



# The College of Purna Yoga™

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teaching the heart of yoga™

## Asana Teacher Training Programs: The Purna Yoga Certificate Level

Washington State-Licensed Vocational School

*“Yoga is not to be performed, yoga is to be lived.”*

Aadil Palkhivala

*“Only when the essence of all truths unite, will a greater truth be born.”*

Mirra

### Welcome to Purna Yoga

“Purna” means “complete” and *Purna Yoga* distills and integrates the vastness of yoga into an invaluable set of tools for transformation and healing. Reminding us that yoga is far more than a system of exercise, *Purna Yoga* offers wisdom and techniques for the union of the body and the mind with the spirit. Using awareness, precision, and concentration, *Purna Yoga* inspires the evolution from our lower nature to our Divine Self. *Purna Yoga* is the art of loving yourself by living from the heart.

*Purna Yoga* practitioners learn alignment-based asana, pranayama, and *Purna Yoga* Meditation (the art of aligning inner energies for transformation), along with nutrition and yogic philosophy, adapted for our lifestyles today. Like a tuning fork, *Purna Yoga* aligns our entire being with the vibration of truth and the Divine essence within us and all around us.

The lineage of *Purna Yoga* is based on the teachings of Sri Aurobindo and The Mother, the Vedas, Patanjali, B.K.S. Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Mirra, the founders of *Purna Yoga*. With its roots in the past and its reach into the future, *Purna Yoga* is here to help create the world which we have all dreamed of.

It is undeniable that, in order for you to be an inspiring teacher, you must first be an inspired practitioner. Therefore, the classes at the College of *Purna Yoga* first instill within you a deep love for your own personal practice. Only then can you share your love of yoga with your students. As a practitioner, you will learn to integrate *Purna Yoga* deeply into your own body and life. As a yoga teacher, you will learn to teach from this inner experience.

The College of *Purna Yoga* is a Registered Yoga School with Yoga Alliance and is the first and only Washington State-licensed Vocational School for yoga teachers. Your courses are taught by select Senior Certified *Purna Yoga* Instructors, valued for their dedication and deep commitment to supporting their students’ growth. Come learn to live and teach the whole of yoga. Discover the difference between yoga from the mind and the *Purna Yoga* approach to practicing and teaching yoga from the heart. We trust you will soon discover that there truly is no other teacher training college like the College of *Purna Yoga*.

*“I have been fortunate enough to study with all the “stars” of the yoga world. I learned much from them all. The major difference is that others teach how to perform skills; the College of Purna Yoga teaches a student how to evolve.”*

Brad Waites, CPYI and 2007 College Graduate

Certified *Purna Yoga* Instructor and Attorney

Vancouver, BC

### The Purna Yoga Certificate Level

#### Embody the Knowledge

*“The College of Purna Yoga has been the most meaningful experience for my personal and professional life. The therapeutic training I received has been invaluable in helping my clients find long term relief from chronic pain and disability. This*

*program is like no other.”*

Rachel Krentzman RPT, RYT, CPYI and 2006 college graduate  
Certified Purna Yoga Instructor and Physical Therapist  
Director, Equilibrium Therapeutics, San Diego, CA

At the *Purna Yoga* Certificate Level you learn to truly embody *Purna Yoga*, becoming a holder of its flame. Studying directly with world-renowned yoga masters and *Purna Yoga* founders Aadil Palkhivala and Mirra, you receive the gift of working with two teachers fervently dedicated to your progress and growth towards your Soul. The Certificate Level is our most rigorous program, holding you to the highest standards of excellence in your personal practice, your yoga teaching and your life. This program delves deeply into *Purna Yoga* meditation, asana and pranayama, teaching methodology, therapeutics, applied philosophy, business, ethics, nutrition, and energetics. To fulfill the program’s intention and embody *Purna Yoga*, you must learn to live and teach from your inner wisdom—therefore, the greatest attention is placed on the development of your personal integrity, professionalism, and inner connection with light and truth.

