . . .

Compassion. When others share their story by exhibiting respect and mindfulness. Please do not offer advice or interrupt. If a hug is welcome and you have their permission, by all means, reach out.

Support. Contribute your support to the space we are creating with one another. Try to arrive early and assume the mentality of leadership. Set up your possessions in the prop room. Lay out your mat and arrange your props. Gather yourself and do what you need to help yourself and others feel grounded and prepared for our time together. Please help us in keeping the bathroom, studio and kitchen areas clean. One of the first steps to reducing chaos is in creating a clear container for us all to share.

Mindful. Words are powerful and we all come from various backgrounds. Please endeavor to choose words that will be respectful of others during class time and support the container of silence when possible. When you are outside of the studio and in other rooms of the studio, please not actively engage in conversation.

MENTAL PREPAREDNESS

At some point, it is perfectly understandable that you may have some strong emotions and thoughts come up during this training. We ask you to reflect on some challenging topics. As adult learners, it can be very hard to find ourselves in a place where we feel unsure or overwhelmed. Please remember that every single person in the room, including your teachers, has felt this way at some point and you are not alone in feeling this way. This is not a training to perfect the way our bodies look or move. It is not a training to achieve a certain asana or physical ability. This is a training to RECLAIM your body and RESTORE the relationship that you have with yourself. We will remind you throughout the training to LISTEN to your body's cues. In every moment, we want you to feel empowered and to check in with yourself and ask if you want to be doing something. Is this what your physical body wants and needs? Is this what your emotional body wants and needs? Is this what your mental body wants and needs? We want to see you get your voice back and the muscle that we want to strengthen is that part of yourself that is able to clearly hear and respond to what your body is telling you. At times you will need movement. At times you will need stillness. At times you will need to feel more sensation and at other times you will need to pull back. You have our FULL permission to listen and honour what your body needs at all times.

PHYSICAL PREPAREDNESS AND WHAT TO EXPECT IN OUR PRACTICE TIMES

In our class times, we will invite you into waves of experience, where you have the opportunity to explore a specific sensation in your body. We will do our best to be in active relationship with you. You will be supported in finding the way in which your own body best responds and wants to move. Our intention in teaching in this way is to support you in strengthening your own awareness of what your body is communicating to you throughout your practice. During each wave of a yoga class, we will tell you the intention of this part of the practice and offer you options to experience that sensation within your own body. One of your options will always be to opt out of an experience or to stay in a posture that you are benefiting from. You do not have to do any specific pose. We will invite you to move at your own pace. You may move within any posture or simply dance in and out of a pose if it is feeling too intense.

CELL PHONE COURTESY

We ask that you support us in maintaining a low tech environment. Please put your cell phone to silent and store it with your other belongings in the main hall. To respect the privacy of other students, please do not take pictures during class time. If there is something that you would like for us to capture for you image wise, please ask and we are happy to help.

PHOTOGRAPHY POLICY

To protect the privacy of our instructors, students and intellectual property, taking photos, video or audio recordings during lectures, practical classes, tutorials or any other learning activity as part of your studies is generally not allowed. If you wish to take

photos or recordings, you need the permission of the Mandorla teacher supervising the activity. Photos or recordings of learning activities are for your own personal study use only. Distribution of these photos or recordings is not allowed. This means that you cannot share the recording with others (even classmates) without additional permission from the instructor in your course. Posting photos or recordings to the internet, social media, or to a device which others can access, is not allowed.

Guidelines for taking photos or recordings of teaching activities:

You can only take photos or other recordings where individuals are identifiable with the express permission of each of those individuals.

When taking photographs, audio or video recordings within the classroom, the express permission of the class instructor is required.

BEST COMMUNICATION PRACTICES

In order to create an environment that is supportive for people of all abilities, we encourage you to practice mindful communication techniques. This allows students of different hearing abilities to participate fully in classroom discussions.

- Ask the person with hearing loss what you can do to make communication easier and more effective
- Get the person's attention before beginning to speak. It's difficult for someone with hearing loss to catch up when tuning in halfway through the first sentence.
- Ensure the light is on your face and not behind you
- Speak clearly and at a normal or even slightly slower pace
- Move closer to the person, if necessary
- Facial expressions should match your words, helpful when the listener cannot hear your tone of voice
- Do not shout or over-emphasize your words as this distorts speech and makes speechreading difficult
- Maintain eye contact, minimize head and body movement, don't cover your mouth with hands or other objects, and refrain from chewing gum or eating
- Be aware of and eliminate, if possible, sources of background noise that may interfere with good communication. This includes, being mindful when another student, or the teacher, is speaking. Wait your turn to speak and raise your hand if you have to
- Writing down key phrases and words may be helpful, especially when changing the conversation topic
- Patience and flexibility are important keys to interacting with people with hearing loss, especially those with no usable hearing and who do not use sign language to communicate. Please do not tell the person to 'never mind' if they have missed a part of the conversation
- Repeat a question and then answer it, when responding to the teacher

- Speak normally, but clearly, concisely; avoid mumbling, speaking rapidly, whispering. Do not yell, over-enunciate, or talk super slow
- Be mindful that hearing is a social disability, not an intellectual one. Just because a person doesn't hear well, is not indicative of an intellectual disability
- Understand that hearing loss is different for each individual
- Do not tap or wave hands in front of the person's face to get his/her attention. Simply move into the person's line of sight and repeat
- Do not assume that the person knows sign language, and do not make up signs as a means of communicating.

