



Be Luminous Yoga

Come home to your power.



Be Luminous Yoga Teacher Training Winter 2016

Empower your life.

Share what you love.

Put your practice to work for you in an inspiring, new way.

*Are you ready to take your seat
as a powerful teacher and inspired leader?*

Yoga as Leadership & Lifestyle

The purpose of the Be Luminous Teacher Training program is to empower you to live a joyful, vibrant and fulfilled life so that you may inspire others to do the same. It is our firm belief that happy, healthy people are the only people who can build a happy, healthy world. This is the work of being a teacher. It begins with the individual and spreads as you live yoga - live union - in your life.

The Be Luminous Yoga Teacher Training is not only a journey into the 8 Limbs of Yoga and a deep experiential learning of anatomy and asana, but it is also a journey into self-discovery. Whether you plan to teach yoga or not, you will leave this training brighter, ready to lead boldly in all that you do.

Teaching is an art. It requires precision, grace, intuition and knowledge, all perfectly balanced. To teach yoga is a particularly rewarding challenge; you must show up completely in the moment, available to your students with a profound willingness, vulnerably and strength.

How does the Be Luminous Yoga Teacher Training program prepare you to take on your role as a teacher? Our Teacher Training program provides a well-rounded curriculum in the 8 Limbs of Yoga, with a focus on teaching for positive personal and global transformation through asana and meditation. You will gain an understanding of how to sequence and structure yoga classes as well as training in anatomy and modifications for niche groups. The program is anchored in the Baptiste Power Vinyasa philosophy and sequencing, and will provide a strong foundation in the general practice of yoga, enabling you to apply this training toward various styles. The program also includes a significant emphasis on personal development through yoga philosophy, and an ability to lead from your heart with a strong, clear voice.



Upon successful completion of the Be Luminous Yoga Teacher Training, you are eligible to apply for your 200 RYT certification with the Yoga Alliance.

The program well exceeded my expectations.

2013 Participant

*This program fundamentally changed me -
my whole being, energy, and the way I view my life.*

2013 Participant

What to Expect

The program is made up of five long weekends from January-May, with other various assignments between meetings. In this training we will:

- * Dive into applied anatomy and physiology
- * Practice asana from your seat as a teacher
- * Delve into hands-on assisting
- * Explore ancient and new yogic philosophy
- * Experience the power of meditation
- * Teach in a live-class setting
- * Prepare your teaching portfolio and resume
- * Receive feedback on 3 videos you will teach, tape and submit, plus in-training teaching each weekend



This program is ultimately as rewarding as it is demanding. We ask that you bring 100% of yourself for your own learning, and for the group.

This training is about so much more than becoming a yoga teacher. It's about finding your power and your voice. Get ready to transform while you gain an understanding of the many aspects of yoga.

2011 Participant

Schedule

Application Deadlines:

October 14, 2015 (*Payment plans available on applications received on October 16, 2014 only.*)

December 14, 2015

Prerequisite Study: 26 Hours of Pre-study work (8 hours orientation & class attendance)

Weekend Training Dates for 2016:

January 21-24 (35 hours)

March 31 - April 3 (35 hours)

February 4-7 (35 hours)

April 28-May 1 (35 hours)

March 4-7 (35 hours)

4 months of reading and study between weekend sessions (80 hours)

Weekend Schedule:

Thursday 4 pm -9 pm

Friday 8:15 am - 6:30 pm

Saturday 8:15 am - 6:30 pm

Sunday 8:15 am - 6:30 pm

*45-minute lunch break Friday-Sunday, with other short breaks

Tuition

Application Fee: \$50

Teacher Training Tuition: \$3150 *Payment plans available-see application.*

Optional Unlimited Yoga at Be Luminous from January-May: \$500

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.

Be Luminous' teacher training is designed to coach and empower you from day 1. For anyone interested in taking the next step in life, regardless of whether or not teaching is your end goal, this program works.

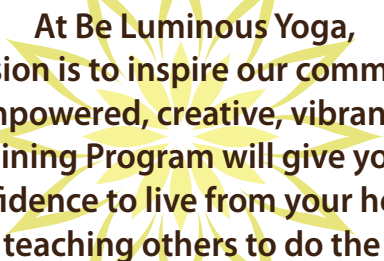
2011 Participant

Michel Eubank Spruance has been teaching yoga since 2004 with an emphasis on Baptiste Power Vinyasa. She assists Baron Baptiste frequently at teacher trainings, finding great inspiration in working with new teachers. Michel, M.Ed., marries her passion for impactful curriculum design, with over 15 years as a facilitator of personal transformation programs to insure your success as a teacher. Her mission is to inspire and empower everyone she works with.