The program consists of three 8-day retreats at Yoga Centers and one 10-day retreat in Hawaii, as well as written homework, meditation, asana and pranayama practice, and apprenticing with Aadil. You start at any time and move through the required elements at your own pace, completing the program in 12-19 months. Graduates of this program become Certified *Purna Yoga* Instructors, and teach in yoga worldwide. They are eligible to teach *Purna Yoga* as a part of a travel business, and are eligible to teach their own *Purna Yoga* Teacher Training courses.

## Dates

This course is non-sequential; you may start any time. You must complete four of the following courses within 12-19 months. Begin with one of the following courses:

February 17-27, 2010  
April 17-26, 2010  
August 23-30, 2010  
November 1-8, 2010  
February 2011 (Hawaii Retreat - TBD)

## Required Elements

In 12-19 months you must complete the following:

- 1 Hawaii Retreat
- 3 Yoga Centers Intensives (*included in tuition*)
- At least one Apprenticeship (10 hours minimum) with Aadil (*included in tuition*)
- Observe one 200-hour Level Purna Yoga Teacher Training (*included in tuition*)
- 7 Ongoing Teacher Training online classes during your enrollment in the college (*included in tuition*)
- 4 books to read and respond to (*textbooks are not included in tuition*)

The Certificate Program Planning Worksheet helps you plan when you will complete your required elements.

## Cost

\$ 5,100, plus the Hawaii Retreat, approx \$2,000

Tuition does not include lodging, food, books and materials, or travel expenses. (The one exception is that the Hawaii retreat tuition does include most meals.)

Please see the Certificate Program Planning Worksheet for further information on the Payment Schedule.

## Payment Schedule

If you will begin the program with a retreat at Yoga Centers:

- Three months before your first course begins, you apply to the course by sending in the following:
  - Application
  - \$100 check for Registration Fee
- One month before each course begins, you pay your tuition payment:
  - \$1,700 Tuition Payment for each course

If you will begin the program with the Purna Yoga Retreat in Hawaii:

- Three months before your first course begins, you apply to the course by sending in the following:
  - Application
  - \$100 check for Registration Fee
  - Register directly with the Hawaii Retreat Registrar ([www.hiloyoga.com](http://www.hiloyoga.com)). Pay your tuition directly to the Registrar. Cost includes course and most meals. Lodging and airfare are not included.

NOTICE: The Hawaii Retreat fills fast! It is recommended that you submit your registration (and \$100 deposit) to the Hawaii course IMMEDIATELY upon having made the decision to start your Certificate Program with that course. If this will be your first course in the Certificate Program, DO NOT wait for your college application to be processed before you register.

- One month before each course at Yoga Centers begins, you pay your Yoga Centers tuition payment:
  - \$1,700 Tuition Payment for each course

## Prerequisites

Applicants must be Registered Yoga Teachers at the 500-hour Level with Yoga Alliance (be an “RYT-500”) and must demonstrate a deep understanding of the *Purna Yoga* approach to practicing and teaching yoga. If your 500-hour level certification is not in *Purna Yoga*, you must document all your previous training in *Purna Yoga*. Your Application will be reviewed on an individual basis by Aadil Palkhivala and Mirra. A personal phone interview may also be requested.

## How to Apply

Please complete the Application located at the end of this document. You may also call us at Yoga Centers and we will gladly mail an Application to you. Mail your completed application, along with your \$100 registration fee to:

The College of Purna Yoga at Yoga Centers  
2255 – 140th Ave NE, Suite F  
Bellevue, WA 98005

Applications are due three months before the start of your first course. Within four weeks of receiving your Application we will contact you to confirm your enrollment or to schedule an interview.

