

200 Hour YTT

'Traditional Yoga Teacher' Certification

FOR NEW TEACHERS AND ANYONE WITH DESIRE TO DEEPEN PERSONAL PRACTICE

~ AND ~

CYT / RYT 'Yoga Traditions' Enhancement

FOR CURRENT YOGA TEACHERS ALREADY CERTIFIED OR REGISTERED

2020 SUMMER/FALL INTENSIVE

JULY 11 - OCTOBER 18, 2020

Soderworld Wellness Center 16W501 Neilson Lane Willowbrook, IL

200 Hour Certified Yoga Instructor Certification Program

Definition of Yoga by Sage Patañjali

योगः चित्त-वृत्ति निरोधः (*yogāḥ citta-vṛtti-nirodhāḥ*) - *Yoga Sutras 1.2*
Yoga is when the movements of consciousness cease to fluctuate

The meaning of Yoga is understood as 'Union'. Embracing this Union is accomplished by the practice of Nirodha (mental control). Hence, the goal of Yoga is the perfection of that process. Yoga (union) implies 'Duality', as in the joining of 2 things or principles. The result of Yoga is the 'Non-Dual' state - the union of the Lower Self and Higher Self. This non-dual state is characterized by "absence of individuality" promoting peace, pure love, Self-Realization, or Liberation.

As Yoga teachers, or those who share Yoga knowledge, we must strive to protect and share the true and traditional practice, maintaining the integrity and sacredness gifted to humanity through the elevated consciousness of the great Sages & Seers of India. We have a responsibility and duty of care when embracing this knowledge for ourselves and when sharing this gift with our community.

The Sattvic Sage Ayurveda & Yoga 200 Hour Program is for those whom wish to learn to teach, for those who are already registered Yoga Teachers who wish to deepen their understanding of traditional Yoga Principles and practical skills, or for those who wish to personally explore their understanding and practice of Yoga for a healthy and balanced life.

This course allows each individual to experience the true essence and meaning of Yoga through a unique and holistic synthesis, harmonized amongst the teachings of ageless wisdom of ancient scriptures and philosophy applied in a contemporary context that students can grasp and thus begin to put into practice in their daily lives. Yoga is not something we 'Do', but something we 'Realize'. This is a path of Self-Discovery and Self-Realization.

Students will learn the integral foundations of Yoga ensure all participants can practice safely, teach safely, understand the breath and the mind and learn to connect to other human beings compassionately. This experience is a wonderful odyssey on your path to greater self-awareness and understanding. By incorporating Yoga in its totality, all will learn to teach and practice through their own experiences and deepened knowledge.

The course is designed to provide a comprehensive foundation for teaching yoga skillfully & intelligently, while realizing the connection of *Āsana* to *Nirodha* (mental Control) and *Prāṇa*. This course intends to possess more depth and breadth of the true Yoga teachings, understanding the *Shiva / Shakti Principle*, with a deep connection to heart.

Graduates of this program are considered CYT Certified, but may also become Registered Yoga Teachers (RYTs) with Yoga Alliance when they apply for registration directly with Yoga Alliance. An RYT designation is a symbol of a minimum level of knowledge, training, and experience. Possessing this designation enhances your credibility as a teacher - **but many components of this course offer higher-than-required knowledge for Yoga Alliance registration.**

The Sattvic Sage Ayurveda & Yoga program also incorporates added ability to understand Ayurvedic Medicine and its critical relationship to Yoga. Yoga & Ayurveda are inseparable. Ayurveda itself is a form of Yoga.

In addition, you will learn the benefits and teaching of various styles of Asana (Hatha, Vinyasa, Yin, Restorative, Chair), Meditation (also Yoga Nidra), Pranyama, Chanting of Mantras and the use of Mudras. No other special certifications in each style will be necessary (nor the expense of such courses). You will be prepared to offer your light and energy in each of these spaces, with the goal of sharing your knowledge for health & healing of yourself and your community.