Scott Francis brings his passion for yoga and meditation to this training, encouraging students to dive into deep personal transformation and the experiential understanding of universal truths. He brings his wisdom as a facilitator and draws on over 20 years of studies with master yoga teachers and internationally known meditation teachers to guide students to their potential.

Tina Templeman is a strong and graceful yoga teacher, and the owner of Body Harmony: Massage and Yoga. Tina serves as an invaluable asset as a lead coach and teacher in this program. She also leads the anatomy and physiology portion of the training with an emphasis on its application to teaching yoga.

Guest Teachers are invited to share their expertise in the areas of prenatal yoga, therapeutic applications, and various other styles of yoga.



**At Be Luminous Yoga,
our mission is to inspire our community to
live empowered, creative, vibrant lives.
Our Teacher Training Program will give you the tools and
confidence to live from your heart,
while teaching others to do the same.**

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



Teacher Training Winter 2016 Extended Brochure

Program Structure

Upon acceptance into the program, you will complete the following steps to qualify for the Yoga Alliance 200-Hour RYT certification:

Orientation & Initial Study

- 2-Hour Orientation, in-person at Be Luminous Yoga within a month of acceptance
- 6-Hours of class attendance & debriefing of classes with teachers
- 20-Hours of individual study
 - 8 hours of anatomy study worksheets to be turned in the first full weekend
 - 6 hours of reading and accompanying worksheets to be turned in the first weekend

Weekend-Training Sessions

January 21-24, February 4-7, March 3-6, March 31-April 3, April 28-May 1

Daily Schedule for Weekend Training Sessions

Thursdays: 4 pm - 9 pm	Dinner will be eaten in the classroom.
Fridays: 8:15 am - 6:30 pm	Short breaks and 45-min lunch break given.
Saturdays: 8:15 am - 6:30 pm	Short breaks and 45-min lunch break given.
Sundays: 8:15 am - 6:30 pm	Short breaks and 45-min lunch break given.

Individual Homework

Between weekend sessions, you will have approximately 20 hours of homework to complete each month. This work includes continued anatomy study, reading of philosophy, attending regular yoga classes, meditating regularly, reflection and written assignments, video taping and critiquing your teaching.

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)	Allotted Hours
History & Philosophy	Reading, Discussion, Personal Exploration, Writing, Lecture, Autobiography of Yourself as a Yogi	60
Asana, Meditation & Pranayama	Practice, Hands-On Assisting, Video Taping, Feedback Sessions (formal & informal), Discussion, Asana Clinics	130
Personal Project	You will have an opportunity to define your own area of interest and create a project.	10
Anatomy & Physiology	Lecture, Reading & Coloring, Hands-On, Worksheets	30
Teaching Practicum	Practice teaching, giving and receiving feedback, working on voice and way of being	20

Weekend Expectations

Our weekends together will be packed full. They promise to be fun and challenging. We will practice, meditate, videotape ourselves, assist, engage in discussion, and more. This program is about exploration and we ask that you to show up curious, willing and engaged. Attendance *ALL* weekend hours is required for completion of the program.

We will have short breaks each day, and a 45-minute lunch break in our full days. You can bring your lunches or plan to eat at one of our local stops at 2200 Westlake (the complex BLY is in).

Parking for 10-hour stretches can be found in adjoining lots for far less than the 2200 building parking. We can, however, validate for 2.5 hours of your stay in our parking garage should you choose to park there. If you choose to drive to the studio, please realize parking is your own expense. We will do the best we can to accommodate parking needs, but we cannot craft the program to coincide with parking hours. We recommend that you carpool, bus or walk if at all possible.

Assessment & Transcripts

Formal completion of the program and the right to apply for certification through the Yoga Alliance is based on a combination of attendance of *ALL* weekend hours & participation, and completion of *ALL* written assignments, quizzes, assisting, taped teaching, your personal focus project, and a final exam. *If you do not complete all of your written work, and pass all of your quizzes and exams with 70% or more by the Thursday at 4 pm of the last weekend, you will be charged a \$150 completion fee to complete the program after the program has formally concluded.*

Assessment rubrics will be given ahead of time to help you prepare for assessment of hands-on assisting, teaching and such. Short quizzes on anatomy, asana and some key features of philosophy will help you prepare for the final exam along the way and they ensure a basic level of knowledge of key elements of yoga, asana and anatomy. You must pass the final exam with 70% or higher to pass the course. Any make-up work must be completed by the first day of the last weekend of training.