## Book List

Here are the required textbooks for the 200-hour course. Please refer to website for prices and ordering information:

*Fire of Love: For Students of Life, for Teachers of Yoga*, by Aadil Palkhivala

*Teaching Purna Yoga: The Certificate Manual*, by Aadil Palkhivala (*provided to students by Yoga Centers*)

*Trail Guide to the Body*, 3rd Edition, by Andrew Biel

*Trail Guide to the Body, Student Handbook* (*tentative*)

Plus four-five more titles to be determined

## Frequently Asked Questions

### How do I start?

After having applied and been accepted, you will first need to determine your schedule. Use the Planning Worksheet to determine your course schedule. Decide with which course you will start the program. You may start in Jan, April, July or September. You will then have 12-19 months to complete the required elements. Twelve months is the shortest duration to complete the program, and in 19 months, you will have seven opportunities to take the four intensive courses.

**Why is there no set start date and end date for this program?**

The Purna Yoga Certificate Program is an individual pursuit. The course is designed for students to move through the elements at a pace that relates to their life and abilities. While you will benefit greatly from working with your classmates, this program is not meant to be a group process. It is your unique process of coming to hold the force and light that is Purna Yoga. Your teachers, Mirra and Aadil, are geniuses at working with the energy of the entire class and delivering to each student exactly what they need in that session.

**What if I cannot complete the required elements in 19 months?**

If you are not able to complete the program in the maximum time allowed, there are options to support you in continuing towards certification. You may retake elements that were completed outside of the 19 month limit, or you may be granted an extension. In this event, an individual completion plan will be created.

**What certificate will I receive?**

With your successful completion of all required elements, you will be awarded the Certificate to Teach Purna Yoga, Levels 1-3, certified with over 2,000 hours of training, personal practice and apprenticeships. You will become a Certified Purna Yoga Instructor. Certificates will be valid for an initial three-year period, and are renewed by completing 45 hours of Purna Yoga teacher training within the first three years of certification. Thereafter, certificates are renewed every two years by completing 45 hours of Purna Yoga teacher training.

**When will I receive my certificate?**

Once you have completed all of the required elements, you submit your request to receive Purna Yoga Certification. Your request will be reviewed by Mirra and Aadil and they will award your certificate to. Completion of the required elements is no guarantee of certification. Since this course is about embodying the knowledge, we cannot guarantee that each student will reach the point of holding enough of the light at the same point in their training. We do feel confident, however, that most students will progress through the required elements and complete them being awarded certification. In event a student has completed the elements, but is not awarded certification, an individual plan will be put in place, and the student may choose to continue to progress towards certification.

**Who will be my instructor?**

You will work directly with Mirra and Aadil, the founders of Purna Yoga, directors of the College of Purna Yoga and the owners of Yoga Centers. On occasion, Mirra and Aadil may bring in a guest teacher to supplement the information that will be provided.

**How many people will be in class?**

We require a minimum of 7 students and accept a maximum of 30 students.

**How much homework will I have?**

You will have ongoing yoga and meditation practice, four books to read and respond to, anatomy study, philosophy study, therapeutics study, and any other homework that Mirra and Aadil deem necessary. Expect to spend 2 hours a day on your yoga practice and homework.

**How much should I expect to pay for books and materials?**

Your books should cost around \$200. You can order them from the Yoga Centers Online Store, or find them at other book resellers.

**I am coming from out-of-town. Where can I stay?**

We will provide you with a list of local recommended accommodations, ranging from rooms in houses, to hotels and bed and breakfasts, as well as transportation options. Many students find that they prefer to set up carpools and shared lodgings with their classmates while they are here. We regret that, due to privacy concerns, we are not able to share directory information with students until the course has begun.

**After I graduate, where will I be able to teach?**

Upon completion, you will be among the most highly-trained yoga teachers in the world. You will be able to teach Purna Yoga at a variety of yoga venues, such as studios, gyms, park departments, and schools, as well as in private and therapeutic settings. You will also be eligible to pursue teaching Purna Yoga worldwide, as a part of our referral program, teaching a 3-day workshop, a 5-day workshop, or a 6-day teacher training. You will also be eligible to teach the 200-hour Teacher Training program as part of our Affiliate School Program.