~ PROGRAM OVERVIEW ~

Techniques, Training & Practice: 75 Hours

Contact Hours: 75

Yoga Śāstrā / Śatdarśana

- **Āsana**
 - Historical Context, Kṛṣṇamaçārya Lineage
 - Complete Sequencing to Achieve Effects Safely
 - Sukhasana & Savasana
 - Anatomical & Alignment Principles & Contraindications
- **Pranayama & Subtle Body**
 - Historical Context, Effects on Anatomy & Subtle Body
 - Safe Pranayama Sequencing with Precautions, Alternatives & Adaptations
 - Pūraka, Recaka, Kumbhaka
 - Ujjayi, Nadī Śodāna, Kapalbhātī, Bhāstrika, Sitkari, Śitkari, Suryabhedana & Candrabhedana
- **ŚuddhiKriyas (Purification Practices)**
- **Meditation & States of Consciousness**
 - Knowledge of Pratyahara, Dharana, Dhyana, Samadhi
 - Yoga Nidrā - Jagrat, Swapna, Suśupti, Turīya
 - Self-Ability to practice Meditation (Maintaining Meditation Journal)
- **Chanting Mantra (Yoga of Sound)**
- **Use of Malas / Mudras**
- **Ayurveda**
 - Introduction to Ayurvedic Medicine, Doṣa Concepts
 - History, Classical Samhitas, Sankhya Philosophy, Shiva/Shakti & Aum Principle
 - Food & Plants as Medicine, Dravyagunakarma
 - Yoga & Ayurveda Relationship
 - Yoga for your Doṣa - Āsana, Pranayama, Dhyana for balancing Vata, Pitta & Kapha

These hours include (with substantial emphasis):

- How to address the specific needs of individuals / special populations
- Theoretical & Analytical Understanding with training in how to teach and practice techniques
- Guided practice of the techniques themselves

Anatomy & Physiology: 30 Hours

Contact Hours: 20 Online Hours Allowable: 10

- **Anatomy: Structure**
 - *Skeletal System*
Major Bones, Types of Joints, Major Muscles involved in Āsana, Types of Muscle Contraction
- **Physiology: Functional Systems**
 - *Nervous System*
'Fight/Flight' & 'Freeze' Stress Response, Vagus Nerve, Overall Mind/Body Connection
 - *Cardiovascular/Circulatory, Endocrine, Digestive Systems* as they relate to Yoga Āsana
Expulsion of Metabolic Wastes, Catalyzing Healing Processes
 - *Respiratory System*
Muscles that control breathing, Voluntary/Involuntary breath, How Prana Enters & Exits the body
- **Bio-Mechanics**
 - Types of Joint Movements, Joint Stabilization
 - Safe movement as it pertains to Balancing, Stretching, Awareness, Trauma/Injury
 - Contraindications, Misalignments, Adaptations
- **Yoga Anatomy & Physiology**
 - Yoga Anatomy: Sthūla Śarira, Sūkṣma Śarira, Karaṇa Śarira
 - Pañcakoṣa: Annamaya Koṣa, Prāṇamaya Koṣa, Manomaya Koṣa, Vijñānamaya Koṣa, Ānandamaya Koṣa
 - Čakras, Nadīs & Marmāmi
 - Āsana for Čakra Balancing

~ PROGRAM OVERVIEW ~

Yoga Humanities: 30 Hours

Contact Hours: 20 Online Hours Allowable: 10

- **History**
 - Yoga Terminology
 - Kriṣṇamaçārya Lineage, Style & Methodology
- **Philosophy**
 - Definition, Dates, Etiology & Key Terms
 - Relationship between Āsana, Pranayama and Meditation
 - Key Ideas of Vedas, Vedānta, Hatha, Colonial, Modern
 - Yoga Darśanā Philosophies & Classical Texts
 - Sāṅkhya Philosophy, Upanishads, Yoga Sūtras, Gheranda Samhita, Hatha Yoga Pradipika, Bhagavad Gita
- **Self-Reflection**
 - How Philosophies relate to private practice
- **Yoga With Deeper Understanding**
 - SHIVA / SHAKTI Principle – Types of Tantras
 - Dharma, Karma & Seva
 - Shuddhikriyas, Bandhas, Mantra, Mudra, Malas
 - Sanskrit
 - Understanding the value of teaching yoga as a service & being of service to others (Karma Yoga & Seva)
- **Ethics**
 - Awareness of Yoga Sūtras and similar yogic ethical precepts
 - Scope of Practice and Code of Conduct
 - Comprehension & Responsibility
 - Accountability Measures
 - Self-reflection on how yoga ethics relate to practice and teaching

