



Be Luminous Yoga

Come home to your power.

Be Luminous Yoga 300-Hour Teacher Training

Complete Your 500-RYS Yoga Alliance Certification



Uncover new levels of effective teaching.
Make discoveries that make a difference.
Share your passion and knowledge powerfully.

*Start Anytime with Any Elective or Core Program.
Complete the Program at Your Own Pace.*

Program Overview

The Be Luminous Yoga 300-Hour Teacher Training Program will lift you to new heights both personally and professionally. You can enter the program at anytime with the freedom to take as long as you need to complete it.

While providing all graduates with a consistent and solid platform to elevate your teaching and leadership, we believe you will be most powerful in the world by directing your own path. In this program, you get the best of both worlds. In the immersive retreats and core programs, you gain community and camaraderie, and an established and effective platform for your teaching. Through electives, you choose the things that matter most to you and develop your own niche.

The Be Luminous Yoga 300-Hour (500 RYT) Program places a strong emphasis on being in action with your learning and sharing generously. You'll be asked to teach – a lot. You'll be asked to apply what you're learning in all areas of your life. And you'll discover just how much your sharing makes a difference.

*To evolve toward our greatest selves
is our nature. Keep evolving.
The world needs YOU.*

Program Outcomes

- * Lead inspired, connected and transformative yoga classes every time.
- * Gain techniques for effective in-class workshops and partnering.
- * Expand your skills in designing and facilitating workshops and retreats.
- * Open to new levels of personal power through applied practice.
- * Expand your knowledge of meditation and its impacts
- * Learn to coach others and receive coaching effectively.
- * Apply your learning through action in a personal project.
- * Expand your yoga business and/or impact.

Like our 200-hour program, the 500 RYT program is ultimately as rewarding as it is demanding. You will be rewarded every step of the way as you watch your impact in the world expand.

*Michel, Tina and Nicole support and guide you
every step of the way.
They are truly there to ensure your success.*

Core Courses – Required

Teaching Mastery 301 Retreat (70 hours)

Run annually, this 7-day retreat offers an intensive and rewarding immersion. Establishing and building on firm foundations, we work through practices and activities to liberate your teaching and provide concrete tools to elevate what you can deliver.

Teacher Take-Off 302 Mentor Program (30 hours)

Get ready to take the lid off your teaching and coaching in this powerful 6-week program. You'll mentor with master teachers at Be Luminous Yoga in their regular classes, incorporate feedback seamlessly, and learn to coach others as well. You can join this program each fall.

Leadership Mastery 303 Retreat (70 hours)

This retreat will transform you from a teacher into a leader, everywhere in your life. Here, you'll hone your ability to deliver powerful workshops and programs, on your own and in co-facilitation. You'll take on the role of coach and mentor for others, co-creating a platform for phenomenal growth.

Action & Service 304 (25 hours)

Put your work into action in the real world through a personal project where you will design a program, lead it, and then share your learning at a community symposium. The module runs January-April annually.

Electives

Choose from a variety of elective courses taught by expert instructors and leaders to complete 105 contact hours of your program. Electives include, and are not limited to:

- * Next Generation Kid's Yoga (Nicole Koleshis)
- * Prenatal Yoga (Colette Crawford)
- * Stand-up Paddle Board Yoga (Melissa Longfellow)
- * Ayurveda (Jodi Boone)
- * Restorative Yoga (Jodi Boone)
- * Pranayama & Subtle Energy
- * Baptiste Yoga Programs
- * New Guest Teachers Added Regularly - see the website for most current list



Learn More & Apply Today

Download a complete brochure from our website. Applications can be found there as well. Apply anytime. You'll hear back from us about your acceptance into the program within two weeks from the date of application.

Read about your fabulous team of instructors on the back.

Visit www.beluminousyoga.com for details and to download an application, or call 206.682.9642 for more information.

Our goal is that you leave this training with effective tools to lead and teach in big new ways, while making a difference in your life personally.

Michel Eubank Spruance (M.Ed., E-RYT 500, and member of the Baptiste Leader Teacher Faculty) has been teaching yoga since 2004. Michel is greatly inspired by facilitating work that leave people empowered and in full self-expression. Michel, M.Ed., marries her passion for impactful curriculum design, certification as a mediation instructor through the Chopra Center, and over 18 years as a facilitator of personal transformation programs, to craft a teacher training program that readies you to teach consistently powerful and empowering classes.

