

# Student Handbook

## Ananda Yoga ® Therapy Training—School Information

### Facilities

The Ananda Yoga ® Therapy Training is an 833 hour residential program run at The Expanding Light Retreat in northern California. Participants select program module dates from those offered in the program schedule. Frequency of program modules varies, but many key programs are offered twice a year.

Our program of Ananda Yoga Therapy Training is accredited by the IAYT (International Association of Yoga Therapists). This indicates that we have met the very high standards and competencies for the education of yoga therapists as set forth by IAYT.

Current program schedules can always be seen at <http://www.expandinglight.org/ytx>.

The school is located within Ananda Village in a beautiful setting in the Sierra Foothills in Northern California at:

The Expanding Light --  
Ananda's Spiritual Retreat for Meditation, Yoga & Health  
13920 Expanding Light Way  
Nevada City, CA 95959  
530-478-7664  
800-346-5350

The Expanding Light is a year-round teaching and retreat facility. School participants can choose from accommodations including camping, standard rooms and cabins, and luxury rooms. The Retreat serves 3 vegetarian meals every day of the year. Meals are included in accommodation costs. The Expanding Light has 7-day a week, fully-staffed Reservation & Guest Services, housekeeping, a Boutique and all the other staff and services needed to provide a clean, comfortable and uplifting experience for program participants. The Retreat has teaching rooms, lounges, and outdoor spaces for guest use. Comfortable teaching spaces are furnished with yoga mats, cushions, blankets, ties and chairs.

It is easy to follow a gluten- or dairy-free diet at The Expanding Light, as the dining room provides these alternatives when the main dishes include gluten or dairy. The kitchen can accommodate reasonable dietary requests, but is not able to meet all individual requests.

The Expanding Light Boutique carries all books required for trainings and workshops, plus other books and yoga-related products.

The Expanding Light Retreat is located within Ananda Village. Guests are free to visit the Market, the Village Green, the Jewel in the Lotus thrift store, the beautiful

gardens and buildings of the Crystal Hermitage, and other points of interest in this 700-acre intentional spiritual community.

## **Entrance Requirements**

Applicants must be at least 18 years of age. The Ananda Yoga Therapy Training program does not discriminate based on race, sex, religion, ethnic origin, sexual preference, or disability. Prospective students must have a high school diploma or equivalent certificate to be accepted in the program. If applicants are beyond the age of compulsory school attendance in California and do not have a diploma or equivalency, they may complete an ability to benefit test. The school does not administer the test, but will provide information on availability when requested.

To be accepted in the program, applicants must have completed Ananda's 200 hour Yoga Teacher Training program or be an RYT who has graduated from a Yoga Alliance approved 200 hour Yoga Teacher Training program and who has taken the [Bridge to Ananda Yoga](#). Applicants also must have taught yoga for at least one year or a minimum of 80 hours before applying for the yoga therapy program, and they must have had a year of personal yoga practice.

Applicants are required to fill out a complete an online application form (<http://www.expandinglight.org/ytx/>) and be interviewed to be considered for acceptance to the program.

Online Application forms must be received at least one month prior to the beginning of the student's first program module. There is no guarantee of admission to late registrants. Early application is recommended. Applicants will be notified via email of their approval for acceptance into the Ananda Yoga Therapy Training once the Director reviews the submitted Online Application.

## **Credit for Previous Training, Education, or Experience**

Our Program does not accept nor give credit for other trainings, education, or experiences.

## **Tuition**

Essence of the Bhagavad Gita	\$504
Essence of the Yoga Sutras	546
Meditation Teacher Training	1020
Advanced Pranayama	637
Spiritual Counseling Training	440
AYTT Assistantship	910
Yoga Therapy Training: Principles	595
Yoga Therapy Training: Musculoskeletal 1	819
Yoga Therapy Training: Ayurveda	364
Yoga Therapy Training: Health Challenges 1	637

Yoga Therapy Training: Seniors & Bone Strength	270
Ananda Restorative YTT	273
Meditation Solutions	659
Yoga Therapy Training: Psychology & Mental Health	450
Yoga Therapy Training: Health Challenges 2	360
Yoga Therapy Training: Musculoskeletal 2	364
Ananda Holistic Health Teacher Training	420
end of YTT Level 2 video	no cost
Final YTxT video	no cost
<b>Total Tuition Cost</b>	<b>\$9,268</b>

Visit our web site at <http://expandinglight.org/ytx/tuition-costs.php> for up to date prices

No certificate is issued until payment is made in full.