Teaching Methodology & Professional Development: 65 Hours

Contact Hours: 65

- **Teaching Methodology**
 - Sequencing: Arc Structures (Hatha, Vinyasa, YIN, Restorative, Chair)
 - Important Factors/Changes during Menstruation, Pregnancy, Postpartum (Āsana during Labor)
 - Āsana for Menopause, Bone Health, Seniors
 - Āsana for Emotional & Mental Health
 - Pace, Environment, Music (or not) & Class Management
 - Class & Workshop Structure for Beginners, Intermediate & Advanced Practitioners
 - Theme-Oriented Classes – What is the Message?
 - Cueing, Cueing, Cueing! (verbal, visual, physical)
 - Avoiding cues that may unintentionally create fear or exclusion
- **Professional Development**
 - Communication skills, time management & establishment of priorities and boundaries
 - Yoga-Related Professional Organizations, including Yoga Alliance & IYAT
 - Credentialing Process
 - Lifetime Learning & Continuing Education
 - General Professionalism (timeliness, consistency, cleanliness)
 - Marketing & Promotion
 - Liability Insurance / Waivers, Etc.
- **Practicum**
 - Knowledge, Skills, Experience (across 13 key Competencies)
 - (Supervised) Community Yoga classes to gain experience
 - Mentorship / Apprenticeship
 - Practice teaching as the Lead Instructor* (does not include observing or giving feedback)
 - Personal Practice Attendance Log (Teacher Signoff Required)
 - Class Observations, Receiving & Giving Feedback

*A minimum of 5 Hours actively practice teaching as the lead instructor in each style we have studied together

~ PROGRAM OVERVIEW ~

Breakdown of Hours

Due to Covid19, Yoga Alliance has softened restrictions on requirement of 160 hours In-Classroom/40 hours Online. For the Summer 2020 Session, trainings may include online hours, but must hold a majority lessons as LIVE.

IN-PERSON Option: 178.5 Hours in Classroom / 21.5 Hours Online LIVE

ONLINE DISTANCE LEARNING Option: Full Course via Online LIVE CLASSROOM

Requirements for Completion:

Completion/Attendance of All Session Hours & Any Needed Make Up Hours

All Assigned Homework / Class Attendance Log / Meditation Journal / Mid-Program Student Survey

Teach-Backs & Feedback / Class Observations / Class Designs / Community Class Offerings

Pre-Requisite:

It is suggested that each student has previous experience with the practice of Yoga by way of attending Āsana classes, lectures, inquiry or has engaged in any form of yoga / self-awareness practices for at least 6 months.

Upon Completion:

When course requirements are met, a "Certificate of Completion" is issued.

You are considered a *Certified Yoga Instructor: CYT200*.

Registration with Yoga Alliance:

To become a Registered Yoga Instructor, the registration process is completed directly with Yoga Alliance.

This program exceeds minimum standard education requirements obtain RYT200. This process is also explained in the Professional Development portion of the program.

Current CYT200 & RYT200:

The completion of hours and Certificate of Completion may be added to experiential hours on the path to CYT500 / RYT500. If RYT500 is desired, Yoga Alliance will recognize your additional training hours through this program.

Academic Requirement:

- Applicants must possess a high school diploma or GED and must attain 18 years of age prior to start of classes
- Applicants should have English language fluency, as all classes will be taught in English

Recommended Reading / Books:

Detailed Book List Provided Upon Enrollment

Steps in the Application Process & Enrollment Registration:

1. Emailed Request of Participation to sattvicsage@gmail.com
2. Reply Email will contain Enrollment Form / Program Handbook
3. Submission of Enrollment Form via email or Hardcopy (Your Preference)
4. Phone Interview with Prospective Student by Lead Trainer / Confirmation of Acceptance
5. Payment of \$500.00 SEAT RESERVATION (Applied to Tuition) or Tuition Payment in Full

Non-Mandatory Suggestions for Additional Education / Certification:

Free Anatomy Courses at <http://www.corsea.org>

Various workshops to enhance Sanskrit understanding

Obtaining Personal AHA CPR Certification is Recommended





WHAT MAKES THIS TRAINING UNIQUE

DEEP & TRADITIONAL UNDERSTANDING

Classes include practice of Asana, Pranayama, Meditation & Mantra Chanting, as well as coursework, practical experience / excursions to witness Yoga in its truest form, beyond the physical.