Yoga changed **Nicole Tsong's** life. Through heated power yoga classes, she experienced presence, freedom and access to living life in full self-expression. She is a Certified Baptiste Teacher (RYT 500, E-RYT 200) and is passionate about teaching yoga. She has trained extensively with master teacher Baron Baptsite, as a student and as an assistant. Nicole teaches, leads workshops and mentors new yoga teachers. Her greatest joy is to support others in their own growth as leader and teacher, where she incorporates her work as an igolu leader in training. She also spends time trying out wacky, fun and occasionally weird fitness classes for her weekly column in the Seattle Times, *Fit for Life*.

Tina Templeman teaches yoga and anatomy courses for yogis with an exuberance that stems from the fact that yoga healed her life. In 1998, severe back pain brought her to the brink of back surgery. Yoga became a central piece in her rehabilitation and one of her greatest joys. Tina is a certified Baptsite Teacher, E-RYT 200, and a licensed massage therapist. Tina brings unique qualities to the program, including completion of the Bastyr University Cadaver Anatomy Course, and serving as a facilitator for Warrior Spirit Trainings.

Elective Core of Teachers: Liz Doyle, Jodi Boone, Melissa Longfellow, Nicole Koleshis, Collette Crawford and more.

Learn More and Apply Today!



Visit [www.beluminusyoga.com](http://www.beluminousyoga.com) for details and to download an application, or call 206.682.9642 for more information.



300 Hour Teacher Training Extended Brochure For Completion of the Yoga Alliance 500 HR RYT Designation

Program Pre-Requisites

Acceptance into this program requires proof of completion of a Yoga Alliance RYS 200-Hour Program and does not guarantee acceptance.

Program Structure

Upon acceptance into the program, you will complete the following steps to qualify for the Yoga Alliance 500-Hour RYT certification:

- **Start Anytime, Finish on Your Own Time:** You may start this program with the first in the Core Courses series, or you may begin with an Elective of your choice. To receive credit for any program, you must have applied and been accepted before you attend the course (with the exception of those who have already completed the Teacher Take-Off Program, formerly known as the Mentor Program). Submit an Enrollment Form to each course when you are ready.
- **Core Courses:** The four Core Courses in this program ensure that you not only gain important tools for effective teaching, from deeper applied anatomy to workshop design skills, but that you also gain the ability to coach and lead others. From this platform, any yoga teaching niche is elevated. Core Courses account for 195 contact hours of the required 300 hours. Please refer to the website for all 2015 & 2016 program dates, tuition and locations.
- **Elective Courses:** We've brought together the best in the business to share their expertise in our Elective Courses. You can choose to specialize in a particular niche, or diversify your learning. Elective Courses account for 105 hours of the program. Most Elective programs are weekend programs that account for 20-30 contact hours. Please refer to the website for all 2015 & 2016 program dates, tuition and locations.

General Delineation of Hours

Below is a general overview of the hours we will spend on various elements of yoga teaching and practice:

Topic	Learning Experiences (sample)	BLY Hours	YA Required
Yoga Philosophy, Lifestyle & Ethics	Reading, Discussion, Personal Exploration, Writing, Lecture, Autobiography of Yourself as a Yogi	35	30
Asana, Meditation & Pranayama	Practice, Hands-On Assisting, Video Taping, Feedback Sessions (formal & informal), Discussion, Asana Clinics	230	50
Teaching Methodology	Practice with in-class workshops, designing and leading workshops, co-facilitating, teaching & coaching teachers...	51	5
Anatomy & Physiology	Lecture, Reading & Coloring, Hands-On, Worksheets	30	15
Teaching Practicum	Practice teaching, giving and receiving feedback, working on voice and way of being	57	30

Program Expectations

While each module has a different schedule, the expectation for each course is your full participation. The Yoga Alliance certification is in large part determined by contact hours with the trainers. This means you are required to be at each program for the entire time the course runs in order to successfully complete each module. You can see the make-up schedule below.

For each module you attend, you will receive a registration packet that outlines the course expectations, materials and required work for that course. Visit the on-line catalogue for specific details regarding each course.

Assessment & Transcripts

Formal completion of the program and the right to apply for certification through the Yoga Alliance is based on the following:

- Successful Completion of all 4 Core Courses (195 hours of contact time)
- Successful Completion of 105 Hours of Elective Programs

Each module, Core or Elective, will use any or all of the following assessment methods: quizzes, an exam, assessment rubrics, graded writing work & observation of your teaching.

Transcripts will be held at Be Luminous Yoga's main place of business at 900 Lenora #128, Seattle, WA 98121 and can be requested in writing with 5 business day's notice.