The school's program modules are delivered at The Expanding Light Retreat. Accommodations, including 3 meals a day, are available at varying costs. See [www.expandinglight.org](http://www.expandinglight.org) for information on accommodations.

### **Scholarship Opportunities**

The opportunity for a partial scholarship is available through application to our Scholarship Fund. Please contact the Director of the School for more information about applying for scholarships.

### **Registration for Courses**

We request that students register at least one week prior to the beginning of each course. Or, if one is not able to register by then, one needs to notify the Director that you are intending to attend. Otherwise, we may not have sufficient course materials available.

### **Description of Major Components of Ananda Yoga® Therapy Training**

Ananda Yoga Therapy Training Program is dedicated to serving truth seekers who want to spread the light of divine consciousness and joy with others in a deeply meaningful and yet practical way. Ananda Yoga Therapy is based in the teachings of Raja Yoga as interpreted by Paramhansa Yogananda and his direct disciple Swami Kriyananda. Our focus is on practical application of those teachings to everyday life. We view physical, psychological, and spiritual wellness as inseparable, and use therapeutic yoga tools to help people heal on all of these levels.

All instructors and staff are people who have applied these techniques to their own life journey for many years and are passionate about helping others take their next step forward toward radiant health and lasting happiness.

Below are some of the specifics of how our curriculum is organized. More complete details of course descriptions is available on our website <http://www.expandinglight.org/ytx/index.php>

### **AYTxT (Ananda Yoga Therapy Training) Curriculum**

<http://www.expandinglight.org/ytx/>

Our program of training is 830+ hours (with 270+ hours of Practicum), is based on a modular format, and builds on the modules which comprise our Level 2 Yoga Teacher Training (YTT). The course modules in the Core Yoga Therapy part of our curriculum build on and specifically reference the content from these Level 2 YTT courses as it applies to the practice of Yoga Therapy. The Level 2 YTT courses also provide special classes for those who are enrolled in the Yoga Therapy Training, focusing on how their content applies to the practice of yoga therapy.

There are 17 different courses which comprise the AYTxT curriculum, and in addition, there are two Home Practicum Videos required—one mid-curriculum, and one after the completion of all the course work..

The following course modules may be taken any time after graduation from AYTT, or after becoming a Yoga Alliance RYT (some of them also require taking Bridge to Ananda Yoga—see each course description on our website):

- \*Essence of the Bhagavad Gita**
- \*Essence of the Yoga Sutras**
- \*Meditation Teacher Training**
- \*Advanced Pranayama**
- \*Spiritual Counseling**

The last course of Level 2 AYTT requires a year of teaching Ananda Yoga (or a minimum of 80 hours for new graduates and a minimum of 30 hours for experienced yoga teachers who have completed the Bridge to Ananda Yoga course):

#### **\*AYTT Assistantship**

We encourage our students to complete as much of their Level 2 YTT as possible before beginning their yoga therapy training, and they are especially advised to take the AYTT Assistantship prior to beginning their AYTxT.

However, we also allow them to enroll in the YTxT once they've taught Ananda Yoga for at a year (at least 80 hours) and have had a year of personal practice.

There are 2 other courses related to our AYTxT that can also be taken prior to being eligible to enroll in our AYTxT:

- \*Yoga Therapy Training: Seniors and Bone Strength, and**
- \*Ananda Restorative YTT**

We decided to offer these yoga therapy courses to any graduate of our YTT (200 hour) or any other RYT, because we believe that they are important populations and issues that any and all yoga teachers should be well prepared to appropriately include in their classes. These courses also give students an opportunity to get a taste of applying yoga therapeutically, while they give us a chance to assess the students readiness for AYTx.