You can rest assured that you will be given all the tools you need to be successful in this program. The goal is authentic learning. Using assessment as an integral part of that can actually be enjoyable. The purpose is for assessment to be a natural extension of what you are learning without a lot of extra pressure.

Upon course completion, you will receive a transcript indicating a pass or fail grade for the course. If a passing grade, you will also receive a certificate of completion allowing you to register with the Yoga Alliance. Be Luminous Yoga will maintain your transcript record for up to 50 years. To request a transcript after program, please email us with a request. All requests must be received in writing and take 7 business days to process.

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 to the training!

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. We expect that you refrain from the use of alcohol and recreational drugs during program hours. 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. Again, all work must be completed and turned in by Thursday at 4 pm of the last weekend or you will be charged a \$150 completion fee.

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 \$60 per hour (compare to other programs that require people to pay a full private hourly rate of \$75-\$95 per hour). For a full day missed (10 hours) this would be \$600 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 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.

Training Amenities

Be Luminous Yoga offers a centrally located, beautiful learning space in the heart of downtown Seattle's South Lake Union neighborhood. All of group sessions are held at the studio where you have access to showers and the tea lounge. We provide a 300+ page teacher training manual, worksheets, study guides, hand-outs from power-point presentations and more. The course requires 16 students to run, and will not exceed 32 students. We are committed to an 8:1 ratio for video reviews.

Program Calendar

Applications Deadlines:

- **October 14, 2015:** Applications will be reviewed the week of October 14th and applicants will be notified of acceptance by October 21st. For those wanting a payment plan option, be sure to get your application in by this deadline and indicate a payment plan on your application.
- **December 14, 2015:** Applications will be reviewed the week of December 14th and applicants will be notified of acceptance by December 21st.
- **Late Applications:** Space permitting, applications will be accepted until January 14, 2016.

Program Dates: Main program runs from January – May 2015 with required orientation.

Orientation Dates & Times: December 8, 2015 or January 12, 2016. Plan to attend one orientation meeting on one of the Tuesdays listed above from 4:00-6:00 pm.

Tuition & Payment Expectations

Application Fee: \$50

Tuition: \$3150

Books: \$115-\$200

You may pay in full, or in two payments comprised of: \$1000 due upon acceptance into the program, and the remainder of \$2150 due January 6, 2016. Payment plans are available. Please select your payment plan option within your application. Payments plans work best when you apply by October 2015, allowing you to pay in 5 installments from October-February 1, 2016. All payment plans are structured so that tuition payment is complete in the first week of February 2016.

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 in good standing.

Failure to pay on time, as per your enrollment agreement or your payment plan if you have one, means you will not be allowed to attend the next weekend of the Teacher Training session. This may result in your inability complete the program in the given year. In this event, you will have three choices:

- 1) Pay promptly before the next weekend training date so you may attend.
- 2) Complete the program in the following year, starting over on all requirements.
- 3) Drop the program and forfeit your payments as per the refund policy based on the amount of the program you completed.

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.

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 Up to 17.5 hours of training.	10%
More than one week or 10%, whichever is less, but less than 25% From 17.5-43.75 hours completed.	25%
25% through 50% From 43.8-87.5 hour completed	50%
More than 50% From 87.6+ hours completed.	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 Refund Addendum

**To simplify the refund policy, and to work in your favor, we calculate the refund hours based on program contact hours only. We have subtracted the pre-study work and between session work. Please note that the "week" is a term required by the State of Washington, but does not apply to this training for the weekend training purposes. Refunds are calculated based on the contract hours you attend in the scheduled 5 weekends of the 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 2016 Be Luminous Yoga Teacher Training. We could not be more excited to work with you as a dedicated yoga student who is ready to dive into new areas of growth in your own practice and share what you love in a whole new way.

The purpose of the Be Luminous Teacher Training program is to empower you to live your most vibrant, creative life, and gain the tools necessary to lead others in doing so whether you plan to teach yoga or not. If you do want to teach, we are committed to you becoming a strong, inspiring teacher and *you will be ready to teach at the end of this program.*

Our program is limited to 32 students with an 8:1 student/faculty ratio. We have received a very high volume of interest in this program, and expect our 2015 class to fill. We encourage you to apply early, especially if you are interested in a payment plan.

For 2016, applications will be reviewed at the October 12, 2015 and December 14, 2015 deadlines. If space permits, we will accept rolling admissions after the December 14 deadline. If you wish to pay with a payment plan, please send a note asking for this in your application.

Once you are admitted to the program and you have made your initial payment, you will attend an orientation meeting to be followed by individual homework and class attendance.