Many YTT Training programs offer just a scratch of the surface of the true Yoga practice by focusing only on physical postures, while missing any real focus on 7 other components of the 8-Fold Path – the most powerful pieces on the healing journey. I wish to offer and share understanding of tradition, history, integrity and cultural (and yes, the PHYSICAL) pieces of this life-altering knowledge.

Beyond Āsana: Deeper Discussion in Philosophy, Ancient Texts & Tradition

- History / Origins / Śatdarśana
- Immersion in the 8 Limbs of the Aṣṭāṅga Path
- Written contemplations of verses of Patanjali Yoga Sutras
 - Essay on Sankya Philosophy
 - "Book Reports" on Assigned Documentaries
 - Hatha Pradpika / Bhagavad Gita
 - Study of ŚuddhiKriyas
 - Introduction to Sanskrit

Heavy in both Western & Yogic/Ayurvedic understandings of Anatomy, Physiology & Injury Prevention – As well as the Subtle Energy body and healing modalities of Prana, Cakras, Nadīs and Marmas.

Practical & Experiential Experience

- Visiting the Hindu Temple of Greater Chicago in Lemont, IL [WEBSITE](#)*
- Meeting organizers and Swamis, experiencing Yoga Practice in its truest form

Includes added ability to understand benefits & teach various styles of Asana – Hatha, Vinyasa, Yin, Restorative, Chair & Yoga Nidra. No other special weekend certification courses (or the added expense of those courses) in each style will be necessary.

All included in Asana Study and Delivery – Including Prana Flow, Benefits, Sequencing and Teaching Skills.

Ayurveda / Yoga for Your Dosa

*Introduction to Ayurvedic Medicine & Understanding Doṣas / The 6 Tastes of Ayurveda & Food / Plants as Medicine
The Yoga & Ayurveda Relationship / Yoga Asana, Pranayama, Dhyana for balancing Vata, Pitta & Kapha*

The aim & goal is setting forth Yoga Instructors with sincere quality & depth of understanding in both personal and public practice, and who are empowered with tradition - as well as knowledge, on how to offer and share yoga as a lifestyle, not just a 'class'. Yoga is not something we 'do', but what we 'realize'.

Offering Instruction is this practice goes beyond "HOW"....but also "WHY".

~ 2020 SUMMER/FALL SCHEDULE ~

Intensive Program July 11 – October 18

Tuesdays / Thursdays / Fridays 6 pm – 9:30 pm & Saturdays 9 am – 6 pm

Exact Dates & Times ~ Any Variations Highlighted

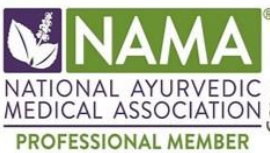
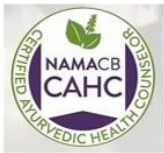
July				Contact Hours
Friday	7/10	6 pm – 9 pm	OPEN HOUSE	
Saturday	7/11	9 am – 6 pm		9
Sunday	7/12	9 am – 6 pm		9
Tuesday	7/14	6 pm – 9:30 pm		3.5
Thursday	7/16	6 pm – 9:30 pm		3.5
Friday	7/17	6 pm – 9:30 pm		3.5
Saturday	7/18	8 am – 5 pm	Temple Excursion & Yoga Class	9
Sunday	7/19	9 am – 6 pm		9
Friday	7/31	6 pm – 9:30 pm	ONLINE*	3.5*
			Contact Hours: 50	Total Hours: 50
August				
Saturday	8/1	9 am – 6 pm	ONLINE*	9*
Sunday	8/2	9 am – 6 pm	ONLINE*	9*
Saturday	8/22	8 am – 5 pm	Temple Excursion & Yoga Class	9
Sunday	8/23	9 am – 6 pm		9
Tuesday	8/25	6 pm – 9:30 pm		3.5
Thursday	8/27	6 pm – 9:30 pm		3.5
Friday	8/28	6 pm – 9:30 pm		3.5
Saturday	8/29	9 am – 6 pm		9
Sunday	8/30	9 am – 6 pm		9
			Contact Hours: 64.5	Total Hours: 114.5
September				
Friday	9/11	6 pm – 10 pm		4
Saturday	9/12	9 am – 6 pm		9
Sunday	9/13	9 am – 6 pm		9
Tuesday	9/15	6 pm – 9:30 pm		3.5
Thursday	9/17	6 pm – 9:30 pm		3.5
Sunday	9/20	9 am – 6 pm		9
			Contact Hours: 38	Total Hours: 152.5
October				
Saturday	10/10	9 am – 6 pm		9
Sunday	10/11	9 am – 6 pm		9
Tuesday	10/13	6 pm – 9:30 pm		3.5
Thursday	10/15	6 pm – 9:30 pm		3.5
Friday	10/16	6 pm – 9:30 pm		3.5
Saturday	10/17	9 am – 6 pm	Practice Teaching	9
Sunday	10/18	9 am – 6 pm	Community Yoga	9
Graduation!			Contact Hours: 47.5	Total Hours: 200