Once a student enrolls in our AYTxT, (by completing an online application and being approved by the Director of the program) the **first required course module** to take is

**\* Yoga Therapy Training: Principles**

Principles is offered in March and June in 2014 and is the **Prerequisite to all the following YTxT courses**. After completing this Foundations course, students are given the following as a general order in which to take the remaining courses:

If one starts Principles in June, the courses become available on our yearly calendar in the following order:

- \* **Yoga Therapy Training: Musculoskeletal 1**
- \* **Yoga Therapy Training: Ayurveda**
- \* **Yoga Therapy Training: Health Challenges-1**
- \* **Yoga Therapy Training: Seniors & Bone Strength**
- \* **Restorative Yoga Teacher Training**

If Principles is taken in March, the courses become available on our yearly calendar in the following order:

- \* **Restorative YTT**
- \* **Yoga Therapy Training: Seniors & Bone Strength**
- \* **Yoga Therapy Training: Musculoskeletal 2**
- \* **Yoga Therapy Training: Ayurveda**
- \* **Yoga Therapy Training: Health Challenges-1**

We think of these previous 6 courses as our **Core Yoga Therapy courses**, and we strongly encourage students to take them first, in their first year of study.

Once taking these courses, there are 5 more courses that can be taken in any order, depending on the student's schedule and interest:

**\*Meditation Solutions**

**\*Yoga Therapy Training: Psychology & Mental Health: Exploring Yogic, Ayurvedic and Western Perspectives**

- \* **Yoga Therapy Training: Musculoskeletal 2**
- \* **Yoga Therapy Training: Health Challenges-2**
- \* **Ananda Holistic Health Teacher Training**

It is recommend that this be one of the last courses that students take, as it draws on the knowledge and skills learned in all the other courses and offers an opportunity to apply them in this course.

The following 2 courses will be offered for the first time in 2015, and we do not have dates set for them yet, but they will be on our [website](#) as soon as possible:

- Yoga Therapy Training: Health Challenges-2**
- Yoga Therapy Training: Musculoskeletal 2**

## School Calendar

Program modules are offered throughout the year at The Expanding Light Retreat. Currently scheduled program modules can always be seen at <http://www.expandinglight.org/ytx/>

Below is shown as a typical example of module scheduling (in which we often cluster at least 2 courses together, in order to reduce travel costs):

### **Ananda Yoga Therapy Training, 2014**

March 9 - 16	Yoga Therapy Training: Principles
March 16 - 19	Yoga Therapy Training: Seniors & Bone Health
March 21 - 30	Meditation Teacher Training
April 13 - 26	AYTT Assistantship
June 7 - 13	Essence of the Bhagavad Gita
June 13 - 20	Yoga Therapy Training: Principles
June 15 - 22	Advanced Pranayama
June 20 - 29	Yoga Therapy Training: Musculoskeletal 1
June 22 - 28	Essence of the Yoga Sutras
June 27 - July 6	Meditation Teacher Training
July 6 - 11	Yoga Therapy Training: Psychology & Mental Health
July 13 - 26	AYTT Assistantship
Aug 12 - 16	Yoga Therapy Training: Ayurveda
Aug 28 - 31	Restorative YTT
Aug 31 - Sept 7	Meditation Solutions
Sept 9 - 14	Spiritual Counseling Training
Sept 14 - 19	Ananda Holistic Health Teacher Training
October 5 - 9	Yoga Therapy Training: Ayurveda
October 10 - 17	Yoga Therapy Training: Health Challenges 1
October 17 - 26	Meditation Teacher Training
Oct 26 - Nov 8	AYTT Assistantship
Dec 7 - 10	Yoga Therapy Training: Seniors & Bone Health
Dec 10 - 13	Restorative YTT

### **Postponement and/or Cancellation of Program Modules**

Programs may be canceled if minimum enrollment is not received. If a course is cancelled by the school, refunds will be given in full, within thirty (30) days of the canceled course, or the funds can be applied in full to future program modules. If a student cancels his/her participation in a module, the refund will be determined by the refund policy as stated at [www.expandinglight.org](http://www.expandinglight.org).

