

Student Handbook

Ananda School of Yoga & Meditation: Ananda Yoga ® Therapy Training—Program Information

Facilities

The Ananda Yoga ® Therapy Training is an 860 hour residential program that is offered at The Expanding Light Retreat in northern California. (This program is one of three Certification programs in the Ananda School of Yoga & Meditation.) The program includes approximately 125 hours of Distance learning, mostly related to delivery of yoga therapy practicum assignments in the students' home communities.

Participants select program module dates from those offered in the program schedule. Frequency of program modules varies, but all courses are offered at least once a year.

Our Ananda Yoga Therapy Training program is Accredited by IAYT (the International Association of Yoga Therapists).

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

The school is located within Ananda Village, an intentional yoga community, 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
530-478-7518 ext. 7086
800-346-5350 ext. 7086

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, straps 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 into 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 and complete an online application form and be interviewed to be considered for acceptance into 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	\$540
Essence of the Yoga Sutras	546
Ananda Meditation® Teacher Training	1,020
Advanced Pranayama	637
AYTT Assistantship	910
Ananda Yoga® Therapy Training: Principles	595

Ananda Yog®a Therapy for Seniors and Bone Strength	273	
Ananda Restorative YTT	285	
Ananda Yoga® Therapy Training: Musculoskeletal-1	1,092	
Ananda Yoga® Therapy Training: Ayurveda	364	
Ananda Yoga® Therapy Training: Health Challenges-1	637	
Ananda Meditation® Solutions	637	
Ananda Spiritual Counseling® Training	440	
Ananda Yoga® Therapy Training: Musculoskeletal-2	528	
Ananda Yoga® Therapy Training: Health Challenges-2		440
Ananda Yoga® Therapy Training: Psychology & Mental Health		455
Ananda Yoga® Therapy Training: Holistic Health Therapist Training	420	
End of YTT Level 2 Video	no cost	
Final YTxT Video	no cost	
Total Tuition Cost		\$9,849

Prices may be subject to change, please check the website.
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 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 Two Weeks 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, lasting happiness, and spiritual upliftment.

Below are some of the specifics of how our curriculum is organized. More complete details of course descriptions are available on our [website](#).

Ananda Yoga Therapy Training (AYTxT) Curriculum

Our program of training is 860 hours (with 156 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 Ananda Yoga Therapy Training (AYTxT) curriculum, and in addition, there are two Home Practicum Video assignments required. After the completion of all the Level 2 YTT courses, there is a Video Assignment (with 3 videos), and another Video is required after completion of Part 1 of the Ananda Yoga Therapy program.

The following course modules may be taken any time after graduation from Ananda Yoga Teacher Training, 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 Core yoga therapy training courses, and they are especially advised to take the AYTT Assistantship prior to beginning their Core Ananda Yoga Therapy courses.

There are 2 other courses that are part of 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 (Yoga Teacher/Therapist Training)**

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 student's readiness for AYTxT. **Both of these courses include clear delineation between serving as a yoga teacher and a yoga therapist.**

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 currently in January of each year, and is the **Prerequisite** to all the following **Core AYTxT** courses. After completing this Foundation course, students are given the following as a general order in which to take the remaining courses:

After Principles is taken in January, the courses become available on our yearly calendar in the following order (or some slight variation of this order, depending on the Year's Course Calendar):

***Yoga Therapy Training: Seniors & Bone Strength**

***Restorative YTT**

***Yoga Therapy Training: Musculoskeletal-1**

***Yoga Therapy Training: Ayurveda**

***Yoga Therapy Training: Health Challenges-1**

We consider 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 (pre-requisite = Meditation Teacher Training)**

***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.

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

January	Yoga Therapy Training: Principles Yoga Therapy Training: Seniors & Bone Health Restorative Yoga Teacher Training
March	Yoga Therapy Training: Musculoskeletal-2 Yoga Therapy Training: Health Challenges-2 Meditation Teacher Training – <i>option 1</i> AYTT Assistantship – <i>option 1</i>
May	Ananda Holistic Health Teacher Training
June	Essence of the Bhagavad Gita Essence of the Yoga Sutras Advanced Pranayama Meditation Teacher Training – <i>option 2</i>
July	AYTT Assistantship – <i>option 2</i> Yoga Therapy Training: Psychology & Mental Health
Fall	Yoga Therapy Training: Musculoskeletal-1 Meditation Solutions Spiritual Counseling Training Yoga Therapy Training: Ayurveda Yoga Therapy Training: Health Challenges-1 AYTT Assistantship – <i>option 3</i>

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.

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 modifications 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 with their time in 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 and reflect on their resistances as they are often the opening for new growth and awareness. We encourage students to look for subtle changes, and not to 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, tablets, and laptops must be turned off in the classrooms and in the dining areas of The Expanding Light Retreat. WiFi is available in Guest Services and in Serenity

House Lounge. There is also a library/computer room for guests to use (down the hall from the Dining Room).

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, out of respect for others who may be allergic or otherwise negatively impacted by them.

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

Progress and Dismissal

Completion of the AYTxT program and credit for class hours is based on a Pass/Fail system (which on Quizzes requires 80% correct). 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.

Course Completion

To receive a certificate of completion for any course, all classes must be attended per the attendance guidelines, home practicum assignments completed in a satisfactory manner (indicating progress on 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, a video 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.

If course Home Practice Assignments are not satisfactorily completed within one year, the student will need to take the course over again and submit the HPA in a timely fashion in order to receive credit for the course.