Attendance & Student Conduct

The scheduled training days are incredibly important, not only for your learning and to fulfill the Yoga Alliance requirements, but also for the group. Our community energy, sharing and discussion creates the richness and context for growth that the program can offer. In short, you matter in each module you take on.

Each student will also be held to high standard of conduct, demonstrating respect for their peers and maintaining confidentiality for each person in the training. Any form of bias, sexual harassment, violation of state or federal laws, or proven dishonesty will be grounds for dismissal from the program and refunds handled according to the school's refund policy. Failure to attend all required hours, or failure to complete all required work, means you will not receive a certificate of completion and not be eligible for the 200 hour Yoga Alliance RYT certification.

The Yoga Alliance Certification is based in large part on the number of contact hours you have with pre-qualified instructors. All scheduled training days are required to account for your hours. We understand that emergencies may arise. In order to make up that time, you will need to schedule time directly with Michel in the exact number of training hours you missed.

The cost for make-up sessions \$75 per hour (compare to other programs that require people to pay a full private hourly rate of \$95 per hour). For a full day missed (10 hours) this would be \$750 per day. Our preference is to schedule these make-ups with other individuals so that you can all split the cost and be more effective with time – i.e.: 3 people split 10 hours make-up at \$200.00 per person. More detail will be given at orientation.

Required Pre-Requisite Reading

Baptiste, B. (2002). *Journey into power: how to sculpt your ideal body, free your true self, and transform your life with yoga*. New York, NY: Fireside.

Desikachar, T.K.V. (1995). *The heart of yoga: developing a personal practice*. Rochester, VT: Inner Traditions International.

Heartranft, Chip (2003). *The yoga-sutras of Patanjali*. Boston, MA: Shambala.

Iyengar, B.K.S. (2005). *Light on life: the yoga journey to wholeness, inner peace and ultimate freedom*. USA, Rodale, Inc.

Long, Raymond MD, MFCSC (2006). *Scientific keys volume 1: the key muscles of yoga*. USA: Bandha Yoga Publications.

Long, Raymond MD, MFCSC (2006). *Scientific keys volume 2: the key poses of yoga*. USA: Bandha Yoga Publications.

Mascaro, J (Translator) (1962). *The Bhagavad Gita*. London: Penguin Group.

Required 300 HR Advanced Program Reading

Reading will be determined by each Course. When you apply for the Core courses, you will receive a book list upon acceptance.

Training Amenities

Be Luminous Yoga offers a centrally located, beautiful learning space in the heart of downtown Seattle's South Lake Union neighborhood. The majority of the course(s) are held at Be Luminous Yoga where you have access to showers and the tea lounge. We provide a Training Manual, worksheets, study guides, hand-outs from power-point presentations and more.

Courses held off-site include our Teaching Mastery and Leadership Mastery Course, which are held at off-site locations. Most locations will be within a 2-hour commute from the Seattle Metropolitan area and provide double or quad dorm rooms, complete meals and classroom space. We reserve the right to change our locations for these courses. Please see individual courses for the most current information.

The Core Courses require 16 students to run, and will not exceed 32 students.

Program Calendar

Admissions: Admissions occur on a rolling basis. Please submit your application and application fee with at least two-weeks prior to the start of the first course you plan to take. If you plan to take the Teaching Mastery Core course in the summer of 2015, we suggest you submit your application no later than May 1, 2015, to ensure we can run the program.

You will hear back about your application into the program within 10 business days.

Core Courses: All of the dates and information for the Core Courses can be found online where you can download a PDF about each course.

Elective Courses: Elective Courses are being added continually. Please check the website for updates and registration deadlines.

Please refer to the online catalogue to locate all program dates, tuition and requirements.

Tuition & Payment Expectations

Application Fee: \$250

Tuition will range in price depending on what electives you plan to take. We can guarantee that this program will cost a minimum of \$6000 to complete. You pay for each course as you go, with tuition being due in full before each course begins. Each course is individually governed by the refund policy set forth by the Washington State Workforce Training Board. What that means is that refunds are given by the percentage of each course that you complete. Please read the refund policy and understand it fully.

There is no financial aid for this program available at this time. Be Luminous Yoga will provide letters of recommendation for those applying for teaching positions who complete the program is good standing.