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by phone, email, and/or text message.

## **Program Policies**

### **Attendance**

All required hours must be fulfilled to receive credit. Students are expected to arrive on time to all classes with proper materials and apparel. Full participation in all program modules is required.

All students are expected to act maturely and are required to show respect for other students, faculty members, and other guests and staff at The Expanding Light.

Yoga is about self awareness, self respect, and self control. When we begin the study of yoga there is an inherent understanding that an individual knows, first and foremost, to be responsible to and for oneself. As we practice yoga, remember to honor your limits and practice only that which is appropriate for your physical, mental, emotional, and spiritual well-being. Let the instructor know about any physical limitations so appropriate supports and such may be suggested and given. We honor confidentiality and expect students to do the same with all staff, faculty, classmates, and clients/guests.

Asking questions along the way is important. Staff and Faculty are generous in their time for helping students feel comfortable and welcome at The Expanding Light. Students must honor their own and others' energy. The need to be alone or inward is respected, however, some class discussions are required for certification. Students must honor their resistances as it is the opening for new growth and awareness. We encourage students and to look for subtle changes, and to not expect dramatic shifts in growth; at least not right away. Students must take responsibility for their own experiences. There is no need to be a caregiver, parent, or therapist for each other during your stay, as each individual will naturally feel supported while here. Supporting each other is essential.

Students must come to class with appropriate materials, books, and completed assignments. The Expanding Light is a spiritual retreat; respectful and appropriate attire is required.

Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time at The Expanding Light or Ananda Village. Possession of any of these will result in immediate dismissal from the program.

Smoking is allowed only outside, in specific designated areas. This is very important due to our location in forested land which is prone to forest fires.

Cell phones must be off in the classrooms and in the dining areas of The Expanding Light Retreat.

Students must wear modest and comfortable clothing that allows unrestricted movement. It is also important to not wear perfumes, bath oils, strong smelling shampoos, lotions, aromatherapy or fragrances.

Students are expected to help tidy up at the classroom at the end of each class.

### **Progress and Dismissal**

Completion of a program and credit for class hours is based on a Pass/Fail system. Students must maintain a passing status assessed through attendance, class participation, evidence of having done and retained the assigned readings, ability to lead classes they are assigned to lead, and completion of other written, oral and practice-based assignments, some of which are to be done at home, between courses. Students who are falling short of meeting the criteria will be asked to have a consultation session with an instructor to clarify expectations and to determine additional assignments or study that will be needed for the student to demonstrate satisfactory achievement of standard competencies for yoga therapists (as set by the IAYT-International Association of Yoga Therapists). Students can meet with the instructor upon request for progress reports if needed. If a student is not able to fulfill the passing standard of competency in a course, they may be asked to repeat it. If a student is unable, even with extra time, counseling and assignments to adequately meet the standards for IAYT competencies, the student may be asked to drop out of the Ananda Yoga Therapy Training. If such occurs, no refunds will be given for courses already taken.

Any student may be dismissed for excessive absences, tardiness, incompleteness of assignments, or violations of rules and regulations of the school or The Expanding Light Retreat. The Director will make the final decision. If a student feels he/she cannot complete the program due to medical reasons or personal problems, he/she should meet with the School Director. Appropriate choices can be made through discussion and mediation with the Director.

### **Program Completion**

To receive a certificate of completion for any program, all classes must be attended per the attendance guidelines, home practicum assignments completed in a satisfactory manner (indicating achievement of the Competencies for Yoga Therapists, set by the IAYT-International Association of Yoga Therapists), quiz and/or final tests taken. Class participation, performance on quizzes, and evaluation of in-class practicums as well as home practicum assignments, 2 videos of students' home practicum and other written and verbal assignments will be used to appraise competency skills.

