



Yoga Therapy Rx Frequently Asked Questions for the website

What are the tuition costs?

Level I - \$3345
Level II - \$3345
Level III - \$3345
Level IV - \$3500

What is the advantage of taking each Level?

Level I focus on the musculoskeletal system, including the lower and upper back, knees, hips, and shoulders. Also includes an introduction to Prime of Life Yoga™, which provides a method for clients 40 plus to participate in group yoga classes.

Level II is an advance certificate that focuses on the other systems of the body including digestive, nervous, endocrine, circulatory, reproductive systems. This course is one of the few credible Yoga Therapy courses with solutions for common problems other than muscular-skeletal. Graduates have a clear advantage working with a wide variety of health professionals.

Level III is clinical certificate and is currently the only University based Yoga Therapy Clinic in the US. Students get practical experience. Incorporating knowledge from Levels I & II, students observe therapists working with live clients.

Level IV Internship certificate will prepare the students with the skills and experience necessary to work as a Yoga Therapist with chronic pain clients in a medical or allied health setting.

What credentials does the course prepare me for?

The certificate of completion awarded by LMU Extension qualifies you to apply for the Yoga Alliance and Samata International Credential Program.

What are the pre-requisites for enrollment?

Level I:

Enrollment in the program requires that participants complete a 200-hour Yoga teacher training, or its equivalent in seminars, workshops, and private or supervised group classes. Concurrent enrollment in a 200-hour course is



permitted. Additionally, participants may enroll in Levels I, II, III and IV or Levels I, II and III concurrently.

Level II:

To enroll in this program, one of the 3 prerequisites below must be satisfied:

1. Participants in level II are required to have completed level I or be currently enrolled in level I.
2. RYT-500 or ERYT-500 credential from Yoga Alliance.
3. Licensed physician or therapist with RYT-200 credential: MD, PT, OT, DC, DO, DDS.

* Additionally, participants may enroll in level II and III concurrently.

Level III:

Completion of, or currently enrolled in level II.

Level IV:

Completion of Yoga Therapy Rx Levels I, II and Level III.

Proof of Yoga teacher liability coverage

Proof of successful completion of UCLA online HIPAA course

Proof of negative TB test

What is the procedure for the enrollment in the program?

The application process for Level I is to be completed online. The application is reviewed and the applicant receives a response within two weeks. If the application is approved the applicant is then required to register for the course.

The application should be accompanied with a digital copy of the following documents:

- 1) A personal statement (approx. 300 words)
- 2) Transcript of 200-hr Teacher Training (Certificate of completion) or if the course is not completed at the time of application to our program and the certificate is not available, a letter with the details of the 200hr TTC, including whether it is Yoga Alliance certified and tentative date of receipt should be submitted in place of the transcript)
- 3) Three letters of recommendation (character reference) that supports your capability to train in the field of Yoga Therapy. One from each from the following:
 - a) Health Professional (e.g. doctor, chiropractor, acupuncturist, massage therapist, Ayurvedic practitioner or any other health care professionals)
 - b) Yoga Teacher
 - c) Personal Contact



4) Personal Headshot (for identification purposes only)

Enrollment in Levels II – IV does not require an application form. Registering for these courses can be completed by contacting Louise Dobbs at 310-338-6089 or louise.dobbs@lmu.edu

Special Note: Students enrolled in Level IV have to provide the following documents before the start of the course:

- 1) Proof of Yoga teacher liability coverage
- 2) Proof of successful completion of UCLA online HIPAA course
- 3) Proof of negative TB test
- 4) Signed consent to comply with California Yoga Code of Ethics

When does enrollment start?

Level I applications are accepted starting April 1st.

Enrollment and registration for Levels I-III start June 1st.

Enrollment and registration for Level IV starts Sept 1st.

Deadline for enrollment and early bird discount for Levels I-III is Sept 1st. Applications received after Sept 1st will be on a waiting list.

Deadline for enrollment and early bird discount for Level IV is Dec 1st. Applications received after Dec 1st will be on a waiting list.

Please note: Registering early for the course is advantageous for students on payment plans as the number of installments will increase and the amount per installment will decrease.

Do you offer early bird discount?

Level I-III

Yes, there is an early registration discount of \$150.00. The registration must be received by *September 1st* and *paid in full* to receive this discount.