LGTBQ2S+

Mandorla is a sanctuary where those who resonate with the exploration of the feminine can find a safe space to experience community. Our doors are open to cisgender women, transgendered individuals, two-spirit and non-binary individuals. It is important to us that our environment is safe and inclusive for any individual who is drawn to our programs and we ask you, our students to participate in upholding this value. We promote and celebrate diversity at Mandorla; any discrimination based on race, gender, sexuality or abilities will not be tolerated.

SOME GUIDELINES:

- When speaking to a fellow student, try not to assume their pronoun as 'he' or 'she'. If you don't feel comfortable asking, use the pronoun, 'they' or 'you'. If you make a mistake, apologize sincerely and move on
- Asking a person about their gender is similar to asking about their pregnancy status. It is intimate and not everyone will welcome your curiosity. Consider if you know the person well enough to ask such a question and then ask their permission to ask
- It is never appropriate to ask a fellow student about their sexuality.
- Include EVERYONE in the conversation. Explore language that promotes belonging versus exclusion
- When a fellow student shares, hold space for them quietly. Offer a hug if permission is given and its appropriate. Offer a box of tissues. Try not to give advice or to shame or slam another individual as a method to relate to what they have shared
- Avoid assumptions around the gender of your fellow student's partner
- Consider creative ways to offer clarity around what you are wishing to say, such as 'for people who menstruate', or 'people who are pregnant or giving birth' vs. using terms like women, female etc.
- Consider your relationship with other students prior to asking questions around gender or transition. As a general, overall rule, we do not need to comment or ask questions about one another's bodies.

HOW TO NAVIGATE ONLINE STUDIES WITH MANDORLA



Students enrolled in the Embodiment Yoga Teacher Training have two requisite ONLINE courses. These courses are also requisite for students enrolled in our Advanced Yoga Teacher Training, who have not previously completed this content. These courses are self-directed over a block of 10 sessions that we suggest you complete over a period of 6 to 10 weeks.

Please complete your online courses in this order:

1. The Art of Holding Space (prior to your Embodiment Modules, when possible)
2. Functional Anatomy (view once prior to Embodiment Modules, view a second time and complete the homework assignments, during Embodiment Modules or afterward)
3. The Art of Sequencing Prep course (TO BE COMPLETED LAST. As of January 1, 2020, this course is a solo preparation course that helps you to prepare for the Art of Sequencing weekend. Completion of all assignments is mandatory, but students do not submit them online. Sequencing assignments are brought in for review for the weekend.

HOW TO SUBMIT ONLINE HOMEWORK

- Each Mandorla ONLINE course is comprised of 10 modules with readings and supportive videos
- You will be asked to submit each module's homework into the homework folder of your student folder, provided to you via Google Docs
- To access a course, you will need to go to the course link page, found under the resources tab. *If you have difficulty opening the course page, email Sheila at info@mandorlayoga.com*
- Please scroll through the entire course page. At the top of the page, you will see the complete course syllabus, along with your weekly homework assignments
- Below that, you will find buttons providing the option to print your homework template, print your course syllabus and print your course manual
- Below that you will find the modules laid out with each module's provided files and videos
- You have been emailed a direct access to the student folder that has been shared with you. This is a clickable link that you have received in your email. We suggest saving this link for future reference
- Click on the student folder and click on the sub-folder titled, 'student'. Then click on the sub-folder within that file, titled 'homework assignments'
- You will need to create a new file for each course that you are taking. You can do this by clicking on the 'New' icon in the upper left-hand corner. From here, you have the option to create a new folder and new documents. Please create a new folder and label it with the course title for each course that you are taking
- We prefer that you create one google document per course, simply adding your homework assignments to that same document each week. If you have written your notes the old fashioned way, we suggest taking a picture with your camera and uploading the pictures to that same homework folder
- Once homework is complete, please click on the 'Share' button in the upper right hand corner of the document. Email access to the file, to stefani@mandorlayoga.com. **You will need to do this for each completed assignment, so that we can properly track and respond to your submissions**
- To complete a module, watch the videos, read the content provided, answer the questions and do any suggested exercises. Each course will provide its own assignments within the provided course syllabus
- Within each module, we have provided a homework template for you. A hard copy of the templates is provided for you within this student handbook on the following page. Please use the provided template as a guideline for submitting your homework. This is an example to give you a guideline to follow. You will not be able to write directly into the template. If you wish to copy the template, click in the upper left hand corner, under File, and choose to create a copy of the document or choose to create a new google document and simply copy/paste the template onto your homework page.

THE ART OF HOLDING SPACE JOURNAL ENTRY TEMPLATE

This course is non-academic and centred on creating a deeper relationship with yourself. Create a fresh Google Doc, title it and write from your heart. After each entry, please send the link to stefani@mandorlayoga.com, so that we can support you with thoughts, insights and questions. We will respond in a different colour and will email you to let you know when we are finished.

