

Dear Sadhaka (sincere seeker),

We are honoured you are interested in studying with us. We hope this message helps you understand the nature of this journey and to help you prepare for it.

- Firstly, this is not a Yoga retreat. Be prepared that you are signing up for an in-depth course on the subject of Yoga.
- Your tuition and/or attendance alone will not earn you a certificate at the end of the program. In order to graduate, there are 2 written exams, monthly homework assignments and graded teaching practicums. Full attendance is also mandatory and that includes 14 Zoom calls.
- Tuition is \$3250 (including tax). There's a \$100 non-refundable deposit hold your spot (which goes toward your tuition). Tuition must be paid in full by August 1st, 2021.
- This training is more than just learning asana (postures). While that is a major part, you will also be exposed to other aspects of Yoga, including breathing techniques, meditation, philosophy, anatomy and more.
- Be prepared to look within. This journey can be a very personal one. Some people are not ready to examine the inner workings of their body, mind and spirit. We encourage you to get the green light from all appropriate health professionals you may be working with before starting this course.
- If you miss a day, the session can be made up one-on-one with an instructor at a rate of \$30/hour. If you miss more than 2 days, we cannot guarantee a certificate at the end of the program. If you are struggling with the information at any time during the course, extra tutoring is available. We are here to support you the best we can.
- Allow yourself the time to practice, explore and integrate the information. Even though we only meet in person one weekend a month, think more about it being a full 9 month program. Expect about 2-3 hours of homework/week. And like anything else, the more you put into this course the more you will get out of it.
- The weekends are long. Some students have found taking a little extra time around the weekends beneficial. We know this may not be a possibility for everyone, but just be prepared the best you can with props, food and adequate sleep. We do provide breaks and are prepared to work with the needs of the group.
- There will be daily practices/meditations assigned. You may find it useful to start setting aside a few minutes a day for yourself now to prepare.
- There is no reading required before the course. However, at some point you will need to purchase the books, "The Key Poses of Yoga" by Ray Long and "Yamas and Niyamas" by Deborah Adele. You will be provided with a training manual and philosophy manual the day we start.

Other books students have found beneficial (although not required) and can be read before, during or after the program are:

"The Heart of Yoga" - T.V.K. Desikachar

"The Tree of Yoga" - B.K.S. Iyengar

"The Inner Tradition of Yoga" - Michael Stone

We look forward to guiding you on this journey! Samantha and Erika