Level IV

Yes, there is an early registration discount of \$200.00 for the first 10 students enrolling in the program. The registration must be received by *December 1st* to get this discount.

What is the discount for taking 2 or more programs simultaneously?

There is a discount of \$150 if a student signs up for 2 Levels together: Levels I & II or Levels II & III or Levels III & IV. It is not possible to take all four levels concurrently.



Is it possible to pay in installments?

Yes, LMU Extension offers an interest free installment plan. After your initial down payment, you may pay in installments.

You may select the months and the amount of each payment. Payments are made on the 1st and/or the 15th of each month. A current credit card on file is required so we can automatically charge the credit card on your selected dates. Or you may post date check(s) and the check(s) will be deposited on that date. You will sign a contract for this payment plan.

If your credit card or check is declined or returned you will be charged a service charge of \$25.00 for each failed transaction.

Are there any student loans, any other financial support?

There are no student loans available for this program. Students may apply for a private bank loan.

Are there any scholarships?

Yes, scholarships are limited to Level II and Level III students. There are no scholarships for Level I and Level IV at this time.

How much is the scholarship?

The maximum amount any one student can receive is \$250.00. The number of scholarships awarded each term will be determined on the amount of donations that are received from donors and the amount in the scholarship fund.

What is the procedure for the application for scholarship? What is the time frame for a response?

A student is required to fill out a Tuition Assistance Application, which must include a personal essay and a copy of your last income tax return. To obtain an application, please contact Pat Ranftl at: pranftl@lmu.edu

All completed Tuition Assistance Applications must be received by September 30th. The applications will be reviewed the first week of October and students will be notified by mid-October. Please note, students applying for assistance should not delay their course registration while waiting for assistance approval. They should register and make a payment for the class, as space in some classes will be limited.

If you have any further questions regarding the Assistance program, please contact Pat Ranftl at pranftl@lmu.edu

What is the refund policy?



Levels I – III

A student may drop the course with a full refund anytime *before the first day* of class. After the first weekend you may withdraw from the course and receive a refund minus \$275.00. The refund will be based on the amount you paid in advance. After the second weekend you may withdraw from the course and receive a refund minus \$550.00. Again, the refund will be based on the amount you paid in advance. There is no refund thereafter.

All requests to drop or withdraw from the course must be in writing. You may email this request to the following: Pat Ranftl at pranftl@lmu.edu or extension@lmu.edu

What is the requirement for a certificate of completion?

Submission of the term assignments or projects, attendance of required number of days and a grade of B- or better is a must for issuance of certificate of completion.

The grading criteria are based on the following: Attendance – 50%, Class participation - 25%, and Term assignments - 25%.

The student will be graded and issued a certificate at the end of the course if all the requirements are met. If a student has not completed the requirements a grace period of one year is given for completion. At the end of the grace period the student will be graded:

- a) NC-No Credit - if all the requirements are not met. No certificate will be issued.
Or
- b) Graded C or less if only one of the requirements is met. No certificate will be issued.
Or
- c) Graded B- or better if all the requirements are met. Certificate will be issued.

What is your policy for missed classes? Are make-up classes available?

Level I - III

A student is allowed 4 missed days in a year and can still receive the certificate. A student is given a grace period till the following year to make up the missed classes at no additional cost.

If a student misses 5-6 days and wants to graduate at the end of the course they will be required to write a paper*. If a student misses more than 6 days, they are allowed to attend those days in the following year to meet the required days of attendance.

*The paper should be on one of the subjects covered on the day(s) missed or a topic approved by Larry Payne, the program director. This paper must be



submitted by August 31st, the last day of the course, in order to graduate on time. If a student misses more than 6 classes they will have to make up the classes during the following year and receive their certificate after they have completed the make up classes. Paper guidelines will be available online.

It is the student's responsibility to contact us in order to complete their requirements.

Level IV

A student is allowed no more than 2 missed days (includes class and clinic days) in the entire course. Students have to make-up all classes or clinics missed, in excess of the 2 days allowed, within the time frame of the course in order to get the certificate at the end of the course. Students are allowed to take make-up classes in the following year. Please note: Make-up for clinic therapy sessions would be available only as an observer of another student's sessions. Students will not be able to treat clients in a make-up clinic.