If a participant drops out during a program module, hours will not be granted for the incomplete program.



## **Administration Members & Faculty**

Mangala Loper-Powers      School Director & Instructor  
Timothy Hickey              General Manager, The Expanding Light Retreat

**Instructors** *(Short Bios appear below. Full Resumes are available on our website.)*

Maitri Jones  
Barbara Bingham  
Dr. Shanti Rubenstone  
Diksha McCord  
Gyandev McCord  
Melody Hansen  
Anandi Cornell  
Savitri Simpson  
Nicole DeAvilla  
Pranaba Hansen  
Parvati Hansen

## **Faculty Bios**

### **Mangala Loper-Powers RN, MN, NP, E-RYT 500, Ananda Yoga Therapist, Clinical Ayurvedic Specialist**

Mangala is the School Director for the Ananda Yoga Therapist Training Program and is one of the programs primary faculty also. She has an impressive background in yoga training and teaching, Ayurvedic training and practice, and in-depth medical training and practice. She has a Master's in Nursing and has won awards as Nurse Practitioner of the Year and for Outstanding Achievement in Teaching when she was a lecturer at The University of Washington School of Nursing. She has also trained as a Biofeedback Therapist, was a Clinical Specialist in Stress Management, and is a certified Massage Therapist and Polarity Therapist. For many years she has been a Women's Health Nurse Practitioner, and became certified as a Yoga Teacher at The Expanding Light, and has taught yoga and Ayurveda in Europe, India, Canada, and the U.S.

Mangala was certified as an Ayurvedic practitioner by the California College of Ayurveda in 1997, and she also completed Dr. David Frawley's Ayurvedic Correspondence Course at that time. She is additionally certified as a Pancha Karma Therapist. She graduated from Dr. Vasant Lad's Ayurvedic Institute in 1999.

### **Timothy Hickey, MBA, General Manager, The Expanding Light Retreat**

Timothy has been the General Manager of The Expanding Light since February 2009, and currently foresees the general flow and productivity of the Ananda Yoga Therapist Training Program. He has an array of experience in the business world including positions in founding and running a few small businesses, serving as International Director of Sales for Productivity Press, President of Lingo Systems,

Vice President of Marketing & Product Management for Columbia Ultimate - a software company, and serving as a consultant. He has an MBA from Northeastern University. In addition to Timothy's skills of working well with groups and individuals, he uses daily meditation practices to guide his role as The Expanding Light Manager.

**Maitri Jones RN, BSN, E-RYT 500, Ananda Yoga Therapist.**

Maitri is one of the main instructors in the Ananda Yoga Therapist Training Program. She wears a variety of hats including instructing in Hatha Yoga and meditation, Health and Wellness, Anatomy & Physiology, and an assortment of topics for therapeutic yoga. She has been a practitioner of yoga and meditation since the early 70's, and as a Registered Nurse, [Certified Meditation Teacher](#) and a [Level 2 Yoga Teacher](#), Maitri has a special interest in using yoga as therapy for body, mind, and spirit. She has shared yoga postures and philosophy, spiritual counseling, and therapeutic yoga through many classes at The Expanding Light and in the local community for over 10 years.

**Barbara Bingham, RPT, BS, CYT, Ananda Yoga Therapist**

Barbara is the primary Anatomy & Physiology for the Ananda Yoga Therapist Training Program. She is also an Ananda Yoga Therapist, Hatha Yoga & meditation teacher, and a Registered Physical Therapist who specializes in Yoga Therapy for Menopause, Seniors, Osteoporosis, Musculoskeletal Yoga Therapy. She brings all of her training together in her yoga teaching and helps people enjoy using their bodies in the healthiest way possible. Barbara has the knowledge to show clients and students how to adjust yoga movements to their particular limitations, whatever those might be. She also provided spiritual counseling for retreat guests at The Expanding Light.