About Be Luminous Yoga

Luminous Gorilla Yoga, LLC (DBA Be Luminous Yoga) was founded in 2009 to provide outstanding yoga and meditation instruction, as well as workshops in personal growth and yoga related activities. Created by Michel Eubank Spruance & Scott Francis, Be Luminous Yoga is equally owned by Michel Eubank Spruance, Scott Francis and SkookumBelle Yoga LLC as a joint membership LLC. The managing members are Michel Eubank Spruance, Scott Francis and SkookumBelle Yoga LLC. Our offices are located at 900 Lenora, #128, Seattle, WA 98121 and our phone number is 206-682-9642. We can be reached during normal business hours.

Admissions Policy & Ability to Benefit

Students must possess a High School Diploma, a General Education Development (GED) Diploma, or pass a graded entrance exam. The program is conducted in English and will require that the applicant is proficient in English. The student must also demonstrate reasonable yoga experience, and be able to articulate why the style of yoga taught through this program is of interest and value to them. Successful completion of a 200 HR Teacher Training program comparable to the Be Luminous Yoga 200 HR program is a pre-requisite for admittance into this program.

If a student has been dismissed from the program, they may apply in writing by submitting a letter to the program director, to be followed by an interview. Re-admittance is that the sole discretion of the program director.

Cancelation and Refund Policy

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school.
2. The school must refund all money paid if the applicant cancels within 5 business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
3. The school may retain an established registration fee equal to 10 percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
4. If training is terminated after the student enters classes, the school may retain the registration fee established under (3) of this subsection, plus a percentage of the total tuition as described in the following table:

If the student completes this amount of training:	School may keep this percentage of the tuition:
One week or up to 10%, whichever is less	10%
More than one week or 10%, whichever is less, but less than 25%	25%
25% through 50%	50%
More than 50%	100%

5. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
 - a. When the school receives notice of the student's intention to discontinue the training program; or,
 - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
 - c. When a student, without notice, fails to attend classes for thirty calendar days.
6. All refunds must be paid within thirty calendar days of the student's official termination date.

IMPORTANT CLAIRFICATION OF REFUND NOTICE for this program: Percentages are calculated not based on "week" as that does not apply in these courses. Percentages are calculated based on the number of hours of each individual course you have completed at the time of withdrawal. Each course will provide its own refund, rather than a refund for the entire program.

This school is licensed under Chapter 28C.10 RCW.
Inquiries or complaints regarding this private vocational school may be made to:

Workforce Training and Education Coordinating Board
128 – 10th Avenue SW
Olympia, Washington 98501

Phone: 360-709-4600 E-Mail: wtecb@wtb.wa.gov Web: wtb.wa.gov



Dear Teacher Training Applicant,

Thank you for applying to the Be Luminous Yoga 300-Hour Advanced Teacher Training. We are excited to work with dedicated and curious yogis who are ready to expand their reach as teachers and leaders. Upon successful completion of this program you are eligible to apply for the Yoga Alliance 500 HR RYT designation.

The Be Luminous Yoga 300 HR program has been thoughtfully designed to give you flexibility both in the time it takes for you to complete the program, and allowing you to specialize in areas of personal interest, while maintaining consistency through core programs. We are especially excited about the fact that we have brought together an amazing team of core teachers and specialists in the areas of electives, to provide you with access to some of the best instructors in the Pacific Northwest.

You may begin the program at anytime, starting with the core modules, or one of our electives. In order for an elective to apply to your 300 HR Training, you must apply for the 300 HR Training and be accepted *before* your course begins.

Our commitment is that this training will not only make you a more effective yoga teacher, but also enable you to coach others into their greatness and take on leadership as a way of life. The world needs leaders. The world needs you.

We have no doubt that you will leave this Teacher Training program teaching and living from new levels of self-expression and power, but also with the impact to make a difference everywhere in your life. We look forward to working with you, and appreciate the opportunity to teach, share and grow with you.

Namaste,

Michel

Michel Spruance
Director of Teacher Training
Be Luminous Yoga



Be Luminous Yoga

Come home to your power.

300 HR Advanced Teacher Training Application

* Some information in this application is required by the State of Washington and will not be used by Be Luminous Yoga to either admit or deny admittance to the program.