~ OFFERED BY ~



Karla A. Cain

*NAMA Board-Certified Ayurveda Health Counselor, Ayurveda Body Therapist
E-RYT-200, Yoga Alliance YACEP, YTT Lead Trainer
ACE Certified Fitness Instructor & Behavioral Change Specialist
Founder, Sattvic Sage Ayurveda & Yoga
Founder, Sattvic Sage Solutions, LLC
Board Secretary, Council for Ayurveda Credentialing
Faculty, Ananda Ayurveda Academy Willowbrook, IL*



Karla led a previous lifetime career in the SEC Financial Industry, employed by the 2 largest firms on Wall Street, with 23+ years' experience in Brokerage Account Administration, Financial Planning, Investment Advisory, Investment State Law, Insurance, Staff Coaching & Training, Marketing, Business Development, Networking and Public Relations.

Her own personal experience with disconnection, anxiety, illness and imbalance led her on a journey to discover Yoga in 1998 and Ayurveda in 2010.

In 2015, after years of study & having found a true passion for Yoga & Ayurveda, she consciously left the corporate world to make holistic healing her primary focus.

She has studied Yoga, Ayurveda, Meditation, Ayurvedic Herbs and Panchakarma Therapies in the USA, Italy and India. She has completed countless courses, workshops and conferences in the Eastern Healing Arts as well as Western Anatomy, Nutrition and Herbology.

She is a national ACE-Certified Fitness Instructor & Behavior Change Specialist. A Chicago native, she currently maintains her private practice and YTT Training program in the Western Suburbs of Chicago, as well as her new home in the Western Suburbs of Phoenix, AZ. She offers private Yoga/Meditation sessions, personal Consultations on Ayurvedic Health & Wellness, Seasonal Group Cleanse Programs & Panchakarma Body Therapies. She conducts open Classes, Courses, Workshops, Fire Ceremonies & Drum Circles on natural living, spiritual exploration, connection & healing, herbal remedies & the introduction of Ayurveda to her community. She is a former Yoga Instructor for The Hindu Temple of Greater Chicago and continues to visit her yoga family there in Lemont, IL.

Outside of her private practice, she offers Yoga, Ayurveda, Meditation, Pranayama or Ritual Ceremonies for at Soderworld Wellness Center & Healing Arts Academy, as well as being visiting faculty for various Yoga Teacher Training courses offered to YTT students in Chicago and Phoenix and loves to assist in hosting Retreats in the warm, AZ desert!

She is the Founder of Sattvic Sage Solutions, an IT Software EMR System created specifically for Ayurvedic Counselors, Practitioners and B.A.M.S.

www.sattvicsage.com

sattvicsage@gmail.com

708-334-9362

I am so humble and honored with the opportunity to
share the deep traditions of this beautiful practice.
I can't wait for our time together!

Karla A. Cain

~ JOINED BY ~



Misty Soderholm

LMT, LE, ERYT, HHP, YACEP

*CO-Owner/Founder Soderworld Wellness Center in Willowbrook, IL
Faculty, Ananda Ayurveda Academy Willowbrook, IL*

Misty began her studies at the Wellness and Massage Training Institute in 1994 and graduated from the School of Healing Arts in San Diego, CA. after moving there to work at the Deepak Chopra Center for Wellbeing. After 2 years of intense studies in Ayurveda, Meditation, Hypnotherapy, Watsu, Feng Shui, Holistic Health and Yoga, she ventured back to Chicago to bring the knowledge she gained to her hometown.