**Dr. Shanti (Sally) Rubenstone, M.D., Ananda Minister & Teacher**

Dr. Shanti Rubenstone serves as an experienced M.D. and Teacher of Raja Yoga and a yogic approach to health and healing for the Ananda Yoga Therapy Training Program. She also teaches about therapeutic relationships and how to work collaboratively with physicians and other healthcare providers. In addition, she has provided us with a condensed view of pathophysiology for all of the medical conditions that are covered in our program. She is a board certified internist who received her medical education and training from Stanford University in the early 1980s. She has practiced internal medicine for many years and until 2004 taught physical diagnosis to second-year medical students at Stanford University School of Medicine, as well as the art, science, and skill of history taking. In the last ten years, Shanti has developed a program called Transformational Medicine. Her goal is to help people see their lives as directional and progressive, and be able to take their next steps toward health and wellness.

**Diksha McCord, BSc, BFA, Level 2 Ananda Yoga & Meditation Teacher**

Diksha is one of the primary meditation and yoga philosophy instructors for the Ananda Yoga Therapy Training Program. She has been a Yoga and Meditation practitioner for over 35 years, and has been teaching Hatha Yoga, Raja Yoga & Meditation for the past 20 years. She is the director of the Meditation Teacher Training Program at The Expanding Light, and also teaches Spiritual Counseling

Training. In addition to teaching therapeutic yoga, Diksha and is also an outstanding chef and very knowledgeable about yogic and Ayurvedic diet. Diksha continues to travel with her husband, Gyandev McCord, to a variety of countries including U.S., Canada, Europe and India giving seminars, workshops and retreats on personal improvement and yoga.

**Gyandev (Richard) McCord, PhD, E-RYT 500, Director of Ananda Yoga**

Gyandev has been the Director of the Ananda Yoga Teacher Training Program for the past 14 years, and serves as a Hatha Yoga, Philosophy, and meditation instructor for the Ananda Yoga Therapy Training Program. In addition to his extensive practice and teaching of classical yoga meditation techniques, Gyandev specializes in a broad background of study and teaching of the Bhagavad Gita, Yoga Sutras, yoga philosophy, and pranayama techniques for spiritual development. Over the last 30 years he has taught Ananda Yoga to thousands of students and trained hundreds of teachers around the world with an emphasis on physical, psychological, and therapeutic applications. With his wife, Diksha McCord, he travels to a variety of countries including U.S., Canada, Europe and India giving seminars, workshops and retreats on personal improvement and yoga. Gyandev is a co-founder of Yoga Alliance, and is currently a Member of the Board of Directors and Chair of Standards Committee of Yoga Alliance.

**Melody Hansen, E-RYT 500 Ananda Yoga Therapist**

Melody serves as an instructor of Hatha yoga and meditation in the Ananda Yoga Therapy Training Program. She has specialized in Restorative Yoga, since 2007 assisting with the Restorative Yoga Teacher Training, then in 2010 becoming the primary teacher for the Restorative Yoga Teacher Training. As a primary yoga teacher at The Expanding Light, Melody regularly offers both group and private yoga classes for personalized therapeutic yoga and deepening yoga and meditation practices. She is also beginning a field of interest in prenatal yoga, and envisions developing a Prenatal Yoga Teacher Training Program in the future.

**Anandi Cornell, BA, Ananda Minister & Teacher, Kriyacharya**

Anandi serves as a meditation teacher trainer, philosophy instructor, and spiritual counselor trainer for the Ananda Yoga Therapy Training Program. She is a co-teacher for the Ananda Meditation Teacher Training Program and Spiritual Counselor Training Program. Anandi has been trained to teach meditation by Swami Kriyananda, starting in 1971. She was also trained as a spiritual counselor by Swami Kriyananda, and has counseled people since 1980. Her skills are based on study, training, personal experience of teaching, and personal experience of meditation.

