



SCHOOL OF YOGA AND AYURVEDA

A branch of Visible Belief Education Foundation 501(c)(3). 

Rasa Yoga School of Yoga and Ayurveda
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Houston, TX 77058
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Padma Shakti (Tracie Brace Hatton)
Program Director

Name of Program: Rasa Yoga Cikitsa

Rasa Yoga Cikitsa program Enrollment Agreement between **Rasa Yoga School of Yoga and Ayurveda** and
_____ (Student Name).

Enrollment Agreement active from _____ (date, month/day/year) to
_____ (date, month/day/year).

Welcome to **Rasa Yoga Cikitsa** program!

“We believe Yoga and Ayurveda are a life training that will lead us to Truth, therefore, practicing as directed by our Teacher and this school, we humbly train our bodies and minds acknowledging them as one.”

– Rasa Yoga Belief and Prime Directive #3

Program

Rasa Yoga Cikitsa program requires a minimum commitment of 36 months (3 years). You may take longer to complete your training. As long as you are actively engaged in training, there is no maximum time limit to complete the program.

Rasa Yoga Cikitsa program focuses on gaining the information, technique, teaching methodology, philosophy and science of Yoga and Ayurveda. There is a strong emphasis on practice, application and integration of knowledge to prepare the student to become a yoga therapist, mentor, program director and/or studio owner. Actual hours of study exceed 1000.

Tuition and Fees

The tuition amount for the full **Rasa Yoga Cikitsa** program is \$17,895. This amount covers all courses as outlined in the Student Handbook, induction, mentoring, 10 private lessons, assessment and administrative fees.

Not covered in program tuition is the cost of books (\$850) & supplies (\$250), accommodations and travel to residential training (\$3000-\$5000).

Accommodations for residential trainings will be paid separately through Rasa Yoga to the retreat center. Travel costs and arrangements will be made by the individual student according to his/her location and needs. Required books & supplies may be pre-purchased through the Rasa Yoga boutique if desired by the student. The cost of books and supplies is not included in program tuition.

	Covers	Amount
Rasa Yoga Cikitsa program tuition	<ul style="list-style-type: none"> ● Courses and assessments within individual courses ● 	RY Cikitsa Krama 1 \$4997 RY Cikitsa Krama 2 \$7800 RY Cikitsa Practicum \$ 3098
Application Fee	<ul style="list-style-type: none"> ● Processing of RY Cikitsa program application 	\$100
Induction Fee	<ul style="list-style-type: none"> ● 60-90 minute Induction and Orientation session to the RY Cikitsa program ● Intention and goal setting 	\$150
Mentoring Fee	<ul style="list-style-type: none"> ● Personal mentoring with an assigned mentor <ul style="list-style-type: none"> ○ In person or telephone/Skype conferences with mentor ○ Guidance on course of study and training ○ Feedback on assignments ○ Feedback on individual and small group sessions during Practicum delivery 	\$500
Individual and Small Group Yoga Therapy Sessions	<ul style="list-style-type: none"> ● 5 Individual and 5 Small Group Yoga Therapy Sessions 	\$1000
Assessment Fee	<ul style="list-style-type: none"> ● Final Assessment and feedback meeting at completion of Krama 1, Krama 2 and Practicum components 	\$150
Administrative Fee	<ul style="list-style-type: none"> ● Assignment of personal mentor ● Rasa Yoga Cikitsa Training Booklet 	\$100
Not Included in Rasa Yoga Cikitsa program tuition	Required Books and Supplies – may be purchased from the Rasa Yoga Boutique, cost not included in RY Cikitsa program tuition	
Books	<ul style="list-style-type: none"> ● Yoga & Ayurveda – by Dr. David Frawley ● The Secret of the Yoga Sutra – by Pandit Rajmani Tigunait, Ph.D. ● The Practice of the Yoga Sutra – by Pandit Rajmani Tigunait, Ph.D. ● Forgiveness: The Path to Happiness – by Sandra Summerfied Kozak, MS ● The Four Desires – by Rod Stryker 	\$850