Our commitment is for the training to lead you to live yoga in your life in a whole new way. Starting where you are, just as you are, you will walk out the other end with something vastly new open and available to you. To achieve this, the entire program is designed as an experiential process. For this reason we ask for your full commitment to the program, including showing up on time and prepared for each session, giving yourself to the work and process during the months between meetings, and giving generously of yourself with the group. You will be asked to dig deep and share yourself fully.

With this level of commitment, we have no doubt that you leave this Teacher Training program not only competent as a teacher of asana, but able to inspire as a powerful yoga teacher in its biggest sense. We look forward to working with you, and appreciate the opportunity to teach, share and grow with you.

Namaste,

Michel, Scott & Tina



Be Luminous Yoga

Come home to your power.

Teacher Training Application 2016

* 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?_____

Please list any previous Teacher Training experience:_____

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

enhance my own growth in yoga and its related teachings.

teach yoga.

What interests you about becoming a yoga teacher, or what is your purpose in studying yoga in a Teacher Training environment?

What do you hope to learn/gain through this Teacher Training experience?

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

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 personally and professionally?

What are your greatest areas of growth personally and professionally?

What are currently your greatest personal and/or professional goals?

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: \$50 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 after you sign the enrollment agreement.
- Tuition: \$3150 USD Pay in full, break this into two major payments, or establish a payment plan.
- Books: \$115-\$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: \$50 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 \$50 is enclosed.
- Please charge my credit card for the application fee of \$50.

Name on Card:

Card Number:

CVC:

Credit Card Type:

Expiration:

Tuition Overview

During your phone interview, you will review the enrollment agreement. The enrollment agreement is where you will confirm your payment method, full refund policies and schedule your orientation. The information provided below is to help you plan your payments and understand the full costs of the program. You will be provided with a copy of the enrollment agreement prior to your phone interview.

You will have the option to:

- Tuition: \$3150.00 USD
- a) Pay in Full
 - b) Pay in two payments: \$1000 to be processed upon receipt of enrollment agreement, and the remaining \$2150 to be processed on January 5, 2015.
 - c) A payment plan. We are happy to work with you to design a payment plan that will fit your needs within the following conditions: \$1000 is collected upon receipt of your enrollment agreement and payment plan contract, and you are paid in full by February 3, 2016. In your phone interview, we will discuss payment plan terms that work for both parties and you will receive a contract for review within 24 hours.

Books: \$115-\$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 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
- Photo
- Application Fee
- Signed Liability Waiver
- Signed Application



Be Luminous Yoga

Come home to your power.

900 Lenora #129, Seattle, WA 98121, 206.682.9642

200 HR Teacher Training Enrollment Agreement

Enrollment Agreement

This enrollment agreement is between the above named school and:

Student Name: _____

Telephone: _____

Address: _____

Be Luminous Yoga agrees to provide a 200-Hour Yoga Teacher Training Program which qualifies the student to apply for a 200-Hour RYT (Registered Yoga Teacher) credential with the Yoga Alliance.

Start Date: _____ Completion Date: _____

Program consists of a of 28 hours of pre-study work including 2 hours of in-person group work and 6 hours of class attendance, 170 hours of in-person weekend trainings, and an additional 50 hours of individual study between weekend sessions for a total of 248 hours of study.

Program Costs

Application Fee: \$50 USD

Already paid

Tuition: \$3150.00 USD

Pay in full, break this into two major payments, or establish a payment plan.

Books: \$115-\$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.

Tuition Payment Selection

Pay in Full

Your payment will be processed in full upon acceptance into the program. You will be notified before processing and sent a receipt by email.

Two Payments

\$1000 due upon acceptance
\$2150 due by January 6, 2016

Your payments will be processed on the dates listed. You will not be notified of processing other than by email receipt. You must provide a credit card for your second payment.

Payment Plan

To be finalized via phone interview under the following conditions: 1) You submit a payment of \$1000 upon submittal of the enrollment agreement and the signed payment plan agreement, and 2) full tuition is received by February 4, 2016.

Please Choose your Payment Method

Check for full amount provided with application.

Please charge my credit card for my tuition based on the payment option selected above.

Name on Card _____

Card Number _____

CVC _____

Credit Card Type _____

Expiration _____

COMPLETION FEE

By signing this agreement I acknowledge that I understand I must complete all written work and videos, as well as pass all quizzes and tests with a 70% or higher, by the start time of the last Thursday of the program, or I will be charged a completion fee of \$150 to complete my certificate after the program formally concludes.

