

Catalog

Desert Song Yoga

School Catalog

January
2012

(1, 3)

Desert Song Yoga
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Administration (4)

Mary Beth Markus- President
Vince Markus- Vice President

Notice of Disclaimer (13B)

Desert Song Yoga reserves the right to amend, add, or delete classes, programs, policies, tuition and /or facilities without prior notice. Desert Song Yoga also reserves the right to cancel classes due to insufficient numbers of students. Catalogs of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations.

Statement of Non-Discrimination

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, or physical disability.

Mission Statement

Since 1984, Desert Song Yoga has provided a yoga, massage, and healing arts center dedicated to the quality education and health of mind, body and spirit. Desert Song's advanced studies and teacher training program reflects the dedication and growth of this mission, by offering an in-depth, comprehensive, nationally-certified yoga program to individuals who wish to teach yoga or deepen their understanding of the science, art, and philosophy of yoga.

Admissions Requirements (13A)

Applicants must have a high school diploma or a recognized equivalent (GED). Desert Song Yoga requires a personal interview with each applicant prior to acceptance into a program. The school encourages the prospective student's parents and/or spouse to attend the interview. This gives both the applicant and their family the opportunity to see the campus facility and equipment and to ask questions relating to specific training. The personal interview also gives the school the opportunity to meet the prospective student and to evaluate his/her qualifications and aptitudes.

Desert Song yoga considers an applicant to be enrolled as a student when they meet the following criteria:

1. Signs an enrollment agreement
2. Certifies that he/she is a high school graduate, or has a GED.
3. Submits a letter of recommendation from a certified yoga teacher trainer indicating that the applicant has practiced yoga for a minimum of one year.
4. Makes satisfactory arrangements for payment of tuition and other fees.

Dress Code

Students are required to wear loose comfortable cotton clothing.

Attendance Policy (13i1)

Students are required to maintain a minimum of 80% attendance over the length of the program. Students who fall below 80% attendance will be placed on attendance probation until they reach 80% attendance or cannot achieve the 80% attendance by the end of his/her training program completion date, at which time the student must make arrangements with the school to complete his/her program of study. Failure to make such arrangements may result in termination. Students who are on attendance probation are considered to be making satisfactory progress. If a student must be absent, he/she must call the school within thirty (30) minutes prior to class start time.

Tardiness

Tardiness and leaving class early is subtracted from the total time of the program, and counts against the 80% minimum required attendance.

Make-up Work

Assignments and projects not completed on schedule during a course must be made-up within the time frame of that course. Arrangements **MUST** be made with the instructor.

Grading System (13C)

Grades are based on assignments, tests, and performance examinations given with each course. The Minimum acceptable grade for each course is a 2 (satisfactory) on the numeric evaluation scale.

The grading scale is as follows:

Numeric Evaluation Scale:

3 – Excellent

2 – Satisfactory

1 – Poor

Transcripts (13H)

Current or former students may request one free copy of their official transcript by submitting a written request to the school with the name and address where the transcript will be mailed. A fee will be charged for additional copies and must be paid in advance before they are processed. Transcripts sent directly to the student will be marked to indicate that they are unofficial copies. Official transcripts will not be released for students who may have a past due account with the school.

Academic Advising (13C)

A student's educational objectives, grades, attendance and conduct are reviewed on a regular basis. If academic standing or conduct is unacceptable, the student will be advised. Failure to improve academic standing or behavior may result in further action being taken up to and including termination. Students are encouraged to seek academic advising through their instructor.

Course Incompletes

An "incomplete" cannot be given as a final grade. However, at the end of the program a student may, with the president's approval be granted an extension. This extension of time will be determined by Desert Song Yoga in order to complete all the required course work, and assignments. The extension cannot be used to make-up accrued absences from class. If the student does not complete the required course work, and assignments, within the extension period, he/she will receive a grade of "F" or zero, which will be averaged with the students other grades to determine the grade point average.

Leave of Absence (13D)

Leaves of absences, including military leaves, shall be reasonable in duration, not to exceed sixty (60) calendar days and shall be for specific and acceptable purposes. A written request for leave of absence properly dated and signed by the student and school official must be filed prior to the beginning of such a leave unless circumstances prevent completion of the request at that time. Student must return on or before the expiration of the leave of absence or face termination.

Satisfactory Academic Progress (13C)

Satisfactory progress is defined as a passing grade in all levels of the training program. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be allowed to present justification or evidence of extenuating circumstances as to why he or she should be allowed to continue training. The student will be considered making satisfactory progress during any probation period. If the student has not achieved the criteria as set forth in this section at the end of the probationary period, he/she may be terminated from the training program.