Contact Information

Legal Name	
Preferred Name	
Mailing Address	
City ST ZIP Code	
Cell Phone	
Work Phone	
E-Mail Address	
Date of Birth	
*Social Security Number	_____ - _____ - _____

Demographic Information

Current Occupation	
Age	
Gender	
Interests	
Disability:	<input type="checkbox"/> Yes <input type="checkbox"/> No
*Hispanic:	<input type="checkbox"/> Yes <input type="checkbox"/> No
*Race (Check One):	<input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Multi-Racial <input type="checkbox"/> Other <input type="checkbox"/> Hawaiian Native/Other Pacific Islander
*Education Completed:	<input type="checkbox"/> Less than High School graduation <input type="checkbox"/> High School Graduate, Date: _____ <input type="checkbox"/> GED, Date: _____ <input type="checkbox"/> Some Post High School <input type="checkbox"/> Certificate (<2years) <input type="checkbox"/> Associates Degree, Date: _____ <input type="checkbox"/> Bachelor Degree or Above, Date: _____

Yoga History and Teacher Training Interest

How long have you been practicing yoga? _____

What style(s) of yoga do you practice regularly? _____

Date of 200 Hour Teacher Training Completion: _____

Name of School & Location of 200 HR Training: _____

Please check one. I am applying to this training primarily to...

enhance my own growth in yoga and its related teachings.

teach yoga.

Are you currently teaching? Yes No

Please describe your yoga teaching experience thus far – consistently of teaching, number of hours per week on average, taught last when, how many people on average in a class, special experience such as workshops, etc...

Why are you applying for a 300 HR Yoga Teacher Training Program?

What specifically interests you about the Be Luminous Yoga Teacher Training program?

List, specifically, the top 5 outcomes you wish to gain from this program.

1.

2.

3.

4.

5.

This program offers a powerful, personal application of the philosophy of yoga to your life. It is ultimately life-giving, and it can be challenging. Are you committed to being 100% in the process for yourself and your community? Please explain.

What are your greatest strengths as a yoga teacher right now?

What is your growing edge as a yoga teacher right now?

What are currently your greatest professional goals?

Do you have an area of interest to focus on in your training, i.e.: prenatal yoga?

Do you know what you would like to focus on for the Action & Service Module in the Core Courses?

Photograph

Please submit a photograph, attached here, or digitally if you are emailing this application. Your photograph is not used to determine your acceptance into the program. Rather, it is a means for us to familiarize the teaching staff with who you are before you arrive.

Emergency Contact Information & Health History

Emergency Contact Name	
Relationship	
Phone	
Email	
Do you have specific injuries we should know about?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please explain.	
Are you currently, or have you been in the last 6 months, under the care of a physician or mental health specialist for any reason?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please explain.	

Liability & Image Waiver

I _____ (print full name) understand that yoga includes physical movement. Physical activity carries with it certain inherent risks that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation in the Be Luminous Yoga Teacher Training program is voluntary, and that I knowingly assume all such risks.

I recognize it is my responsibility to practice modifications, and I take responsibility for speaking with the teacher if I come to class with injuries or am pregnant.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Be Luminous Yoga (legal name Luminous gorilla Yoga LLC), Michel Eubank Spruance, other teachers who may be present, and other Teacher Training participants.

I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the Yoga Teacher Training provided by Be Luminous Yoga.

This waiver also provides Be Luminous Yoga with the right to use any images taken in the program for promotional materials. If you would like not to participate in this way, check here.

Signature

Date

Registration Fee and Tuition Overview

Application Fee: \$250 USD

Enclose a check or mark the box for your credit card to be charged this amount upon receipt of application. This fee is non-refundable upon completion of the enrollment agreement.

Tuition: \$4900+ USD

This program is a pay as you go program. The electives you choose will determine in part the cost of the program for you. It will require at least \$4900 to complete the program, based on the core courses and general rates for the elective courses. See detailed information regarding the Core Courses and Electives in the Extended Brochure.

Books: \$120-\$200 USD

This is an estimated book cost for required books depending on where you purchase them. You may purchase your books anywhere you like.

Application Fee

Application Fee: \$250 USD

Enclose a check or mark the box for your credit card to be charged this amount upon receipt of application. *This fee becomes non-refundable 5 business days after application processing.*

A check for \$250 is enclosed.

Please charge my credit card for the application fee of \$250.

Name on Card: _____

Card Number: _____

CVC: _____

Credit Card Type: _____

Expiration: _____

Application Signature

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am accepted into the BLY Teacher Training Program, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal without refund.

Signature

Date

Name (printed)

Application Checklist - your application is not complete without the following:

- | | |
|-----------------------------|--------------------------|
| Completed Application Form | <input type="checkbox"/> |
| Photo | <input type="checkbox"/> |
| Application Fee | <input type="checkbox"/> |
| Signed Liability Waiver | <input type="checkbox"/> |
| Signed Application | <input type="checkbox"/> |
| Signed Enrollment Agreement | <input type="checkbox"/> |