What are the term assignments?

Level I - two case studies and a stick figure assignment

Level II - an 8-10 pages term paper on one of the topics covered in the course

Level III - an 8-10 pages term paper and one case study.

Deadline for submission of term assignments is **July 31st** for Levels I – III. The certificate of completion will be issued only after the submission of the assignment. Students who need to make up classes will have extra time in which to complete their term assignments. Once they have made up enough classes to receive their certificate, they must submit their term assignments. It is the student's responsibility to contact us in order to complete their requirements.

Level IV – Each student has to give a 45 minutes presentation in class on a case study that's based on at least 6 private sessions with one client. Students who are not able to present their term assignments on the allocated days will have to pay a compensation fee of \$150 to arrange for a one-on-one presentation with one of the instructors outside of the class time.

How big are the classes?

Level I class is limited to 50 students.

Level II class is limited to 35 students.

Level III class is limited to 22 students.

Level IV class is limited to 12 students.

What is the timeline of the course?



Level I course is for 12 weekend classes between the months of October and August of the following year, usually the 1st weekend of the month. There are some exceptions; please refer to schedule for accurate dates. Credit Hours 13.5 which equals 135 class hours.

Level II course is for 12 weekend classes between the months of October and August of the following year, usually the 2nd weekend of the month. There are some exceptions; please refer to schedule for accurate dates. Credit Hours 13.0 or 132 class hours.

Level III course is for 12 weekend classes between the months of October and August of the following year, usually the 3rd weekend of the month. There are some exceptions; please refer to schedule for accurate dates. Credit Hours 13.0 or 132 class hours.

Level IV course is for 8 months from January to August. There are 3 weekend classes at LMU Extension and 12 clinic sessions at Venice Family Clinic. The classroom study hours are 132.

In order to get CECs, students are required to contact Pat Ranftl at 310-338-1974 or patricia.ranftl@lmu.edu before the first day of the class.

What are the timings of the classes?

Levels I - III

The timings for all weekends are Saturday 1 pm – 6 pm & Sunday 10 am – 5 pm with 1 hour break from 1 pm to 2 pm. Exception: The timings for the last weekend of Level I are Saturday 10 am – 6 pm & Sunday 10 am – 6:00 pm

Level IV

The timings for the classes (LMU Extension) are 10 am - 5 pm Sat. and Sun. Lunch break between 1 pm – 2 pm.

Clinic timings (Venice Family Clinic) are 1 pm – 10 pm on Tuesdays. Dinner break between 4 pm – 5 pm

What is the format of the weekend classes?

Level I - III

Classes are taught in a balanced format of lecture, discussion with Q & As and yoga practice. Normally the lectures are held on Saturdays and the yoga therapy is on Sundays. Level III has a mock clinic on Sundays, in which 3 case studies come in and the instructor carries out a yoga therapy session with the students observing.



What is the format for Level IV?

Level IV Internship is divided into three weekend classes and twelve days of mentored clinics.

Weekend Classes

One Introductory weekend class at the start of the course and 2 Weekends of Case Study Presentations (term project) at the end of the course.

Clinics

Three hours administrative training; one hour supervised medical team meeting; three hours supervised client sessions
And one hour group mentoring review, discussion.

Is the certificate recognized by Yoga Alliance?

Yes, if a student is Yoga Alliance RYT-200 registered at the start of Level I course, upon completion of Level I & II, they can apply for Yoga Alliance RYT-500 registration. We are registered as "Yoga Studies at LMU" with Yoga Alliance

http://www.yogaalliance.org/ya/b/Instructions/Registering_Online_as_a_RYT_500.aspx

What are the job opportunities for graduates of the Yoga Therapy Rx program?

Certification does not guarantee employment nor is the Yoga Therapy Program a job placement program. However, many of our graduates have their own private businesses. Some are working in conjunction with chiropractors, physical therapists, medical doctors and psychotherapists. Some have created Yoga Therapy programs for hospitals, such as Kaiser, for their employees and patients alike. Many are working with the school systems and the Veterans. The ideas for jobs are endless. A certificate from Loyola Marymount University should put our graduates ahead of the competition.

Does insurance companies pay for Yoga Therapy?

