



CATALOG / VOLUME I NUMBER 2 / 2010-2011

UNION/YOGA TEACHER CERTIFICATION

Yoga...for all it's worth.



Owned and Operated by **UNION/YOGA** LLC



**UNION/YOGA LLC
TEACHER CERTIFICATION
CATALOG**

Volume I Number 2
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Director: Sandra Carden, BA, PRYT, ERYT 500
PO Box 22
116 W Meinrad Street,
Lake Leelanau, MI 49653
(231) 256-2100

**UNION/YOGA LLC
TEACHER CERTIFICATION
PROGRAM CATALOG**

MISSION

UNION/YOGA LLC *provides Yoga-based integrated lifelong learning and healing opportunities to our communities.*

NON-DISCRIMINATION POLICY

UNION/YOGA LLC *does not discriminate in admission, activities, education, employment, housing, public accommodation or public service on the basis of age, color, gender, disability, handicap, height, marital status, political affiliation, race, religion, sexual orientation, veteran's status, or weight.*

This catalog is in effect from August 2010. The contents of this catalog is accurate at the time of printing, August 2010; for most current information, consult the website www.unionyoga.com. UNION/YOGA LLC reserves the right to makes changes without notice. If changes in this catalog affect a student contract, both the student and UNION/YOGA LLC must sign a new contract.

UNION/YOGA LLC TEACHER TRAINING and CERTIFICATION

*Students wishing to file a complaint may do so by contacting the
Michigan Department of Labor and Economic Growth (DELEG)
at 517-373-6774 or online at www.michiganps.net.*

UNION/YOGA LLC 200 hour Classic and 500 hour Master Level Yoga Teacher Trainings Catalog 2009-2011

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WELCOME!

WHY SHOULD YOU ATTEND UNION/YOGA TEACHER TRAINING and CERTIFICATION?

Your work is an expression of who you are in this world; it is your *karma yoga*, the yoga of your actions, and your *dharma*, the process of living according to your highest purpose. This is an invitation to prepare yourself to receive the benefits and blessings of yoga while you share the gift of yoga with others. Yoga lasts a lifetime. It is a lifelong study and appreciation. This is only the beginning. It is a way to benefit from yoga while you benefit others. **UNION/YOGA TEACHER TRAINING** is yoga, for all it's worth.

UNION/YOGA LLC was established in 1989. We have a commitment to yoga that is reflected in our curriculum and its adherence to the standards set by Yoga Alliance.

Your U/Y certification is recognized throughout North America, and acknowledged by its highest standards, worldwide. 100% of those who enrolled in our programs said they had accomplished their goals in attending. Although not all attend in order to teach, about two-thirds who have enrolled now teach yoga.

Our tuition is affordable, costing far less than a degree from a state university or private college. We offer financial aid and scholarships. Average earnings for newly certified yoga teacher are over twice the minimum wage. A respected and experienced yoga teacher can expect to earn in the range of up to three figures per hour.

Employment opportunities for yoga teachers exist at hospitals, schools, health clubs, universities, resorts, salons, spas, retreat centers, corporations, children's organizations, nursing homes, cruise lines, in eco-tourism, yoga vacations, at nonprofits, and private organizations. Cultural opportunities include worldwide travel and virtual immersion in yoga's cultural roots.

UNION/YOGA LLC Teacher Certification is licensed by the State of Michigan.



"I believe Yoga could benefit all who truly are open to it. Sandra Carden is a wonderful teacher, as well as a beautiful person." –M.S.

Sandra Carden 2010 www.unionyoga.com



UNION/YOGA OVERVIEW

HISTORY



Sandra Carden founded **UNION/YOGA LLC**, the premier yoga studio in Northern Michigan, in 1989 for the purpose of educating the public in the healing power of yoga. The main studio was located at the intersection of Front and Union Streets, in down-town Traverse City, MI, until its move to Leelanau County's charming little hamlet, the village of Lake Leelanau, in 2003. **UNION/YOGA** has offered Yoga Teacher Training courses since 1997. **UNION/YOGA** Teacher Training courses were approved by The Yoga Alliance in 2005. Each **UNION/YOGA** instructor is fully certified.

Director Sandra Carden came to yoga in the early 1970s. She has taught yoga since 1976. Sandra has evolved her eclectic teaching style as one that is primarily safe, non-dogmatic, precise and spiritual. Her greatest influences have been B.K.S. Iyengar, Roger Eischens and Rama Berch. She also credits Joel Kramer, Judith Lasater, Jean Couch, Beryl Bender Berch, Sara Powers, Leslie Kaminoff, Paul Grilley, and Georg Feuerstein with guiding her way. Each of her teachers has contributed to her evolving understanding of the tradition and power of yoga to heal, restore, and maintain life's vitality, and to bring peace and joy to daily life.

As owner and director of **UNION/YOGA LLC**, Sandra Carden offers public and private classes, corporate seminars, retreats, yoga vacations and speaking engagements. She offers private yoga classes and yoga therapy. Sandra is a published writer and illustrator. She designed and illustrated *Ageless Exercise* by Joan Laird (Angelwood Press 1994) and is a contributing author to *What is Yoga in America*, published by Deborah Bernstein and Bob Weisenberg (Lulu Press, 2008). She has produced two instructional yoga tapes, and an award-winning yoga program for public television. She authored the **UNION/YOGA** Teacher Training manuals, which contain hundreds of her original illustrations.

"(I enjoyed) the whole atmosphere of our space...good exploration of posture, great patience of teacher...warm feeling of spirituality.



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Everyone should experience Yoga with Sandra– what a ‘treasure’ she is to her students. She makes everyone feel comfortable about themselves–very supportive.” –SPN



LOCATION

UNION/YOGA is located in the village of Lake Leelanau, Michigan. Lake Leelanau is located in the heart of Leelanau County affectionately known as the “little finger” of the mitten shape of Michigan’s lower peninsula. Lake Leelanau is 18 miles north of Traverse City, MI, the growing center of a five-county region, and accessible by M-204 running east/west, via M-22 from north or south. The population of Traverse City is 165,000 year-round residents. This resort-studded area is known for its scenic lakes and bucolic rolling hills, and its production of cherries, cheeses and world-class wines. Go to www.leelanau.com/map for a detailed map and area information.

FACILITY

The main **UNION/YOGA** site is located at The Leelanau Center for Contemplative Arts, 116 W. Meinrad St., Lake Leelanau, MI 49653. The facility’s main space is a large, mirrored, bright, warm, and fully equipped yoga studio with natural light and wood floors. There is a smaller room with a cozy gas fireplace, leaded windows and mirrored walls, where our yoga boutique is located. Downstairs is a cozy and inviting massage room, and a kitchenette with heating and refrigeration facilities. The Leelanau Center for Contemplative Arts is one block from “the narrows” the narrow body of water that separates North and South Lake Leelanau. There are several fine establishments for shopping and dining within walking distance.

STUDENT BODY



UYTT graduates have ranged in age from 18 to 70+ years. Classes are generally under 20 students, and proportionately more female than male. Students from our program hail from all regions of North America, from Alaska to Florida.