1. Create New Google Doc
2. Title: The Art of Holding Space
Module:
Date:
3. Share Link to Stefani@mandorlayoga.com



Functional Anatomy Homework Assignment Template

Please use the template below as a guideline for creating your Functional Anatomy class plans and answering your provided questions for each module's homework assignment. You are required to watch the videos first, then to return to the videos (rewatch if necessary) to complete the assignments. When possible, it is best to complete the first viewing prior to your Embodiment Modules.

Your Name:

Module Number:

Answers to any provided questions: Please provide your Functional Anatomy Class Plan below:

Bhavana	What is the intention of this class?	
Physical Intention	What region of the body are you focusing on? What is your desired outcome?	
Key Muscles	What muscles are you focusing on?	
Loops	What loops will you focus on?	
Peak Pose	Will you have a peak pose? If so, what is it and why?	
Supportive Asana	What are the key postures you will choose to provide this experience for your students?	
The Sequence	Please provide the postures in the order you would teach them.	

Art of Sequencing Class Planner Template

Please use this template as a guideline for creating your Art of Sequencing Class plans. When submitting into your Google Docs, it is most efficient for us if you write out just the names of the postures with a brief explanation, rather than giving us diagrams and the full narrative. As of January 1, 2020, you will not be asked to submit these online, but to bring them with you to the Sequencing Weekend Module.

Your Name:

Session Number:

Answers to any provided questions:

Class Plan

Bhavana (Intention)	
Element(s)	
Peak Pose or Desired Intention	
Supportive Asana	
The Sequence	

LOCATION INFORMATION

Our main studio location is in Calgary, AB within the Lakeview community at 2848 63 Ave SW. This is a residential location within the lower level of Stefani's home. [Stefani's Home Studio](#) (click the link for directions!)

As the studio is in a residential area, please do not park directly in front of Stefani's home. We ask that you park adjacent to the park across the street or at the [Lakeview United Church](#). Please enter through the gate, located to the left of the garage and proceed to back of the house. You will want to **use the back door** upon arrival, and proceed downstairs to the studio space. No need to knock or ring the doorbell just let yourself in.

We do our best to maintain a professional environment. At times you may hear family members upstairs. There is a golden doodle who lives in the home. He is hypoallergenic, non-shedding and very friendly. We do our best to keep him out of the studio space.

There is a grocery store and other amenities within a 10 minute walk. You will also have access to a refrigerator, microwave, coffee, and tea.

Here are some things we suggest to bring:

- Sealed containers for your water, coffee, and teas
- Food and snacks for the day (we want you to eat when you are hungry)
- Clothing layers, pack a pair of fuzzy or slippery socks, we often use them in our flow
- You are welcome to bring a notebook or write right in your manuals, they are yours to keep
- A binder or something else to place your manual in!

Here are the must-have items:

- Yoga Mat
- A pen or pencil (feel free to add highlighters etc... if you like to have them)

If you are lost or will be late, please contact Stef at 587-500-2848. Feel free to text or call if you have any challenges. Please note that she does not check emails during a training weekend.

MEALS & ACCOMMODATION

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. For those who would prefer more private accommodations, hotels 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 INFORMATION & POLICIES

REGISTRATION POLICY AND PROCEDURE

As a government recognized school, potential students are required to complete the following application steps.

- After completing the application form, paying the registration deposit and completing the student interview, you will have received your acceptance letter.
- Your next steps are to review and sign the required forms: Confidentiality Agreement, Release and Waiver, Photo Release, Academic Policies and Payment Plan Information. The link for these documents has been sent to you along with your acceptance letter and copies of these documents have been provided for you within this handbook. Completion of these signed documents is required prior to the commencement of your program.
- Upon completion of tuition arrangements, you will be set up with a Google Docs account for the submission of your online homework and given a password for accessing your online studies through the website.

MYI does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, gender, gender identity and/or expression (including a transgender identity), sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, provincial or local law. While we are a community who is centred on the support and empowerment of women, our true intention is to support any individual who, at this stage of their life, wishes to explore a more gentle approach to supporting themselves and others through yoga, movement, massage and wholeness.

CONFIDENTIALITY AGREEMENT

The content and presentation method of the training in which you have registered yourself have been created and developed over a number of years and represent a considerable investment on the part of Mandorla Yoga Institute and its proprietors. As a school, our fundamental and overarching commitment is to create trainings that offer people the greatest personal benefit.

Mandorla Yoga Institute wishes to make the materials, concepts, and information that constitute its trainings as well as the way in which these are assembled and presented (collectively 'Materials') available to academics and scholars for examination, study, research, and comment. If you are an academic, or involved in other non-commercial scholarly activities, you are invited with attribution to quote from, comment on, and discuss the Materials. Further, with permission from Mandorla Yoga Institute, you are welcome to present the Materials in non-commercial academic settings for educational and research purposes with appropriate attribution.