Although some states are currently considering this, to our knowledge insurance does not cover Yoga or Yoga therapy at this time. We are hopeful for the future.

What support is offered to the students outside of the class?

Although this is not a mandatory requirement of the instructor, all instructors are generous with their time and their willingness to correspond with students in between sessions. This email correspondence is complimentary. However,



please be respectful of their time, your questions should not require any more than a 5 to 10 minutes. If you are interested in working one-on-one with an instructor, you should consider participating in the Mentorship Program.

What is the Mentorship Program?

The Mentorship Program is an *optional* addition to the YTRx program, and a chance for students to earn Continuing Education Credits and an additional certificate. Students contact the instructor directly to book mentoring sessions, paying a rate of \$95 per hour, directly to the instructor. Each participating student who wants to receive a Mentorship certificate must complete 6 hours of mentoring for each level of certificate. (Level I certificate -- 6 hours, Level II certificate – an additional 6 hours, Level III certificate -- an additional 6 hours totaling 18 hours).

At the end of all three (3) levels, participating students should have 18 completed mentoring sessions (maximum). The certificate levels *do not* correspond to the levels of the courses. Students may choose to have the same mentor for all of their sessions or they may choose a combination of mentors from the list. They will need to have a private yoga practice from at least one (1) of their mentors. Mentorship forms must be submitted to our office by September 1st.

How much homework is required?

A list of homework assignments for the entire semester is provided at the beginning of the course. The recommended time for homework is approximately 5 hours per week.

What would the approximate costs be for the required course materials?

Level I - III

Approximately \$ 250-\$ 300.

Level IV

Approximately \$100

Is the course material provided to us?

The students have access to handouts for each class on the online student site (Blackboard). The handouts for a class will be accessible on the Blackboard at least 10 days prior to that class. Occasionally the instructor may have last minute additions to the handouts prior to the class. In such cases, we notify the students via emails of the update. It is the responsibility of the student to download and print them out before the class or have offline access to the handouts on their laptops and iPads. We do not provide paper handouts in class.



Is Internet access a requirement for this program?

Yes, the students will need to have access to a computer with Internet connection and basic know-how of logging-in and downloading materials from the Blackboard. Access to a computer in the classroom is not necessary if the student brings printed handouts.

Is Internet access available in class?

The students will have access to Wi-Fi in class, but the connection is not always reliable so we encourage students be prepared with printed or downloaded handouts or to have their own 3G/4G card to access the Internet.

What is the mode of communication with the program administrator/staff?

Students will need to have an active email address for all communications regarding the course, including term assignment submissions, monthly announcements, newsletters, last minute updates regarding a class, special instructions from teachers.

Do the students have access to the library?

Students enrolled in any of the Extension programs like the Yoga Therapy Rx may enter the library until 8:00PM. However, after 8:00PM, access to the library requires a Library Card.

Should any students like to have borrowing privileges or after-hours access, a Library Card may be purchased for an annual fee of \$300.00 (check, Visa or Master Card only). The Library Card is valid for one calendar year from the date of issue. This grants the student:

- Access to the library from 8am to 2am
- Maximum number of checkouts at any one time: 10
- Checkout period of 3 weeks, with 2 renewals (9 weeks total)
- Requests for basement retrievals
- In house use journals, reference materials, and media

To obtain a Library Card, students must go to the Circulation Desk of the William H. Hannon Library during the hours of 8:00AM - 7:45PM, Monday-Thursday, or during open hours on Saturday or Sunday.

Are there any accommodations recommended in the vicinity of the campus?

For a list of all local hotels please go to the following link:



<http://bus.lmu.edu/bao/auxbusinessservices/businesspoliciesandservices/localhotels/>

You may also go directly to Loyola Marymount University website: www.lmu.edu > Academics > Resources > Registrar's Office. On the top menu: Services > Commencement, then on the top menu Families & Guests > Local Hotels. This will give you information on all the surrounding hotels, their addresses, websites and rates.

Do you have other locations where you offer this program?

At this time this program is only offered at Loyola Marymount University in Los Angeles.

Do you offer online courses in Yoga Therapy?

We believe that the best learning experience for Yoga Therapists is a live hands-on experience.

Do you provide student visa for International Students?

The Yoga Therapy Rx is a continuing education program and hence does not qualify the student for a student visa.