She has also studied Hot Stone Therapy, Reflexology, Thai Yoga Massage, Sports Massage, Lymphatic, Esalen Style Massage, Natural Birthing, Plant & Herbal healing, Esthetics & Skin Care (facials, body wraps), and many various energy modalities. She developed her own style of bodywork called SolFlo Massage and is currently finishing up a book to be published on the Art of Bodywork. Misty is a Licensed Massage Therapist & Esthetician, as well as a certified Yoga Instructor from the Temple of Kriya Yoga and Holistic Health Practitioner with over 25 years' experience in the wellness field.

She is a Massage Therapist/Teacher, Yoga Instructor/Trainer & Director of Advanced Training at Soderworld Wellness Center in Willowbrook, but also teaches groups, private tutors and performs bodywork and yoga at various locations throughout Chicagoland and the US. She also lectures at Soderworld, many local corporations, schools, and private events on a variety of wellness and holistic health topics.

Misty is also on the faculty for Ananda Ayurveda Academy & Universal Spa Training Academy as a Massage and Panchakarma Instructor. She has been featured in the Chicago Tribune, WGN TV news segments, radio shows, and local newspapers for her family's success with Soderworld and her artwork. She focuses more on the spiritual side of healing in her treatments and teachings.

Although Misty did some art at an early age, she just recently rediscovered her passion for the arts and writing again about 5 years ago. She has been in many art shows, leads paint parties & classes, and has had her writings published.

Misty is an Artist & Art Instructor for the Flower of Life Art Gallery in Lockport and Board Secretary for TAGOL (The Artists Guild of Lockport). She is a long-standing member of (ABMP) Associated Bodywork and Massage Professionals and Yoga Alliance, as well as an approved continuing education provider through NCBTMB for Massage Therapists.

www.solfloarts.com

www.soderworldwellness.com

~ JOINED BY ~



Shannon Chada

*ERYT200, Earth Mama/Doula, Reiki Master & Teacher
Massage Therapist, Ordained Spiritual Minister*

With a joyful heart, Shannon walks a path of integrating nature, culture and community to help others and empower self-healing of mind, body and spirit. Shannon offers a variety of local educational and spiritual opportunities which inspire and honor each individual's own personal wellness and spiritual journey. "Let us come together to spread our wings, connect to earth's natural healings, travel deep inside ourselves, meet our awareness, embrace our growth, be in our power, and flourish with blessings of love and light."

Connect with Shannon through the rainbow of holistic practices she offers as an Earth Medicine Spiritual Practitioner, Reiki Master Teacher, Certified Yoga Instructor, Sacred Circle and Ceremony Facilitator, Legally Ordained Minister, Young Living Educator and Distributor, Massage Therapist, Doula/Natural Childbirth Educator and Earth Mama.

Shannon is a Certified Reiki Master & Teacher since 2000 and 8th decedent in lineage from Dr. Mikao Usui.

Shannon offers Usui Reiki levels I, II, III (Advanced), Reiki Master, Reiki Master Teacher certified classes throughout the Chicagoland and Rockford area.

Along with Reiki Master Apprenticeship and Reiki Master Teacher Apprenticeship programs and Certifications. Available CEU's Continuing Education through NCBTMB. In addition, Shannon is a Certified Yoga Instructor and is registered with Yoga Alliance.

She is dedicated to working with women, mothers, babies, and children. Shannon's classes are uniquely taught to meet the individual needs of all who attend. No prior yoga experience is necessary for any of her classes. Shannon graduated from the Lakulish Institute of Yoga, Kripalu, Gujarat, India 2006 by Guru Acharya Yogendra Dev.

Shannon is a legally Ordained Spiritual Holistic Minister Practitioner, certified to perform religious services.

An Ordained Minister Practitioner is privileged to experience the spiritual benefit of the time-honored tradition of helping the body, mind and spirit.

"It is with a Joyful heart, that I walk this path of practicing ancient traditions which honor you or your special loved ones with Blessings of Love and Light."

fullcircleharmony@comcast.net

~ JOINED BY ~



Gina Tortorello

ERYT-200, YACEP, Make-Up Artist, Hair Stylist

Gina received her Cosmetology license from Pivot Point Hair Professionals Academy and began her career in 1992 as a makeup artist and hairstylist. Working for Sebastian International as a platform artist and educator, she went on to owning and operating her own studio.

Loving the shared experience of beauty, Gina has enjoyed a long and fulfilling career as a self-employed hairstylist/colorist with an affinity to bridal and special occasion styling. She has created a niche service of offering Yoga for bridal parties and then styling their hair!