While Mandorla Yoga Institute is committed to providing our trainings for the difference they make, at the same time, Mandorla Yoga Institute wishes to protect its investment in the Materials and Trademarks of 'Embodiment Yoga™'. Therefore, we require those who wish to participate in Mandorla's trainings to agree not to distribute or sell any form of the Materials or Trademarks, without Mandorla's express permission in writing. Mandorla Yoga Institute gives permission to its graduates to utilize the content and materials, for the purposes of offering yoga classes, retreats, workshops and Thai Massage sessions. It is not permissible for a participant to use the Materials or Trademarks for the creation of their own yoga teacher training or educational workshops or modules intended for training yoga teachers. If there is any confusion around this, the matter can be addressed via contacting Mandorla Yoga Institute directly via email at info@mandorlayoga.com.

EMBODIMENT YOGA™ TEACHER DESIGNATION

The term 'Embodiment Yoga™' is trademarked in Canada by Mandorla Yoga Institute. This is something for you, a graduate of this program, to be proud of. As we work together to share Embodiment Yoga™ with the public, we invite you into the conversation of what this means and can look like in the future. Our hope is that we can all contribute to this being a recognized style of yoga that means something to those who seek it out. In the future this may entail conversations about ensuring quality and consistency within our community. Mandorla Yoga Institute gives permission to our graduates to state that they are 'certified in Embodiment Yoga™ through the Mandorla Yoga Institute'. We ask when you use this designation, that you properly cite and acknowledge Mandorla Yoga Institute and that when using this designation you promote yourself and your qualifications in an ethical manner.

AGREEMENT

I acknowledge that the Materials and Trademarks presented during this Program, either orally or in writing, constitute commercially valuable, proprietary, intellectual property of Mandorla Yoga Institute, the purchase, creation, design and development of which required the investment of substantial effort, time, and money. I understand that the Materials are the property of Mandorla Yoga Institute and are protected by copyright, trade secret and other applicable laws, including the laws that govern this Agreement, and all rights in the Materials and this Program are expressly reserved by Mandorla Yoga Institute. (cont. . .)

Without Mandorla Yoga Institute's prior written permission, I agree;

- (a) not to reproduce, copy or otherwise duplicate, and not to distribute, lend, or otherwise transfer in any form, the Materials;
- (b) not to use the Materials in any way that would compromise the confidential nature and Mandorla Yoga Institute’s proprietary rights in the Materials;
- (c) not to sell any form of the Materials, or sell any product or service that is based on or even derived from the Materials, excluding the basic practices of yoga, of which no one holds ownership; and
- (d) not to assist another to do any of the above.

I agree that this Agreement supersedes any prior agreements I may have regarding the use of the Materials and that, if necessary, I will again obtain Mandorla Yoga Institute's written permission before using any materials which I may have obtained permission to use in the past. Should I wish to present the Materials, or to deal with the Materials on any basis (other than personal) as allowed by what is explicitly stated in the previous paragraph of this Agreement, I agree to contact Mandorla Yoga Institute with any such requests.

The failure of Mandorla Yoga Institute to enforce any of its rights shall not be construed as a waiver of any of its rights at any time thereafter. If any part or parts of this Agreement shall be deemed invalid or unenforceable, then that part or parts shall be deemed severed from this Agreement and such severance shall not have any effect on the remaining portions of the Agreement.

I acknowledge that my representations and agreements are freely given and are true to the best of my knowledge and are intended to be an inducement to Mandorla Yoga Institute to approve my participation in the Program.

I ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND AND AGREE TO COMPLY WITH THE NOTICE OF THIS CONFIDENTIALITY AGREEMENT AND PROPRIETARY MATERIALS AGREEMENT.

Student: _____ Date: _____
 Witness: _____ Date: _____

ANNUAL AGREEMENT OF RELEASE AND WAIVER

I understand that yoga includes physical movements as well as an opportunity for strength building, relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will advise the teacher of any conditions that may affect my full and active participation in a class.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. Yoga teachers are not qualified to diagnose medical conditions. I affirm that I alone am responsible to decide whether to practice yoga.

In consideration of my participation in the activities and programs offered or sponsored by Mandorla Yoga Institute, I hereby for myself, my heirs, executors, administrators, or any others who may claim on my behalf, promise not to sue, and hereby waive, release and discharge Mandorla Yoga Institute and anyone acting for or on their behalf, from any and all claims of liability for personal injury, illness, loss of life or property damage of any kind or nature, arising out of or sustained in the course of my participation in the activities and programs offered or sponsored by Mandorla Yoga Institute or attending Mandorla Yoga Institute yoga-related events. This Agreement of Release and Waiver applies to all claims, foreseen or unforeseen, including negligence and breach of statutory or other duty of care.

I agree that Mandorla Yoga Institute is not responsible for any loss, damage, unauthorized use, theft, or injury resulting from and to any personal property that I bring onto the premises.

I agree that this Agreement of Release and Waiver is intended to be as broad and inclusive as permitted by law. Any provision found to be invalid or unenforceable by a court shall not affect the validity or enforceability of any other provision.

I have read this document carefully and verify that I have complete knowledge and understanding of its contents. I recognize that by signing this document I am waiving certain legal rights, including the right to sue. I am signing this document voluntarily.