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## The Purna Yoga Certificate Level: Application

**Start Date of Program:** \_\_\_\_\_ **I will complete before (start date + 19 months):** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone Numbers - Main \_\_\_\_\_ Alternate \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

**500-hour Training** (You must be a Yoga Alliance Registered Yoga Teacher at the 500-hour level.)

RYT-500 Number: \_\_\_\_\_ Registered Since: \_\_\_\_\_

Where did you complete your 500-hour training (Name, City, State): \_\_\_\_\_

Completion Date: \_\_\_\_\_

### High School Education

Name, City, State \_\_\_\_\_

Graduation Date \_\_\_\_\_ or GED Date \_\_\_\_\_

### College Education

Name, City, State \_\_\_\_\_

Dates Attended \_\_\_\_\_ Degree Earned \_\_\_\_\_

How did you hear about the College of Purna Yoga? \_\_\_\_\_

Do you have any health challenges? \_\_\_\_\_

Please answer the following questions on separate paper (typed; no more than 4 sheets total please):

1. Briefly describe your current yoga and meditation practices. Include you current challenges and breakthroughs.
2. Explain how you apply the philosophy of *Purna Yoga* to your life, and where your strengths and weaknesses lie.
3. Briefly describe your current nutrition and lifestyle practices (food, water, air, toxins, etc.). Include you current challenges and breakthroughs.
4. Please describe your teaching style and purpose, and what you expect to gain by becoming a Certified *Purna Yoga* Instructor. What do you feel it means, and what do you feel it requires of you, to be a Certified *Purna Yoga* Instructor?
5. Are you currently teaching yoga? If so, explain how you incorporate *Purna Yoga* into your yoga classes. If you are not currently teaching yoga, please share why you are not now teaching.
6. Did you attend a *Purna Yoga* school for your 500-hour training? If yes, your application is complete. If no, please complete Question 7.
7. If your 500-hour course was not in *Purna Yoga*, document the *Purna Yoga* classes and trainings that you have attended. You must demonstrate that you have a deep understanding of the *Purna Yoga* approach to practicing AND teaching yoga. Include course name, date, location, and name of instructor. Mirra and Aadil will evaluate your history of *Purna Yoga*, and may contact you for a phone interview if necessary.

Thank you!

## Submitting Your Application

Applications are due three months before your first retreat. Send your completed application to:

The College of Purna Yoga at Yoga Centers  
2255 - 140th Ave NE, Ste F  
Bellevue, WA 98005

Include:

- Application and Enrollment Agreement (this document)
- Your typed answers to the questions above
- Your \$100 check for the Registration Fee

## Tuition and Fees

\$ 100	Registration Fee - due with application three months before your first course
\$ 1,700	Tuition Payment 1, due no later than one month before your first course
\$ 1,700	Tuition Payment 2, due no later than one month before your second course
\$ 1,700	Tuition Payment 3, due no later than one month before your third course
\$ 2,000	Tuition Payment, due no later than one month before your Hawaii course - estimated tuition
\$ 7,200	TOTAL (approx)

## What Happens Next?

Within four weeks of receiving your application, we will contact you to confirm your enrollment or to schedule an interview. Your first tuition payment is one month before your first course. See the Planning Worksheet to determine the dates of your courses, and special registration information for the Esoteric Retreat in Hawaii.

## This Enrollment Agreement is between the College of Purna Yoga and:

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Social Security Number (optional): \_\_\_\_\_

The school agrees to provide the following training: The College of Purna Yoga: Teacher Training Program, 500-hour Level

Starting date: \_\_\_\_\_

Completion date: \_\_\_\_\_

Program consists of 500 hours of course work and independent study.

### Cost

Registration Fee: \$ 100  
Tuition: \$7,100 (approx)  
Books: Approx. \$200

### Cancellations and Refunds

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.

1. The school must refund all money paid if the applicant cancels within five 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.
2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or one hundred dollars, 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.
3. If training is terminated after the student enters classes, the school may retain the registration fee established under (c) of this subsection, plus a percentage of the total tuition as described in the following table.
4. 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.
5. All refunds must be paid within thirty calendar days of the student's official termination date.