In 2008, a culmination of obesity, chronic inflammation and personal difficulty brought her to seek help in holistic ways. It was in this deeply introverted time she began practicing yoga and meditation which brought her to a spiritual awakening that she has nourished ever since and continues to grow, ebb and flow on her ever-unfolding path of spiritual development.

Inspired by the transformation she experienced from her own dedicated practice, Gina received her yoga certification from Soderworld Wellness Center in 2013 and has her E-RYT 200 YACEP license status with Yoga Alliance.

Some Offerings....

- Weekly Yoga classes in Chicago's southwest suburbs
- Space Holder for Women's Circles
- Ceremony Facilitator
- Spiritual Workshops/ Continuing Education Provider
- Soul Journaling Workshops
- Spiritual Personal Training in Private & Group Meditation
- Reiki
- Monthly Yoga Hikes, Volunteering at Cook County Forest Preserve

She laughs, recalling never having an intention to teach, just wanting to learn. "Now, when I'm sharing space and communicating higher concepts in classes, ceremony or behind the chair, I feel divinely right where I'm supposed to be." Inspired by the calling to share, Gina synthesizes modern science, ancient practice, and an altruistic heart to share with others

tortorello.gina@gmail.com



~ TUITION ~

Tuition: \$3000

Option 1: Save \$500 When You Pay in Full:

Payment in Full by Class Start July 11, 2020

\$250 of this payment is Non-Refundable and is applied to full Tuition.

Your Total Tuition is \$2500 if paid by cash or check.

If paid via credit/debit card, a 5% processing fee will apply.

Option 2: Payment Plan:

Reserve your place in training by making a \$500 Seat Deposit by July 1, 2020.

\$250 of this deposit is Non-Refundable & Entire Deposit is applied to Tuition.

If paid via credit/debit card, a 5% processing fee will apply.

Remaining \$2500 is paid with 4 Subsequent Monthly Electronic Installment Autopayments

(Amounts Include 5% Processing Fees & 2% Interest)

July 15, 2020	\$668.75
August 15, 2020	\$668.75
September 15, 2020	\$668.75
October 15, 2020	\$668.75

Your Total Tuition is \$3175

Tuition Includes:

- 200 Hours In Classroom or Online LIVE Sessions (Zoom Video Access), Professional Presentations & Equipment
- Full-Color Binder/Training Manual of Syllabus Overview, Class Schedule, Course Handbook, Class Notes / Handouts, Meditation Log, Class Design Templates, Class Observation Templates and Class Attendance Log
- Books: 'Bhagavad Gita Explained', 'The Gheranda Samhita', 'The Hatha Yoga Pradpika', 'Raja Yoga' by Vivekananda
- Visit to The Hindu Temple of Greater Chicago in Lemont IL (donation of your choice this location is suggested)

**Those attending ONLINE will receive shipped Binder/Meditation Log. Handouts/Templates provided via email.*

BOOKS:

Recommended/Required Books are not included and are at Student Expense.

Complete Book List Provided Upon Enrollment and does not exceed \$100.

~ POLICIES ~

ATTENDANCE / CLASS MAKE-UP:

A trainee may miss up to 5 Hours maximum due to sickness or emergency without penalty, as long as they complete the required reading and assignments. If any more than 5 hours is missed, the trainee will be required to make-up the missed days/hours by scheduling private make-up sessions with Lead Trainer at a cost of \$50 per private hour.

IMPORTANT NOTE: A trainee cannot miss more than 40 hours of training or will be terminated from the program AND will still be responsible for paying tuition in full. If a student fails to complete the required attendance hours he or she may be terminated from the program without a refund.

SEXUAL HARRASSMENT OR SEXUAL MISCONDUCT:

Sattvic Sage Ayurveda & Yoga is committed to providing a safe environment for all students and staff, free from discrimination on any ground and from harassment including sexual harassment. SSA&Y operates a zero-tolerance policy for any form of sexual harassment, treats all incidents seriously and will promptly investigate all allegations of sexual harassment. Any person found to have sexually harassed another will face disciplinary action, up to and including dismissal from the YTT program. All complaints of sexual harassment will be taken seriously and treated with respect and in confidence. No one will be victimized for making such a complaint.

TERMINATION: Sattvic Sage Ayurveda & Yoga reserves the right to ask any student to leave the program if their behavior is deemed inappropriate or unethical. Under such circumstances, tuition will not be refunded.