Name (Print): _____ Date: _____

Signature: _____ Witness: _____

PHOTO RELEASE

Permission to Use Photograph

I acknowledge and grant to Mandorla Yoga Institute, its representatives and employees the right to take photographs of me and my property in connection with the training's I have signed up for above. I authorize Mandorla Yoga Institute, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Mandorla Yoga Institute, may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content. Should I choose to not have my photograph taken in the moment I will notify the photographer at the time the photograph is being taken.

I have read and understand the above:

Signature _____

Printed name _____

Date _____

PROGRAM OVERVIEWS

Graduates of our **200 Hour Embodiment Yoga™ Teacher Training** program may register with the Yoga Alliance as teachers of Vinyasa Flow, Yin, and Restorative Yoga at the 200 hour level. Your certification is in Embodiment Yoga™ which is a trauma informed approach to yoga practice that supports students in the reclamation of their body mind connection.

Our **Thai Yoga Massage Practitioner Training** is accredited with the National Health Practitioners of Canada at the 150 hour level. This program is government recognized. Graduates who complete this or the Advanced Yoga Teacher Training program may access licensure as Holistic Practitioners with the ability to offer insurance receipts to some of their clients.

Our **Advanced 300 Hour Embodiment Yoga™ Teacher Training** is a 300 hour bridge program for RYT500. It is registered with the Yoga Alliance and the NHPC and is training for teachers who already hold or are currently enrolled in a 200 hour yoga certification from a recognized program. Our Advanced Embodiment Yoga™ Teacher Training is an integrative program that certifies you to teach Yin, Restorative and Vinyasa yoga classes at the senior level with practitioner training in Thai Yoga Massage (a certification in this modality is included), Ayurveda and Adaptive Yoga.

[Reading Lists](#)

200 Hour Yoga Teacher Training	300 Hour Yoga Teacher Training
The Yoga Teacher’s Toolbox	Healing Depression the Mind Body Way
The Yamas and Niyamas	Ayurveda and the Mind
Living Your Yoga	Meditation for the Love It
Yoga Meditations	The Radiance Sutras
The Key Muscles of Yoga	Restorative Yoga Therapy
The Key Poses of Yoga	The Power of Breath
	The Wise Heart
	The Four Desires
	Prakriti, Your Ayurvedic Constitution
	Overcoming Trauma Through Yoga
	The 5 Dharma Types
	Awakening Shakti
	Marma Therapy
	Daring to Rest
	Anatomy of Hatha Yoga

200 HOUR EMBODIMENT YOGA™ TEACHER TRAINING

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

This training blends Yin, Restorative, and Vinyasa yoga (Viniyoga inspired) 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 foundation in: Ayurveda, hands on assisting, sequencing, modifications, props, meditation, 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 adaptive yoga 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.

Your 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, breath-work, and so much more. It is a beautiful time full of community, growth, and laughter. Explore 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, sun salutations, twists, core work, and foundational arm balances
- 20 hours of ONLINE studies in Functional Anatomy 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 adaptive 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

- 40 hours in the Art of Sequencing – a mentor supported program and certification weekend, designed to assist you in mastering the skill of creating well thought out yoga class plans. This program supports you in transitioning into the teaching world. Students complete a series of online videos with guided sequencing assignments in order to prepare for this module. All other course requirements must be complete prior to attending this weekend module. **(Starting in January of 2020, this course will no longer be offered as an online course but solely in studio with online pre-requisite homework.)**
- Prana Sadhana, 20 hours – These practices support you in developing your personal practice **(Until January 1, 2020, students will attend 20 yoga classes with an approved RYT for practice hours.)**
- 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 retaking any module that you have already taken, free of charge, at any time when the space is available
- Our ongoing love and support for as long as you would like it.

What we share with you in the 200 Hour Embodiment Yoga™ 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 benefits of yoga through the lens of Eastern and Western medicine
- Develop a foundational understanding of adaptive yoga essentials
- 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.

150 HOUR THAI YOGA MASSAGE PRACTITIONER CERTIFICATION

Our Thai Yoga Massage Practitioner training merges the arts of Thai Massage, Yoga and Ayurveda 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 trans-formative way.

For the full designation, students complete Thai 1, 2 & 3, 30 documented massages, The Art of Holding Space and the online practicum. Also offered as an add on for those who have completed our 200 hour program and included with our 300 hour advanced training; students not enrolled in either of these programs are invited to attend the Thai Yoga Massage Workshops for Continuing Education Credits. Upon completion of the three Thai Yoga Massage Modules, RMT's receive 15 CCP credits with the NHPC and are allowed to add Thai Yoga Massage as an adjunct offering to their services. Yoga teachers receive 60 CE credits with the Yoga Alliance and can incorporate techniques into their practice.

300 HOUR ADVANCED EMBODIMENT YOGA™ TEACHER TRAINING

Our 300 hour advanced Embodiment Yoga™ Teacher Training is taught using our unique mentoring approach. We are committed to certifying teachers who become leaders in the yoga community. Because of this, we focus on real life teaching skills that set you up for success.

Get certified as a Yoga Alliance, Senior Yoga Teacher, RYT500, and as an NHPC Holistic Practitioner with the ability to issue insurance receipts to your clients.

Become part of a thriving community of yoga teachers who are strongly rooted in the feminine.