If a student must repeat a section of study, he/she may be charged a repeat fee to be determined by the school. This repeat of the section of study may be due to academic failure or failure to meet attendance requirements. The maximum time allowed for repeats will be determined by Desert Song Yoga. The grade earned in the repeat section of study will prevail.

Student Conduct (13F)

Students must adhere to the rules and regulations of Desert Song Yoga. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The Student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or Desert Song Yoga in general. The Administration of Desert Song Yoga reserves the right of judgment, to place on probation and/or terminate a student on any of the following grounds:

1. Non-conformity of rules and regulations of the school.
2. Conduct that is unsatisfactory to the school, its staff, faculty, and its students.
3. Unsatisfactory academic progress.
4. Excessive absences or tardiness.
5. Falsifying school records.
6. Breach of school enrollment agreement.
7. Failure to pay fees when due and/or to make available required documents.
8. Entering school premises while under the influence of alcohol, or drugs.
9. Carrying a concealed or potentially dangerous weapon.
10. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of the school.
11. Theft.
12. Cheating on tests or exams.

Termination Procedure

Students to be terminated from school are notified in writing and may appeal to the President of Desert Song Yoga within three (3) days of “Notice of Termination.

Reinstatement (13E)

Students who have been forced to interrupt their education for any reason may request reinstatement by contacting the president of Desert Song Yoga. Students who were making satisfactory academic progress when they withdrew will be eligible for re-entry without condition. Students who were not making satisfactory progress may be placed on academic probation or have other special conditions placed on their re-entry. All students requesting reinstatement will be required to go through a portion of the admissions process again. A \$25.00 reinstate fee will be charged to students who desire to re-enter.

Student Grievance Procedure (14 A, B)

1. Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
2. If one-on-one discussion fails to result in a satisfactory resolution, a written complaint must be submitted to the President. The President must respond to the complaint, in writing within ten business days, excluding Saturday, Sunday and State and Federal holidays.
3. If the student is not satisfied with the proposed resolution, the student must respond to the President, in writing, within ten business days, excluding Saturday, Sunday and State and Federal holidays. The President will issue a final written response to the student within ten business days, excluding Saturday, Sunday, and State and Federal holidays.
4. If the complaint cannot be resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Arizona State Board for Private Postsecondary Education. The student must contact the State Board for further details. The State Board address is 1400 W. Washington St., Room 260, Phoenix, AZ 85007, phone # 602-542-5709, website address: <http://azppse.gov>

Scholarships

Desert Song Yoga does not offer a scholarship program.

Credit for Previous Training (13i2)

Desert Song Yoga, does not accept credit for previous education, or CLEP.

Student Services (10)

Desert Song Yoga does not offer career planning assistance to graduates. The school does not guarantee job placement.

Library (6F)

Students have access to relevant magazines and publications related to yoga.

Graduation Requirements

In order to graduate, a student must:

1. Complete with a passing grade all requirements for their program of study within the maximum time frame permitted and attain a minimum of 2 (Satisfactory) on the numeric evaluation scale.
2. Return all property belonging to the school.
3. Fulfill all financial obligations to the school.

Tuition Schedule: (5, 6C)

Program	Tuition	Fees	Total
Yoga Teacher Training	\$3,200.00	\$100.00	\$3,300.00

Payment of Tuition (8)

Satisfactory arrangements for payment of tuition and other fees must be made between the student and the school prior to the students official start date. Prorated payments to the school throughout the length of the program with no interest are accepted. The school accepts cash, visa and master card. Students can secure their own loans through private lenders.

CANCELLATION POLICY

Rejection: An applicant rejected by the school is entitled to a refund of all monies paid.

Three-Day Cancellation: An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday and federal or state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, the school shall provide the 100% refund.

Other Cancellations: An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid minus a registration fee of \$100.

REFUND POLICY (9)

Refund after the commencement of classes:

1. Procedure for withdrawal/withdrawal date:
 - A. A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the President of the school. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
 - B. For a student who is on authorized Leave of Absence, the withdraw date is the date the student was scheduled to return from the Leave and failed to do so.
 - C. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 consecutive class days.
 - D. All refunds will be issued within 30 days of the determination of the withdrawal date.

2. Tuition charges:

Tuition charges will be determined based upon the percentage of the clock hours attempted. The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last day of attendance, by the total number of clock hours in the program (*less the \$100.00 registration fee*).