TUITION POLICY:

All subsequent tuition payments are due on 1st of month per selected session of the year with no grace period. Payments are made via AutoPay with major credit/debit cards only. A US \$25.00 late fee will be charged for delayed or declined payments.

Notification to Sattvic Sage Ayurveda & Yoga is required one month before payment is due if there are any changes with your credit card on file.

Any & All payments made electronically by major credit cards for Tuition, Seat Reservation or Payment Plans are charged a 5% processing fee.

Sattvic Sage Ayurveda does not offer state or federal financial aid, educational loans, or tuition scholarships to students at this time. Maintenance of a current and satisfactory account standing is required for continued enrollment in the Program, Graduation and for the issuance of transcripts and Certificate of Completion. Students who lapse in their tuition payments will be dropped from Enrollment after 15 days past due.

TUITION REFUND & CANCELLATION POLICY:

I don't want to see you go! But if for any reason you must leave the program, please see the policy here!

A \$250 portion of Tuition/Seat Reservation is not refundable.

If the student decides to cancel, withdraw the enrollment at any point in time, a written request via email from the student is required to be sent to: sattvicsageayurveda@gmail.com

Both parties have the right to cancel the contract within the first three days of the first class start date.

100% refund of Tuition if student decides to discontinue 15 days or more prior to program start date.

Less than 15 day notice of discontinuation prior to program start dates results in 75% Refund (-Non Refundable Fees).

On a Monthly Basis: There will be no refund for the month if student decides to withdraw or cancel after 4 classes have been attended for the month. Withdrawal or cancellation prior to completion of the 4th class for the month will result in a prorated refund computed based on the number of hours/classes completed vs. not completed for the month.

A refund will be processed within 30 days from the date of receipt of official written request of cancellation from the student. The refund check will be mailed to the official address of the student on file.

Eligible refunds will not include any interest or processing fees on the Tuition at any point in time.

Pro rata per month deduction for classes expended until the receipt of cancellation request will be applied for respective Tuition plan option for eligible refund calculations.

No tuition or refunds may be applied toward future programs or courses.

Any additional changes, fees incurred (i.e., credit card fees) etc. will not be refunded.

The refund due to the student is calculated using the last date of attendance.

Costs expended for fees for all classes conducted until the date of cancellation are not subject to refund.

~ WAIVER & RELEASE ~

Acknowledgment

BY JOINING THE SATTVIC SAGE AYURVEDA & YOGA TEACHER TRAINING PROGRAM,
I UNDERSTAND THAT I ACCEPT WAIVER, RELEASE AND ASSUMPTION OF RISK.

I have volunteered to participate in a program of physical exercise under the direction of Karla A. Cain, which will include, but may not be limited to, stretching and yogic postures. In consideration of Karla's agreement to instruct, assist and train me, I do here and forever release, discharge and hereby hold harmless Karla A. Cain, Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center (and all affiliates) from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) ANY INJURY THAT MAY OCCUR AS A RESULT OF EXERCISING PAST YOUR PERSONAL THRESHOLD (2) ANY SLIP OR FALL

I recognize that any exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include muscle soreness, change in blood pressure, or losing balance. I understand that as a result of my participation in this yogic exercise program, I could suffer an injury and I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I have chosen not to obtain a physician's permission prior to beginning this exercise program with Karla A. Cain, Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center (and all affiliates), I hereby agree that I am doing so at my own risk.

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representation have been made to me regarding the results I will achieve from this program.

I ACKNOWLEDGE THAT I HAVE THOUROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST KARLA A. CAIN, SATTVIC SAGE AYURVEDA & YOGA, SODERWORLD WELLNESS CENTER AND ALL AFFILIATES.

I ALSO UNDERSTAND THAT WHEN PARTICIPATING IN THIS PROGRAM, I MAY BE CAPTURED IN PHOTOS OR VIDEO FOOTAGE THAT COULD POTENTIALLY BE RELEASED FOR ONLINE VIEWING AND/OR PROMOTION OF THE PROGRAM. I RELEASE AND GRANT PERMISSION THAT IMAGES AND VIDEOS THAT INCLUDE ME MAY BE RELEASED TO THE PUBLIC.

SIGNATURE & ATTESTATION REQUIRED FOR ENROLLMENT AND WILL BE INCLUDED IN YOUR ENROLLMENT FORMS

