

## Professional Advanced Study Certification

Lead Us From the Unreal To the Real... Lead Us From Darkness To Light

Lead Us From Death To Immortality... Let There Be Peace Peace Peace!

~ *brhadāranyaka upaniṣad 1.3.28*



The Professional Advanced Study Certification (PASC) is a program of continuing education for yoga teachers and advanced students who have successfully completed a 200-hour foundation Yoga certification with an approved Yoga school. In this unique program of study, the candidate accumulates 300 hours of professional yoga education over a period of three years. Our 300-hour

PASC program meets and exceeds the criteria as set by Yoga Alliance for advanced yoga studies. Upon completion, graduates are eligible to register as a RYT 500 level teacher with Yoga Alliance.

The facilitators for this program are amongst the most authentic, experienced and sought after teachers in eastern Ontario. Marla Ericksen & Anne Pitman have each dedicated 25 years or more to studying, living and teaching yoga all over the world. Their interests, skills and teaching perspectives complement each other and blend beautifully to deliver a curriculum that is relevant in today's culture while ensuring that the rich tradition of yoga is implicit, respected and maintained. Our academy also offers special trainings and intensives conducted by visiting guest teachers of international acclaim.



EMY's teacher training academy is a recognized educational institution with HRSDC and the Ministry of Education. The 300 PASC program tuition fees are eligible for education tax credits; receipts are issued on an annual basis for qualifying courses.

Empower ME Yoga Academy's approach to educating teachers is empowerment by experience. Our director – Marla Ericksen – believes that you can only teach that which has become your own truth through direct experience. In order to effectively teach or share yoga, one needs to authentically live and allow Yoga to be evidenced in all dimensions of life. Yoga is an ever unfolding “process of being” and the learning never ends. This program enables the discovery of what ancient yogis have so graciously systemized for us over time through experiential immersion in the practices that comprise Yoga. We employ an ancient prescription for learning borrowed from the Upanishads... “The SELF should be seen, heard, reflected on and contemplated upon. By seeing, listening, reflecting and contemplating, all is known”. Essentially, this is a 3-part interpenetrating process:

1. SHRAVANA: Learning through transmission
2. MANANA: Understanding through reflection
3. NIDIDHYASANA: Realization through practice

## THE 300 ADVANCED STUDIES CERTIFICATION PROGRAM

Students can customize their streams of study with a combination of core curriculum (essential) and elective course work. The essential courses are repeated every 12 – 18 months and the elective courses approximately every two years. As we encourage the 300 hours to be completed over a three-year period, it is expected that students budget the time and resources required to complete a minimum of 100 hours per year. We are currently encouraging completion in two years. The following list is not complete and will always be evolving to accommodate the dynamic growth and evolution of Yoga. It is also addressing general categories and not always indicative of the workshop title used for programming and marketing. Contact hours will vary based on content and instructor.

### CORE CURRICULUM

Adjustments & Assists  
Anatomy of Asana: Function & Variation  
Anatomy of Spirit: Subtle Energy  
Asana Progressions (advancing)  
Ayurveda & Yoga  
Buddhism & Yoga  
Yoga Philosophy (various subjects)  
Inward Escape (silent retreat days)  
Mindfulness Meditation 1: Shamata  
Mindfulness Meditation 2: Vipassana  
Pranayama & the Bandhas  
Pre-Post Natal Yoga  
Restorative Yoga  
The Psychology of Yoga  
Yin Yoga: Module 1  
Yin Yoga: Module 2  
Yin Yoga: Module 3  
Yoga Nidra  
Yoga & Spiritual Devotion  
Yoga Sutras Study

### ELECTIVE CURRICULUM

Asana Lab Assistant for 200-hour Program  
Chakra Meditation  
Embodied Yoga  
Essay (approved topic)  
Inspired Living: The Yoga of Journaling  
Practicum Evaluation for 200-hour Program  
Private Mentorship with Marla\*  
Props, Partner Work & Play  
Seasonal Yoga Series  
Seva & Karma Yoga  
Teaching Private Classes  
Teaching Progressive Classes (sessions)  
Yoga & Cancer  
Yoga Prehabilitation  
Yoga & Mindfulness for Children  
Yoga & Meditation Retreat Experience  
Yoga & Nutrition  
Yoga for Anxiety & Depression  
Guest Teachers & Topics

### PROGRAM ELIGIBILITY

- Applicants to this program must have completed a 200-hour certification from EMY or an approved registered Yoga school.
- Students must agree to the terms of engaging in the educational process as set out by the Empower ME Yoga Academy and abide by course guidelines, ethical conduct and administrative procedures

### TUITION

Enrollment Fee: \$350.00  
Course Tuition \$23 / Contact Hour = \$6900 (+HST)  
\$324.88 / month (over 2 years)

*\*The monthly payment plan is considered a contract for payment of services. Once the agreement has engaged, there will be no cancellations or termination of the contract. Temporary suspensions may be approved for special circumstances.*

## GENERAL INFORMATION

- Students may apply to the program and begin their studies at any time.
- Once enrolled in the program, candidates have three years to complete the 300 hour curriculum. This equates to a commitment of approximately 100 contact training hours per year.
- We track and record candidate progresses then issue a certificate of completion once the requisite 300 hours of study are completed. We strongly recommend that students track their own hours as well. Upon graduation, students qualify to register as a RYT 500 with Yoga Alliance.
- Our 300 PASC students receive priority registration to all trainings and workshops. We request that you confirm your enrollment one month prior to the course, as some courses will require minimum commitment or registration to proceed.
- Courses, training intensives, workshops and events range in format and duration. Courses are planned seasonally (quarterly) and we attempt to have the curriculum posted six months in advance so students can plan their training schedules.
- Students that join the PASC program who have completed workshops and training with EMY Academy in the past two years, may petition to have those hours recognized (at the discretion of our director).
- In order to foster community and encourage personal practice, our 300 PASC students are eligible for the alumni rate (25% discount) on EMY class packages.
- The EMY academy reserves the right to cancel or postpone any training workshop. Should a workshop that you are registered for be cancelled, we will notify you at the earliest possible time.

