



Enrichment Program Handbook 2023

The Sunrise Yoga Enrichment Program provides the opportunity to deepen your knowledge of yoga and expand your personal practice during a two-weekend study period.

2023 Weekend Dates and Hours

Weekend	2023 Dates
1	September 8-10
2	October 20-22

** All classes will be held at Sunrise Yoga Studio.

Hours for both weekends

- Friday 5:00 – 8:00 pm
- Saturday: 8:30 am – 6:00 pm (includes 1-hour lunch break)
- Sunday: 8:30 am – 4:30 pm (includes 1-hour lunch break)

Enrollment Deadline

The enrollment / full payment deadline is **August 31, 2023**.

Entrance Requirements

- A minimum one-year prior yoga experience is required.
- Applicants must be at least 18 years of age.
- All abilities welcome! Ability to do certain poses or practice at an advanced level is NOT required.

Application Process

To apply, simply submit your application along with a non-refundable \$25 application fee. Please find the application at <http://sunriseyoga.net/teacher-training-application/>

Tuition

Payment is due within 7 days of acceptance into the program, or at least 7 days prior to the program start date, whichever occurs first. The fee structure is:

Registration and full payment on or before July 31, 2023 - \$400

Registration and full payment on or before August 31, 2023 - \$450

Cash, check, Venmo, PayPal, American Express, Discover, MasterCard, and Visa (credit or debit) are acceptable forms of payment.

Fee includes:

- Two weekends of training
- Video content of additional training

Tuition does not include:

- Books: Every effort is made to select books that are readily available, modestly priced, and the most essential to your studies. Cost of books will vary based on the format and retail provider you select. Unless otherwise specified, any version of the books is acceptable (any publication date; paperback/hardback/new/used/electronic.) Please budget \$35 for the purchase of books when planning your participation.

TITLE	AUTHOR
Yoga: The Iyengar Way	Silva Mehta, Mira Mehta, & Shyam Mehta
The Path of the Yoga Sutras: a practical guide to the core of yoga	Nicolai Bachman

Attendance Requirements and Assignments

Participation requirements are:

- Complete all classroom hours during the two regularly scheduled Enrichment Program weekends. Make up options are noted below.
- Complete reading assignments and be prepared to discuss during class.
- Access to video content of recorded lectures by the lead trainer available while in the program
- Sustain a regular yoga practice - we want you to apply the knowledge you gain! Participants will receive a one-time 10% discount on a 5-class card when purchased during the Enrichment

Program dates or a 10% discount on one month of the Sunrise Yoga Membership (for current members).

Make up Options

If you anticipate missing any class time, please discuss this with Valerie in advance of the absence, if possible. Note: there is no tuition adjustment for missed hours.

Make up the full weekend, or some weekend hours, when offered again during the two curriculum years immediately following your enrollment period. There is no additional charge, assuming your tuition was paid in full during your original enrollment year.

Private Sessions with Valerie are an alternative to waiting until the next cycle. The fee is \$90/hour.

Classroom Participation

- All students are expected to act maturely and are required to show respect for other students and faculty members.
- Yoga is about self-awareness, self-respect, and self-control. During the study of yoga, and especially during asana practice, there is an inherent understanding that an individual knows, first and foremost, how to be responsible for his or herself. Listen to your body and respect your limitations.
- Ask questions along the way.
- Students must honor their energy; it is okay to be alone or as inward as one wishes.
- Students must take responsibility for their own experience. There is no need to be a caregiver, parent, or therapist for other students.
- Support each other. Commit to using “I” statements when sharing together.
- Let the instructor know about any physical limitations so appropriate supports and touch may be suggested.
- Honor confidentiality. Anything shared in the classroom, stays in the classroom.
- Come to class with appropriate materials: attire, books, and completed homework. Being unprepared for classes will be noted and can result in dismissal from the program.
- Students will be held responsible for completing all homework assignments, which will be distributed in advance of each TT weekend.
- Please come prepared to practice even if the class sounds more like a lecture.
- Help clean and tidy up at the end of each session.
- Communicate ahead of time if support is needed in completing all assignments. All assignments should be completed before class begins.

Rules for Student Conduct

- Punctuality is required and enforced. If a student is more than 10 minutes late to a session, one hour will be deducted from their total contact hours and that hour will need to be made up via the policies stated in the Attendance Requirements section.
- Attendance in all activities is required unless arrangements have been made with Valerie prior to class. Make up of missed materials will be required before graduation.

- All students are expected to act maturely and are required to show respect for other students and faculty members.
- Possession of any weapons, illegal drugs, and alcohol of any kind are not allowed at any time on SYS property. No smoking or vaping is allowed on SYS property.
- Audio / film recording of classes is prohibited.
- Photographs are only allowed with instructor approval and are subject to the consent of the instructor, fellow students, and clients. Photographs are not allowed to be posted on social media without explicit permission from everyone in the photo and Valerie.
- No chewing of gum is permitted in the class.
- Wear modest, comfortable clothing that allows unrestricted movement.
- Wear jewelry in moderation or take it off during classes.
- Do not wear perfumes, bath oils, strong smelling shampoos, lotions, aromatherapy, or fragrances due to sensitivities, allergies, asthma, etc. of other students.
- Possession of any weapons, illegal drugs, and alcohol of any kind is not allowed at any time on the property.
- No computers, tablets or cell phones are permitted in the classroom; therefore, no texting, emailing, internet browsing, etc. is allowed during classroom lecture and practices. Please turn cell phones off and leave them in the lobby. The only exception is for electronic forms of textbooks.

Copyrighted Materials

- All material distributed to Sunrise Yoga Enrichment students is copyrighted and may not be photocopied or shared electronically without explicit written consent from Sunrise Yoga Studio, Inc.

Recognition of Achievement

Upon successful completion of the program, you will receive a Certificate of Achievement from Sunrise Yoga.

Unsatisfactory Performance

A student who fails to maintain satisfactory progress, violates safety regulations, interferes with other students' work, is disruptive, obscene, or is under the influence of alcohol or drugs, is subject to immediate termination. Valerie reserves the right to dismiss a student from the program if it is deemed that performance is not satisfactory.

There are no refunds for any payments made when a student is dismissed from the program, and a Certificate of Achievement is not awarded.

Withdrawal from the Program

In the event a student must withdraw from the program, please notify Valerie via email prior to the start date of the program (text messages and phone calls will not be accepted).

Enrollment is non-transferable, and fees are non-refundable; however, a student can make up hours missed: Make up the full weekend, or missed hours, when offered again during the next curriculum year. There is no additional fee for this option.

Cancellation of the Program

Sunrise Yoga reserves the right to cancel the program in the unlikely event that enrollment is insufficient to sustain the curriculum year. This decision will be made at least one week prior to the first class. Such a cancellation will entitle the student to a full refund of all money paid less the \$25 application fee.