COMMITMENT TO PAY ON TIME & CONTINUATION OF PROGRAM POLICY

In the event that you do not complete payments as outlined in the enrollment agreement, or your payment plan if you have one, you will not be allowed to attend the next weekend of the Teacher Training session. This may result in your inability complete the program in the given year. In this event, you will have three choices:

- 1) Pay promptly before the next weekend training date so you may attend.
- 2) Complete the program in the following year, starting over on all requirements.
- 3) Drop the program and forfeit your payments as per the refund policy based on the amount of the program you completed.

AGREEMENT IS BINDING

This agreement will be binding only when it has been fully completed, signed, and dated by the student and an authorized representative of the school prior to the time instruction begins.

CHANGES IN THE AGREEMENT

Any changes in the agreement will not be binding on either the student or the school unless such changes are acknowledged in writing by an authorized representative of the school and by the student or the student’s parent or guardian if he/she is a minor.

CANCELLATION 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 (For this training, this means a completion of 17.5 hour or less on actual training weekends.)	10%
More than one week or 10%, whichever is less, but less than 25% (17.6-43.75 hours completed)	25%
25% through 50% (43.8-87.5 hours completed)	50%
More than 50% (87.6 + hours)	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 CLARIFICATION OF REFUND POLICY for this program: To simplify the refund policy, and to work in your favor, we calculate the refund hours based on weekend contact hours only. We have subtracted the pre-study work and between session work. Please note that the "week" is a term required by the State of Washington, but does not apply to this training for the weekend training purposes. Refunds are calculated based percentage of 170 contact hours you attend in the scheduled 5 weekends of the program before withdrawal. Exact hours are listed above.

NOTICE TO BUYER

Do not sign this agreement before you read it or if it contains any blank spaces. This is a legal instrument. All pages of this contract are binding. Read both sides of all pages before signing. You are entitled to an exact copy of the agreement, school catalog, and any other papers you may sign and are required to sign a statement acknowledging receipt of those.

CANCELLATION OF CONTRACT

If you have not started training, you may cancel this contract by submitting written notice of such cancellation to the school at its address shown on the contract. The notice must be postmarked no later than midnight of the fifth business day (excluding Sundays and holidays) following your signing this contract or the written notice may be personally or otherwise delivered to the school within that time. In event of dispute over timely notice, the burden to prove service rests on the sender.

UNFAIR BUSINESS PRACTICES

It is an unfair business practice for the school to sell, discount, or otherwise transfer this contract or promissory note without the signed written consent of the student or his/her financial sponsors if he/she is a minor and a written statement notifying all parties that the cancellation and refund policy continues to apply.

CERTIFICATIONS

I certify that I read and understand the cancellation and refund policy and the complaint procedure; I received a copy of the school catalog; and I am entitled to an exact copy of this Enrollment Agreement, school catalog, and any other papers I sign.

Student Name: (Please print)

Signature:

Date:

Parent or Guardian if under 18: (Please print)

Signature:

Date:

As the authorized representative of the school, I hereby agree to the conditions set forth herein:

Authorized School Representative: (If student is under 18)

Michel Eubank Spruance

Signature: *Michel Eubank Spruance*

Date: 8/20/15

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

Be Luminous Yoga NOTICE

Washington law requires the following information to be supplied to each student enrolling in a private vocational school licensed under RCW 28C.10. One copy of this notice bearing original signatures must be attached by the school as an addenda to that individual's enrollment agreement and a copy must be provided to the enrollee by the school.

ACKNOWLEDGMENT BY ENROLLEE

1. I understand and accept that any contract for training I enter into with the above named school contains legally binding obligations and responsibilities.
2. I understand and accept that repayment obligations will be placed upon me by any loans or other financing arrangements I enter into as a means to pay for my training.
3. I understand that any enrollment contract I enter into will not be binding or take effect for at least five days, excluding Sundays and holidays, following the last date such a contract is signed by the school and myself, provided that I have not entered classes sooner.

Name (Please print) _____

Signed: _____

Dated this ____ day of _____, 20____

ACKNOWLEDGMENT BY SCHOOL

Prior to being enrolled in this school, the applicant whose name and signature appears below has been made aware of the legal obligations he/she takes on by entering into a contract for training. Those discussions included cautions by the school about acquiring an excessive debt burden that might become difficult to repay given employment opportunities and average starting salaries in his/her chosen occupation.

Signed: Michel Eubank Spruance

Title: Director of Teacher Training

Dated this 20th day of August, 2015



Be Luminous Yoga
Come home to your power.

900 Lenora #128
Seattle, WA 98121
206.682.9642