**Savitri Simpson, BA, Ananda Minister & Teacher, Ananda Yoga Teacher**

Savitri serves as a spiritual counselor, meditation and Raja Yoga instructor for the Ananda Yoga Therapy Training Program. Having practiced yoga and meditation for over 40 years, Savitri has a well-rounded background in yoga philosophy and has taught at the Expanding Light and several of Ananda's branch communities for many years. Prior to being the Co-Director of the Meditation Teacher Training program, Savitri was the Director of Ananda's [Yoga Teacher Training](#) program. An expert in the chakras for the last 15 years, she has written two books about them and has

taught hundreds of classes, workshops, and seminars on understanding and awakening the chakras.

**Nicole DeAvilla, BA, E-RYT 500, RPYT, RCYT, Yoga Therapist**

Nicole serves as the primary instructor for the “Musculoskeletal Training Program” as a part of the Ananda Yoga Therapy Training Program. She has a well-rounded background in teaching teachers how to teach, practice, and work in one-on-one therapeutic yoga situations. Skilled in understanding and teaching Anatomy & Physiology, Nicole has the ability to convey complex subjects in simple ways. Nicole has taken real life experiences as a yoga teacher, yoga therapist, yoga educator and yoga researcher with her involvement in the fields of science and education, on topics such as learning, success, health and well-being, to create innovative yoga teacher training programs, drug and alcohol prevention programs for middle school children, parent education programs, private client protocols, and mentoring programs. Nicole is also an active member of the International Association of Yoga Therapists, and the International Yoga Therapy Conference.

**Pranaba Hansen, RYT 200, 500 hour Ananada Yoga Teacher, Ananda Minister, Kriyacharya**

Pranaba is one of the main instructors for “The Essence of The Yoga Sutras” course, as a part of the Ananda Yoga Therapy Training Program. Pranaba has been a teacher of Hatha Yoga, Yoga philosophy, and Raja Yoga, promoting and teaching yoga classes and workshops throughout the USA and Canada for over 40 years. He was originally trained to teach meditation and yoga philosophy by Swami Kriyananda in 1980. Pranaba has also been trained as a spiritual counselor by Swami Kriyananda, and has counseled people since 1982. As the Director for Ananda Meditation Groups in USA & Canada, Pranaba has taught a large variety of yoga classes, workshops, training programs and yoga retreats, throughout the USA, Canada and in Europe since 1979. He specializes in lessons of ancient wisdom from Patanjali’s Yoga Sutras.

**Parvati Hansen, BA, Ananda Minister, Yoga and Meditation Teacher**

Parvati co-teaches “The Essence of The Yoga Sutras” course with her husband, Pranaba, for the Ananda Yoga Therapy Training Program. Like Pranaba, Parvati has also been trained in the teachings of Raja Yoga by Swami Kriyananda since 1972. Since 1981, in her role as director of a number of Ananda’s Centers and Communities both in the United States and Europe, she has taught meditation classes, Raja Yoga courses, Patanjali’s Yoga Sutra Courses, and numerous other classes based on the Raja Yoga teachings of Paramhansa Yogananda. Spiritual counseling has also been part of her role as director of Ananda’s centers and communities. Parvati’s skills are based on long-term study and training with Swami Kriyananda, personal practice of the teachings of meditation, and all aspects of Raja Yoga, and through personal experience with meditation and the Raja Yoga teachings.

**Mantradevi LoCicero, Ananda Education for Life Teacher, Ananda Yoga & Meditation Instructor**

Mantradevi serves as a meditation, yoga philosophy, and spiritual counselor trainer in the Ananda Yoga Therapy Training Program. She has been trained in yoga philosophy and spiritual counseling by Swami Kriyananda since 1979. She has been

a Yoga philosophy teacher, minister and spiritual counselor since 2009. She has taught many hundreds of people how to access their inner happiness through yoga, emotional healing, creativity and meditation. She authored "Achieving Inner Peace and Tranquility," an inner transformational course, the result of years of research and experience in teaching and counseling. Mantradevi has also co-directed and served as a minister, teacher and spiritual counselor in Ananda communities: San Francisco, Palo Alto, Portland, Dallas, and Los Angeles.