Learn the art of Vinyasa Krama, how to create sequences for classes that have impact.

Deepen your personal practice in advanced explorations of backbends, hip openers, arm balances and inversions, using our gentle approach.

Delve into creative new ways for teaching yin, restorative and vinyasa yoga classes that are meaningful and innovative.

Learn biomechanics of asana and adaptive yoga hacks that support you in releasing and re-patterning your body so that you can move beyond your previous limitations. And learn how to do this for your students.

Learn the Art of Hands on Assisting on a whole new level through the lens of Thai Yoga Massage. This portion of the training, teaches you how to incorporate massage into yin yoga classes as well as how to offer private sessions.

Your Program includes:

The Art of Sequencing - using the highly skilled practice of vinyasa krama, learn how to sequence classes that unravel the body and unlock the hidden potential of your body physically and energetically

Hands on Assisting - Supporting your clients in taking their practice to a deeper level through artful assists within restorative, yin and hatha applications

Prana Sadhana - The energetics of 'Advanced' Practice, an exploration of opening into backbends, inversions, hip openers and arm balances for their real purposes - an experience rich in vinyasa krama, pranayama, mantra, mudra and advanced asana

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 yoga group yoga class, private yoga session or Thai Yoga Massage session, separate certification included in your program

Adaptive Yoga - a thorough exploration of the physical body's myofascial meridians and musculature, biomechanics of asana along with powerful adaptive techniques for improving range of motion, releasing tension, and re-patterning mis-alignments

Yin, Restorative and Vinyasa Yoga - how to utilize and teach these practices in new and innovative ways with a deeper understanding of sequencing, biomechanics and adaptive yoga hacks

Adaptations and modifications to work with your body's alignment needs

Asana Adaptations-use of props and modifications for working with people of all abilities

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 resilience** and its relationship to the nervous system

Exploring the Energetic Body - Energy work for supporting emotional health through the lens of Marma (the Ayurvedic expression of acupressure and Reiki)

Cranio-Sacral Holding for supporting a profound shift in the nervous system toward deep relaxation

Pranayama, Mantra and Mudra - breath-work assessment and powerful techniques for freeing the breath

Self Care and Energy work for the practitioner

The Art of Holding Space and Profound Practice - how to create transformative and empowering sessions for your clients

FLEX SCHEDULE & TRAINING CALENDAR

We offer our 200 Hour Embodiment trainings with a Flex Schedule that combines online learning with in-studio modules. Studio modules are offered throughout the year in several formats to work for your schedule. You have our full approval and support to combine dates from our different sessions to make up any hours that may not work for you. We offer weekday, weekend (bi-weekly and monthly), and week-long sessions throughout the year.

The 300 Hour Embodiment Yoga Teacher Training is offered once per year with flexible entry dates. Enrollment is accepted throughout the year. Modules are structured so that students may begin online course content prior to studio modules or afterward.

To see the complete yearly calendar on the website for our 2019/2020 offerings, please view the [Training Calendar via the website.](#)

MAKING UP HOURS

In the event that you need to miss some of your training hours, we provide a very flexible schedule for you to make up the missed hours. You can attend the missing hours during a future training or you can make up the hours privately with a Mandorla mentor. We provide make up hours via online support and there is a fee of \$45 per hour that is paid directly to your support teacher. There is no fee to make up hours in an alternate training.

200 Hour Embodiment Yoga Yearly Flex Schedule

(Certification within 6 months to 1 year)

Studio modules include Embodiment 101-104, 201-204, 301-304, 401-404, 501-504, 601-604 and the Prana Sadhana or Nourishing Practice Weekend and the Art of Sequencing Certification Weekend.

Embodiment Module Choices:

- Embodiment Fall/Winter Monthly 1 weekend per month (Oct. to March yearly)
- Embodiment Fall/Winter Weekday 1 Thursday per week (Oct. to March yearly)
- Embodiment Spring Bi-Weekly Every other weekend (April to June yearly)
- Embodiment Summer Immersion 12 days with 1 day off (July yearly)

Practice and Sequencing Choices:

- Prana Sadhana/Nourishing Practice (1 weekend or 4 weekday retreats)
- Art of Sequencing Cert. Weekend (1 weekend every January & August)

300 Hour Embodiment Yoga Yearly Schedule with Flexible Entry

(Certification within 1 year to 18 months)

Upon enrollment, students may begin their program either with their Elective Modules or Studio Modules. Practicum Modules must be completed at the end of the program. This is what allows students to have year-round access to enrollment.