### Refund Policy

1. Within five days of receipt of the enrollment agreement, a student may withdraw and be refunded all money paid.
2. After five days of receipt of the enrollment agreement, but before the program starts, a student may withdraw and receive all tuition paid, except the \$100 registration fee.
3. If a student withdraws after starting the program, the refund will be calculated according to the following table:

<u>If the student completes this much of the training:</u>	<u>The student will be refunded this percentage of their total tuition</u>
One week or up to 10%, whichever is less	90% (minus \$100 registration fee)
More than one week or 10% (whichever is less), but not more than 25%	75% (minus \$100 registration fee)
25% through 50%	50% (minus \$100 registration fee)
50% or more	No Refund

4. Deposits and fees cannot be transferred to any other programs at the College of Purna Yoga, or Yoga Centers.

## 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.

## Effective Date of Acceptance

I certify that I have read and understand the cancellation and refund policy and the complaint procedure; I have received a copy of the school catalog or brochure; and I am entitled to an exact copy of this Enrollment Agreement, school catalog, and any other papers I sign. I hereby agree to abide by the conditions set forth herein.

## Discontinued Programs

If the school discontinues instruction in any program after students enter training, including circumstances where the school changes its location, students must be notified in writing of such events and are entitled to a pro-rata refund of all tuition and fees paid unless comparable training is arranged for by the school and agreed upon, in writing, by the student. A written request for such a refund must be made within 90 days from the date the program was discontinued or relocated and the refund must be paid within 30 days after receipt of such a request.

## Termination by the School

A student who fails to maintain satisfactory progress, violates safety regulations, interferes with other students' work, is disruptive, obscene, under the influence of alcohol or drugs, violates the intentions of the yamas and niyamas, or does not make timely tuition payments, is subject to immediate termination.

## Cancellation of Classes

The school reserves the right to cancel a starting class if the number of students enrolling is insufficient. Such a cancellation will be considered a rejection by the school and will entitle the student to a full refund of all money paid.





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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.

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: \_\_\_\_\_

Title: College Administrator

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



## The Purna Yoga Certificate Level Planning Worksheet

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_ Completed by (no later than 19 months from start): \_\_\_\_\_

### Required Elements - Courses

- Hawaii Retreats (one required)\*\*

Cost: \$2,000 (approx.)

Feb 17-27 2010

Feb 2011 (TBA)

My Hawaii Retreat Date: \_\_\_\_\_

- Yoga Centers Retreats (three required)

Cost: \$1,700 each

Apr 17-26, 2010

Aug 23-30, 2010

Nov 1-8, 2010

My Yoga Centers Retreat #1 Date: \_\_\_\_\_

My Yoga Centers Retreat #2 Date: \_\_\_\_\_

My Yoga Centers Retreat #3 Date: \_\_\_\_\_

\*\* As soon as you have determined which courses you will take, it is highly recommended that you enroll immediately with a \$100 deposit, in order to guarantee your space. (This is especially important for the Hawaii Retreats, which fill six months in advance.) The balance of your tuition is due one month before the course starts (3 months for the Hawaii Retreat). \*\*

### Required Elements - Independent Study

- At least one Apprenticeship (minimum 10 hours) with Aadil (details provided in student manuals):

Date Done: \_\_\_\_\_ Location: \_\_\_\_\_

- Observe one 200-hour Level Purna Yoga Teacher Training (details provided in student manuals):

Date Done: \_\_\_\_\_ Location: \_\_\_\_\_

- 7 Ongoing Teacher Training online classes (details provided in student manuals):

Class 1 done on: \_\_\_\_\_

Class 5 done on: \_\_\_\_\_

Class 2 done on: \_\_\_\_\_

Class 6 done on: \_\_\_\_\_

Class 3 done on: \_\_\_\_\_

Class 7 done on: \_\_\_\_\_

Class 4 done on: \_\_\_\_\_

- Four books to read and respond to (details provided in student manuals):

Report 1 done on: \_\_\_\_\_

Report 3 done on: \_\_\_\_\_

Report 2 done on: \_\_\_\_\_

Report 4 done on: \_\_\_\_\_