Program Completion

To receive a Certificate as an Ananda Yoga Therapist, students must satisfactorily complete all 17 Course Modules plus all the requirements of these courses. In addition, students must satisfactorily complete 2 video assignments. Their performance in providing yoga therapy, as evidenced in both residential and distance Practicum Delivery experiences, must demonstrate competency in all the Competencies for Yoga Therapists, as set forth by IAYT in the Educational Standards for Yoga Therapists.

After receiving a Certificate as an Ananda Yoga Therapist, students are then eligible to apply to become certified by IAYT as a C-IAYT.

Administration Members & Faculty

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

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

Mangala Loper-Powers

Maitri Jones

Barbara Bingham

Melody Hansen

Nicole DeAvilla

Gyandev McCord

Diksha McCord

Anandi Cornell

Mantradevi LoCicero

Therese Smith

Pranaba Hansen

Parvati Hansen

Michele Tsihlas

Dr. Shanti Rubenstone

Dr. Peter Van Houten

Faculty Bios

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

Mangala is the School Director for the Ananda Yoga Therapy Training Program and is one of the program's primary faculty also. She has an extensive background in yoga training and teaching, Ayurvedic training, teaching and practice, and in-depth medical/nursing training, teaching 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 over 35 years she worked as a Women's Health Nurse Practitioner. She was Certified as an Ananda Yoga Teacher and a Meditation 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. 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, C-IAYT

Maitri is one of the main instructors in the Ananda Yoga Therapy 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 15 years.

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

Barbara is the primary Anatomy & Physiology instructor for the Ananda Yoga Therapy 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 has also provided programs related to these areas of her expertise for retreat guests at The Expanding Light.

Melody Hansen, E-RYT 500 Ananda Yoga Therapist, C-IAYT

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. She is the Director of Ananda Yoga Teacher Training, Level 1. 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 has recently helped develop a Prenatal Yoga Teacher Training Program.

Nicole DeAvilla, BA, E-RYT 500, RPYT, RPYT, RPYT, Yoga Therapist, C-IAYT

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.

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

Gyandev has been the Director of the Ananda Yoga Teacher Training program for the past 18 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 35 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 a longtime Member of the Board of Directors and Chair of Standards Committee of Yoga Alliance.

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 24 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 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.

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. For many years she has served as a main teacher for the Ananda Meditation Teacher Training program, and she also teaches in the 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.

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, and 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.

Therese Smith, Yoga Therapist, Ananda Yoga Teacher

Therese has been a Yoga and Meditation practitioner for over 32 years, and a passionate yoga teacher for 25. Director and Founder of Living Tree Yoga Studio in Sonoma County, CA, Therese currently teaches four to five classes per week, and makes it a priority to lead retreats internationally and locally, to deepen students' experiences. Therese was trained as a Phoenix Rising Yoga Therapist over 20 years ago, and she earned her Master's degree in Psychology and Counseling in 2004 and became a Marriage and Family Therapist in 2007. In these roles, she works with individuals, couples, families and children in clinical settings. Therese is fervent about her work and sees therapy as an active and collaborative process.

Pranaba Hansen, RYT 200, 500 hour Ananda 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, Europe and New Zealand since 1979. He specializes in lessons of ancient wisdom from Patanjali’s Yoga Sutras.

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

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.

Michele Tsihlas, C-IAYT, E-RYT 200, PT (Personal Trainer)

Michele teaches in the YTT Assistantship Course, and she serves as a Mentor for the AYTxT students in their Home Practicum experiences. She is passionate about, and dedicated to, the pursuit of wellness, health and fitness from the inside out. Knowing that no single approach is right for every individual, she has been trained in a range of modalities including Yoga, Yoga Therapy, Personal Fitness Training, Group Fitness and Wellness Coaching. Her educational background includes being a certified Ananda Yoga Therapist, C-IAYT, an Ananda Yoga Teacher, E-RYT 200, a certified Personal Trainer and Group Fitness Instructor. She has been in service helping people with achieving a higher quality of life and obtaining their wellness goals as a Personal Trainer and Group Fitness Instructor since 2007, an Ananda Yoga Teacher since 2012, and through her clinical Yoga Therapy practice since graduating in 2016. She enjoys inspiring students to find their unique gifts and talents to not only bring the greatest level of fulfillment and wellness into their lives, but also make their greatest contribution sharing the healing aspects of Yoga beyond the classroom.

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

Dr. Shanti Rubenstone serves as an experienced M.D. and Teacher of Raja Yoga and 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.

Dr. Peter Van Houten, Medical Doctor and Founder of the Sierra Family Medical Clinic, Ananda Minister, Kriyacharya

Dr. Peter is a graduate of University of California San Francisco Medical School and founder of an award-winning rural community medical clinic in Northern California. As the Clinic's Medical Director, Peter has been instrumental in bringing new and highly effective tools in Behavioral Health to patients in need. In 2009 Dr. Peter was awarded the Rural Champion award for the State of California. This prestigious award, given to one physician annually, was in large part for his pioneering work bringing behavioral health into the medical care setting. Dr. Van Houten is a long-time meditator, has co-authored several books on the use of yoga for health problems, and lectures on the effects of relaxation and meditation on the brain and behavior.

Student 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 these basic guidelines.

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.
(Students must also adhere to the IAYT Code of Ethics and Professional Responsibilities, which can be found at www.iayt.org)

See the Code of Ethics for Ananda Yoga Therapists below:

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, gender preference, sexual orientation, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, , 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, according to the IAYT Scope of Practice for Yoga Therapy.
- * 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, NPs, PAs, NDs, 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®, The Expanding Light, Ananda Sangha, and Ananda Church of Self-Realization, and The International Association of Yoga Therapists).

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.

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).