Elective Modules (Students choose 2 courses or are assigned the prerequisite courses)

The Art of Holding Space	(Online Prerequisite Course)
Functional Anatomy	(Online Prerequisite Course)
The Art of Sequencing	(1 weekend every Jan/Aug with online prep work)
Ayurvedic Marma	(1 weekend or 4 weekdays every Fall)
Meridian Yoga	(4 weekdays every Winter with online prep work)
Nourishing Practice	(4 weekdays every Fall/Winter)

Studio Modules

Thai Massage 1, 2, 3	(two, 3 day weekends each Fall, 1 week Travel Retreat every March)
Adaptive Yoga 1, 2, 3	(two, 3 day weekends each Fall)
Prana Sadhana	(1 weekend each Fall or 4 weekdays each Winter)
Ayurvedic Foundations	(1 weekend or 4 weekdays each Winter)
Freeing the Breath	(1 weekend each Winter)
Profound Practice	(1 weekend each Winter with Online Coursework)

Practicum Modules

Adaptive Yoga 4	(Online Practicum, must complete 1, 2, 3 prior)
Facilitated Practicum	(Online Practicum, must complete all courses prior)

FIND A CLASS FOR SUPPORTED PRACTICE EXPERIENCE (20 HOURS)

As a requisite for graduation, students in the 200 and 300 hour programs are required to complete 20 supported practice experience hours. These hours do not have to be completed through Mandorla, are done using the honour system and are therefore not included in your tuition.

Hours must be completed with an Experienced Registered Yoga Teacher, qualified Thai Yoga Massage Practitioner or a Senior Student enrolled in the 500 hour Embodiment program. Practice hours can include any of the following experiences.

200 Hour Student Practice Suggestions

- When possible, we can arrange for you to complete these hours with a senior student enrolled in the advanced training as they have practicum hours to complete. You are welcome to drop in for the practice times during any Embodiment Module when space is available. Email info@mandorlayoga.com to inquire
- Group Yoga Classes in the following styles: Anusara, Kripalu, Viniyoga, Adaptive, Embodiment, Restorative, Yin, Functional
- Thai Yoga Massage
- Yoga class observation or participation during any Mandorla facilitated class, training, workshop or event.

Advanced Student Practice Suggestions

- Some of these hours can be completed with a senior student from the Advanced Embodiment training when possible. Private sessions are preferable to group classes when feasible
- Thai Yoga Massage
- Private Yoga in the following styles: Anusara, Kripalu, Viniyoga, Adaptive, Embodiment, Restorative, Yin, Functional
- Yoga Class Shadowing with a Mandorla teacher during any Mandorla facilitated class, training, workshop or event.

ACADEMIC POLICIES

We understand that it isn't always possible to be on time, but ask that you arrive 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. As academic integrity is important to us, we will work with you in tracking any hours missed, as you will be required to make up all missed hours.

Completion of all hours is 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. Your tuition does not include one on one make up hours. An hourly fee of \$45 paid directly to the teacher, is the fee for one on one support.

Should you not be able to complete your studies, 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 or modules, should it be apparent that certain aspects of yoga teaching or Thai massage need to be refined.

In addition, a certain level of emotional and mental stability goes along with the technical skills to become certified. The content of our courses is suited for those in a place of preparedness to support others. While we will invite you to explore challenging concepts around self-love and self-work in both the yoga and Thai trainings, we are only qualified to support you in a manner that is within our scope of practice as yoga teachers and practitioners. Should we feel that you require a degree of support that is outside of our abilities, the scope of the training or that we feel is inappropriate within a group training context, we reserve the right to place a pause on your training, withhold certification or to cease the training process all together. This is to ensure a safe learning environment for all students involved and competency of training for the teacher. Additionally, 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 these decisions, it will be up to the lead trainer of the individual training if the student will be allowed to complete their training at a later time.

Students will be emailed 2 weeks prior to a course start date with a suggested reading list. Your tuition includes the comprehensive MYI manuals.

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.

Students are required to complete their yoga teacher training as follows:

200 Hour YTT, 6 to 12 months; 300 Hour YTT, 12 to 18 months

Students will be asked to solidify their chosen course dates and intended graduation time at time of registration.

Should a student require an extension, one will be given to them with written approval.

Certification cannot be given until all requisites, academic and financial have been met.

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 ONLINE assistance.

Our certificates are provided to you via email upon completion of all course requisites. Should you lose your certificate or find that you would prefer a hard copy, we are more than happy to provide you with one for the fee of \$15.

For students studying Thai Yoga Massage, working on the bodies of others is something that we practice from a place of safety, trust and honour. People are vulnerable when they allow us to touch and move their bodies. The practicum component of your training is to ensure that we have transferred the knowledge of practice to you, to the best of our abilities. It is an opportunity to uncover and revisit any material that may feel unclear for you, so that when you massage others, you know that you have taken the measures and precautions to ensure that you are doing so in a safe manner. Should we, during the course of the practicum find areas where further understanding is required, we offer you the option to retake that portion of the course module, at no additional charge to you, or you can book an appointment with your mentor for further exploration of the material at the rate of \$45 per hour.

GRADUATION REQUIREMENTS

200 HOUR YTT CRITERIA FOR CERTIFICATION CHECKLIST:

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

- Attendance at all YTT sessions, in studio and Online
- Embodiment Yoga Training 1
- Embodiment Yoga Training 2
- Prana Sadhana (this module will be added and required after Jan 2020, currently not required)
- Functional Anatomy, Online course
- The Art of Holding Space, Online course
- The Art of Sequencing Certification Weekend (becomes active Jan 1, 2020, thereafter this is a studio module with required preparatory online coursework)
- 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
- Turning in of all class plans for the Art of Sequencing, Meditation assignments for the Art of Holding Space and Anatomy questions for Functional Anatomy
- Supported Yoga Experiencing (20 hours)
- Completion of the Course Practicum - Film yourself teaching 1 yoga class and submit the video via YouTube for review. Your teacher will review your class and give you helpful feedback. A thorough class plan for the class must be submitted and approved by your teacher first. If you wish to teach a live class during a ytt, this can be arranged with your teacher's approval.