### **Students Complaints**

Student complaints should be brought to the attention of the School Director to attempt resolution as described under the Student Grievance Procedure which follows. The Director and student are to follow the grievance procedures according to school policy. All student complaints must be filed within four months after the student discontinues training at the school.

### **Student Grievance Procedure**

Student complaints should be brought to the attention of the Senior Teacher of any course, or of the School Director. The complaint may begin as a verbal discussion. The discussion and outcome of the discussion will be documented in the student's folder and signed by both the instructor and the student. The instructor will be required to inform the School Director of the discussion and its results. If the student feels he/she has not found resolution, the student should write and document his/her complaint, including any supportive information. The written document will be given to the School Director. The Director will have the right to investigate the complaint, including meeting independently with any party necessary. When resolution is determined, the Director and student, and if appropriate, other instructor(s), will meet. The Director will document the outcome. If the student still does not feel he/she has found resolution, he/she has the right to file a student complaint with an outside source. If needed, an independent arbiter can be used.

### **School Administrative Policies**

Program guidelines are included in the enrollment package in the general Conduct Policy statement and a Code of Ethics. These forms must be signed to ensure support of basic class awareness.

### **Statement of Ethics**

#### **Background**

People from all faiths and all backgrounds are welcomed at Ananda.

Yoga is a system of self-investigation, self-transformation, and self-realization. Its practices and lifestyle aim to integrate the body, mind, heart, and spirit and to awaken students to their innate wholeness. The Ananda Yoga Therapist aims to nurture the physical, emotional, psychological, social, and spiritual well-being of their clients.

### **Statement of Purpose**

This Statement of Ethics guides yoga therapists in their work of supporting clients' well-being through yoga practice. It is based on the traditional yogic ethical principles, the yamas and niyamas, as outlined in Patanjali's Yoga Sutras.

This Statement of Ethics reflects the timeless, living principle that our essential nature is awake, aware, compassionate, and peaceful.

This Statement of Ethics underpins the Ananda Yoga Therapy Training.

## **Code of Ethics for Ananda Yoga® Therapists**

As an Ananda Yoga ® therapist, I recognize that it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students/clients, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

### **Relationships with Students/Clients**

In recognition of the trust placed in me by my students/clients, I agree to:

- Show only the highest regard for my students' personal beliefs, values and privacy.
- Offer my services of teaching therapeutic yoga to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, sexual orientation, or political affiliation—to the extent I am competent to offer such services, based on my training and experience.
- Avoid any action that I know will conflict with the highest interests of my students/clients.
- Avoid taking unfair advantage of students/clients financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student/client, even if invited by the student/client.

### **Professional Conduct**

In conducting my yoga therapy practice, I will:

- \* Offer only those services that I am competent to provide.
- \* Adhere to the traditional yoga principles as written in the Yamas and Niyamas.

- \* Provide an environment for the practice of yoga that is safe, clean and comfortable.
- \* Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician's advice.
- \* When indicated, work collaboratively with medical and health care providers (ex. MDs, PTs, DCs, Massage Therapists, etc.)
- \* When appropriate, refer students/clients to seek additional instruction, advice, treatment or direction.
- \* Take continuing education in yoga therapy on a regular basis.
- \* Be honest, straightforward, fair, and conscientious in all business dealings.
- \* Manage my business finances according to accepted business and accounting practice.

## **Advertising**

In marketing, advertising, and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, or endorsement by any organization (including Ananda, Ananda Yoga<sup>®</sup>, The Expanding Light, Ananda Sangha, and Ananda Church of Self-Realization).

I understand that any reports of my breaching this code will be fairly investigated by the Ananda Yoga Ethics Team, and that it could lead to revocation of my Ananda Yoga Therapist certification.

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I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

For issues concerning yoga teacher ethics, contact anyone on the Ananda Yoga Ethics Team (Devi Novak, Jyotish Novak, Gyandev McCord, Mangala Loper-Powers).