## **FREQUENTLY ASKED QUESTIONS**

### **1. Why is there an “Enrollment Fee”?**

The EMY Academy is required to maintain a registered professional status and full compliance to the credentialing process as a registered Yoga School with Yoga Alliance. This is a detailed process requiring time, energy and resources on behalf of those who administrate the program.

### **2. When is Marla offering private mentorship?**

At present, Marla is offering one-hour appointments for mentorship meetings on Tuesdays at 10:45, and Wednesdays and Thursdays at 4:00 pm. The minimum commitment to the mentorship process is 6 sessions (once a month). Up to 10 sessions may be counted towards elective contact hours, but the process can continue as long as the student wishes. The fee for private mentoring with Marla is \$100.00/session (not included in the course tuition).

### **3. Why do other Yoga teachers and the general public pay a different fee for some of the courses?**

We welcome independent teachers and yoga enthusiasts to participate in the courses that we offer. The tuition PASC students pay is reflective of the tuition range for qualifying contact hours. Other participants and teachers not in the PASC program do not require the credential for continuing education or advanced training. Another reason for the registration fee differential is that some courses have an independent study requirement whereby students receive more contact hours for work completed beyond the course itself; in this case students are paying for the extra contact hours.

### **4. What is a contact hour?**

A contact hour is time spent directly in session with a qualified E-RYT 500 facilitator. Contact hours may also be accumulated for independent study as set by the course curriculum and approved by the school director. In this course of study, you accumulate 300 contact hours to complete the Professional Advanced Studies Certificate which allow you to register with Yoga Alliance as an RYT 500.

### **5. Why do some courses qualify for more contact hours than time actually spent in session with the facilitator?**

Some courses require independent study, assignments and practicum work outside of the formal course setting. These are referred to as non-contact hours and are assigned at the discretion of the school director.

### **6. What if I do not complete the curriculum in three years?**

We understand that life happens. In the event a student requires time beyond the three years allotted to complete the program, you can petition for an extension of one year to finish your studies. In this case there is a \$100.00 reactivation fee required to keep your candidacy for certification current and valid.

### **7. Can I finish the program and get my certification in less than 3 years?**

Yes, it is possible to complete the curriculum in less than three years. Students set their own pace of study. We are actually encouraging teachers to complete the program in two years.

### **8. Can I pay my tuition in a lump sum?**

We have found that students are more likely to remain engaged in the program when they are paying into the process monthly. This is the form of payment we encourage, and it seems to be more feasible for most students to manage financially. If anyone would prefer to pay in a lump sum, we will entertain that request.

### **9. Are there any additional fees?**

On the rare occasion that we host a guest teacher from out of town or a master teacher who demands a higher fee, there may be a supplement fee applied to help offset the extra expense. This is only put in play when the school director deems it to your benefit to study under such a teacher or to have access to more advanced teachings.

### **10. Can I repeat a course?**

Yes! Repetition of material is very beneficial to the process of Yoga education. We encourage that you repeat any topics that interest or challenge you. You can repeat any program for 50% of the tuition during the three years you are active in the program. However, the hours for repeated courses cannot be counted twice towards the 300 hour credential.

### **11. Can I use hours from other trainings or schools towards the 300 hours required for this program?**

Unfortunately, you cannot accumulate your hours from different schools. Yoga Alliance has approved EMY's curriculum as meeting the requirements across the required categories for certification. Also, if you have used any previous courses as CEU's (continuing education credits) to maintain your 200-hour registration, those hours cannot be applied towards the accumulation of your 300-Hour credential.

### **12. What if I only have a few hours left to qualify for my certificate?**

You have the option to engage in a seva service project, do some karma yoga, do menoring with Marla or write an essay on an approved topic to finish meeting the requirements for certification.

### **13. What is seva and karma yoga?**

"Seva" means to serve. Karma yoga is essentially volunteering your time, energy or resources to something that serves the community. In the event you only have a few hours left in meeting your 300 contact hour requirement, you may arrange to do some karma yoga at EMY or in the greater yoga community at the discretion of our director.

### **14. What are my responsibilities as a candidate in this program?**

Firstly, you need to ensure that you are on pace for completing the program in two – three years. Secondly, you need to be responsive to the requests of the program manager in terms of communicating your intentions to register for programs in a timely manner. Finally, we expect that you observe the yamas and niyamas in all your affairs.

### **15. What is your cancellation policy?**

EMY: EMY reserves the right to cancel, postpone or reschedule a workshop for any reason, at any time. While we make every effort to ensure that courses run, there are times that unanticipated circumstances arise. We will notify you of course schedule anomalies at the earliest possible time.

STUDENT: Once tuition is paid or the monthly payment plan for tuition has been entered, it is considered a contract for payment of services. Once payment has been received there will be no cancellations or refunds if there is an interruption or termination of the contract.