300 HOUR CRITERIA FOR CERTIFICATION

For graduation, students are required to complete:

- 20 supported practice experience hours
- 200 studio hours in:
 - Thai Yoga Massage 1, 2 & 3, 60 hours
 - Adaptive Yoga 1, 2 & 3, 60 hours
 - Prana Sadhana, 20 hours
 - Ayurvedic Foundations, 20 hours
 - Freeing the Breath, 20 hours
 - Profound Practice, 20 hours
- 40 Elective Course Hours in:
 - The Art of Holding Space, 20 hours (Prerequisite Course*)
 - Functional Anatomy, 20 hours (Prerequisite Course*)
 - The Art of Sequencing, 20 hours
 - Ayurvedic Marma, 20 hours
 - Meridian Yoga, Online, 20 hours
 - Nourishing Practice, 20 hours
- 40 Practicum Hours in:
 - Adaptive Yoga 4, 20 hours
 - Facilitated Practicum, 20 hours

AFTER YOU GRADUATE & NEXT STEPS

Once you have met your graduation requirements, you will begin a conversation with your teacher about next steps. Upon completion, your certificate will be issued to you electronically. Hard Copies of Certificates can be provided upon request for \$15. To register yourself as a Yoga Teacher or Thai Yoga Massage Practitioner, you will want to reach out to the following regulating bodies:

[Yoga Alliance](#) - suggested for our 200 hour graduates, worldwide recognition, insurance not included. If choosing this route, you can acquire practice insurance through [Lackner McLennan Insurance](#), a company based out of Ontario. This is our preferred recommendation as this body is providing the most regulation at this point.

[Canadian Yoga Alliance](#) – we are recognized with this body but are not affiliated with them, you are eligible to register as an individual practitioner once you are certified

[NHPC](#) - suggested for Thai Yoga Massage and Advanced Yoga Teacher Training Graduates for insurance purposes, practice insurance included

Sangha

Our hope is that after graduation, you will stay in relationship with us. We are here to support you fully, to bounce ideas, to give advice about future training, to support you with teaching conundrums and to include you in current events and offerings. Our door is truly open to you. Please come back to re-attend modules, free of charge. We know how difficult it can be after graduation and we do not want you to feel alone. We are here for you! Staying involved with your sangha can have an immense impact on your practice and your heart.

EMBODIMENT YOGA™ TEACHER DESIGNATION

The term 'Embodiment Yoga™' is trademarked in Canada by Mandorla Yoga Institute. This is something for you, a graduate of this program, to be proud of. As we work together to share Embodiment Yoga™ with the public, we invite you into the conversation of what this means and can look like in the future. Our hope is that we can all contribute to this being a recognized style of yoga that means something to those who seek it out. In the future this may entail conversations about ensuring quality and consistency within our community. Mandorla Yoga Institute gives permission to our graduates to state that they are 'certified in Embodiment Yoga™ through the Mandorla Yoga Institute'. We ask when you use this designation, that you properly cite and acknowledge Mandorla Yoga Institute and that when using this designation you promote yourself and your qualifications in an ethical manner.

TUITION POLICIES AND ACCREDITATION

ACCREDITATION

The Mandorla Yoga Institute is a Government Accredited Educational Institution in the province of Alberta. We provide T2202A's for income tax purposes, for students enrolled in one of our three certification programs in Yoga or Thai Yoga Massage. We are a Registered Yoga & Thai Yoga Massage School with the Yoga Alliance and NHPC and offer our yoga teacher training at the 200 hour (RYT200) and 500 hour (RYT500) levels.

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

Our 150 Hour Thai Yoga Massage program is an accredited training with the Natural Health Practitioners of Canada. Upon completion graduates can obtain licensure as a holistic practitioner via the NHPC, which allows you to issue tax receipts for HSA insured individuals.

Our 300 hour Advanced Embodiment Yoga™ Teacher Training program is an accredited training with the NHPC and soon to be accredited with Yoga Alliance. Only those individuals who hold an RYT200, are eligible to apply to this program. Upon completion of this program, you will hold the designations of 'RYT500', 'Advanced Embodiment Yoga™ Teacher', and 'Thai Yoga Massage Practitioner'.

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 of each calendar year. The amount shown reflects tuition paid for courses taken during the previous tax year. Replacement copy requested of the original tax receipt will be \$15.00. **Please be aware, that once the T2202A form has been released, Mandorla Yoga Institute is legally unable to make any changes to your academic program, whether that be in the form of academic or financial request.**

TUITION POLICIES

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 via email with the opportunity to make up the payment within 1 weeks' time.
- With the second missed payment, your program will be placed on pause 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. Course abandonment is defined as a period of longer than 6 months where a student is out of communication with Mandorla Yoga Institute.
- 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.
- Once the T2202A form has been released, no refunds or changes of any kind can be given.
- 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.