- Perennial Psychology of the Bhagavad Gita – by Swami Rama
- Four Chapters on Freedom – by Swami Satyananda Saraswati
- Hatha Yoga Pradipika – by Swami Muktibodhananda
- Yoga Spanakarika – by Daniel Odier
- The Tree of Yoga – by B.K.S. Iyengar
- What We Say Matters – by Judith Lasater
- Meditation for the Love of It – by Sally Kempton
- A Path With Heart – by Jack Kornfield
- Ayurveda: The Science of Self-Healing – by Dr. Vasant Lad
- Ayurveda and the Mind – by Dr. David Frawley
- Prakriti – by Dr. Robert Svoboda
- Ayurveda, Nature’s Medicine – by Dr. David Frawley
- Ayurvedic Healing: A Comprehensive Guide – by Dr. David Frawley
- Ayurveda and Marma Therapy by Dr. David Frawley
- Marma Points of Ayurveda – by Vasant Lad and Anisha Durve
- The Yoga of Herbs – by Dr. David Frawley
- Ayurveda for Women – by Dr. Robert Svoboda
- The Three Season Diet – by John Douillard, D.C.
- Body, Mind, & Sport – by John Douillard, D.C.
- Anatomy of Hatha Yoga – by David Coulter
- Anatomy of Movement – by Blandine Calais-Germain
- The Eye of the Lotus – by Richard Jelusich
- The Yoga of the Nine Emotions – by Peter Marchand
- Chakras and their Archetypes – by Ambika Wauters
- Eastern Body, Western Mind – by Anodea Judith
- Wheels of Life – by Anodea Judith
- Yoga for Your Type – by Dr. David Frawley & Sandra Summerfield Kozak
- Structural Yoga Therapy: Adapting to the Individual – by Mukunda Stiles
- Somatics – by Thomas Hanna
- Light on Pranayama – by B.K.S. Iyengar
- The Art and Science of Vedic Counseling – by Dr. David Frawley and Suhas G. Kshirsagar
- Healing Mantras – by Thomas Ashley-Farrand
- Mantra Yoga and Primal Sound – by Dr. David Frawley

Yoga Therapy Supplies

- Yoga Mat
- 2 Foam Yoga Blocks
- Yoga D-Ring Strap
- Mexican blanket
- Zafu
- Bolster
- Stability ball
- Tennis balls
- Foam rollers
- Yard stick or wooden dowel rods

\$250

Accommodations and Travel to residential training

- Smarana Residential Yoga Intensive: Radha Madhav Dham Ashram, Austin, TX – Food and Lodging - \$1500
- Rasa Vidya Residential Yoga Intensive: Radha Madhav Dham Ashram, Austin, TX – Food and Lodging - \$1500

\$3000 - \$5000

- Travel costs to and from residential trainings: varies depending travel method. Students are responsible for making travel arrangement via automobile or airplane.

Payment Schedule (circle chosen payment option)

All program fees and other fees must be paid in full before certification can be given. Full payment agreement becomes binding at the first payment of the program to which the student has been admitted.

Payment Options :

Paid in Full

\$17,895

Payment Schedule:

3 automatic payments* of \$5,965

**Finance Charges N/A*

Payment 1 _____ (date scheduled)

Payment 2 _____ (date scheduled)

Payment 3 _____ (date scheduled)

Refund Policy

No refunds or transfers on Rasa Yoga Cikitsa program tuition or fees. Tuition and fees includes all courses, induction, mentoring, 10 private lessons, assessment and administrative fees. Boutique credit on unused and unopened yoga therapy supplies purchased within 14 days. No refund or credit on books. No refunds or credit may be given on accommodations to residential trainings required for Rasa Yoga Cikitsa program.

We are happy you have chosen to commit to your personal practice, evolution and to training as a yoga therapist to bring the healing power of yoga to the lives of others.

Signature of Student _____ Date _____

Signature of School Representative _____ Date _____