Tuition refunds will be issued within 30 days of the date of student notification, of date of school determination (withdrawn due to absences of other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

Tuition refunds are determined as follows:

- A. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition (*less the \$100.00 registration fee*).
- B. After the commencement of classes, the tuition refund amount, (*minus the registration fee of \$100.00*), shall be determined as follows:

% of the clock hours attempted:	Tuition Refund amount:
10% or less	At least a 90% refund
More than 10% and less than or equal to 20%	At least a 80% refund
More than 20% and less than or equal to 30%	At least a 70% refund
More than 30% and less than or equal to 40%	At least a 60% refund
More than 40% and less than or equal to 50%	At least a 50% refund
More than 50%	No Refund is required

3. Books and Supplies: There is no refund for equipment, books and supplies received by the student.

4. Special Cases: In case of prolonged illness or accident, death in the family, or other circumstances that make it impractical for the student to complete the program, the school may make a settlement which is reasonable and fair.

Holder in Due Course Statement:

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5-14-76).

PROGRAM COURSE OF STUDY: Yoga Teacher Training

Prerequisites: High school diploma or GED, and a letter of recommendation from a certified yoga teacher trainer indicating that the student has practiced yoga for a minimum of one year. **Clock hours:** 200 clock hours

Curriculum: (6a, b)

Y101 Methodologies and Practices of Asana

Clock hours: 106

Course Description: This course will specifically explore the principles and philosophy of Asana Yoga including the five universal principles of alignment, the “3A’s” (Attitude, Alignment, and Action) operating principles and how to teach a heart centered practice. Students will demonstrate and learn to teach basic warm-ups, standing poses, basic hip openers, forward bends, inversions, back bends, twists, and savasana (relaxation). Students will learn the effective and safe mechanics of using props and variations for Asana. The required practicum provides teacher trainers with the opportunity to assist a senior teacher in Desert Songs “Introduction to Yoga” public class.

Y102 Anatomy and Physiology

Clock hours: 35

Course Description: In this course students will learn the practical elements of anatomy and physiology to maximize safety in the yoga classroom. Students will learn the major muscles, bones, joints and the relationship between respiratory and nervous systems. Students will also be introduced to the relationships of Prana in the Chakra systems, Nadis, and Koshas in the human body.

Y103 Methodologies of Pranayama

Clock hours: 8

Course Description: Students will be able to explain and demonstrate these breathing methods, natural yogic breath, Ujjayi breath, Sitali breath, Viloma, Kapalabhakti, Nadi, Sodana, and Bastrika. Students will practice supine and seated positions to enhance breathing techniques.

Y104 Yoga Lifestyles

Clock hours: 17

Course Description: In this course students will learn the history of yoga, the four main paths of yoga and the philosophy and literature of classical yoga. Students will explore personal responsibility as yoga teachers including moral and ethical conduct, as well as civil laws and other legal codes of behavior, both in the classroom and in society.

Y105 Techniques of Meditation

Clock hours: 6

Course Description: In this course students will learn the Pratyahara and Dharana forms of meditation. Students will understand the importance of self-transcendence and personal enlightenment through meditation.

Y106 Yoga Principles of Health

Clock hours: 5

Course Description: In this course students will study the guidelines of Ayurveda as a holistic science and art of life. Students will become familiar with the five elements, five senses, the six tastes, the three Doshas, (constitutions) and their unique relevance to each participant.

Y107 Yoga for Special Groups

Clock hours: 23

Course Description: In this course students learn how to utilize yoga for therapeutic purposes, for rehabilitation of wrists, shoulders, knees, hips, neck, and back. Students will learn and practice yoga techniques for the physically challenged, senior population, pre and post natal women, and children.

Certification Information

Desert Song Yoga Certificate of completion gives the student what they need to teach yoga in Arizona. It is not required by law that the graduate be registered with the Yoga Alliance to teach or seek employment. Desert Song Yoga is registered with the Yoga Alliance. Upon successful completion of the Desert Song Yoga Teacher Training Program, Desert Song Yoga graduates supply documentation to the Yoga Alliance whereby they are then registered with the national organization at the 200-hour level. For more information about Yoga Alliance and their certification requirements, contact Yoga Alliance, 1701 Clarendon Boulevard, Suite 110, Arlington, VA 22209 or visit their website at <http://www.yogaalliance.org/> or by phone: 888-921-9642.

Hours of operation

Monday through Friday 10:00 am to 9:30 pm

Saturday 10:00 am to 4:00 pm

Class Schedule:

Every Wednesday: 7:00 pm to 9:30 pm

Every 2nd and 4th Friday: 5:30 pm to 7:30 pm

Every 2nd and 4th Saturday: 10:15 am to 2:15 pm

Student Holidays (12)

New Year's Day

Memorial Day

Independence Day

Labor Day

Thanksgiving Day

Christmas Day

Start and End dates for Yoga Teacher Trainer

Start Dates

End Dates

1/25/2012

8/5/2012