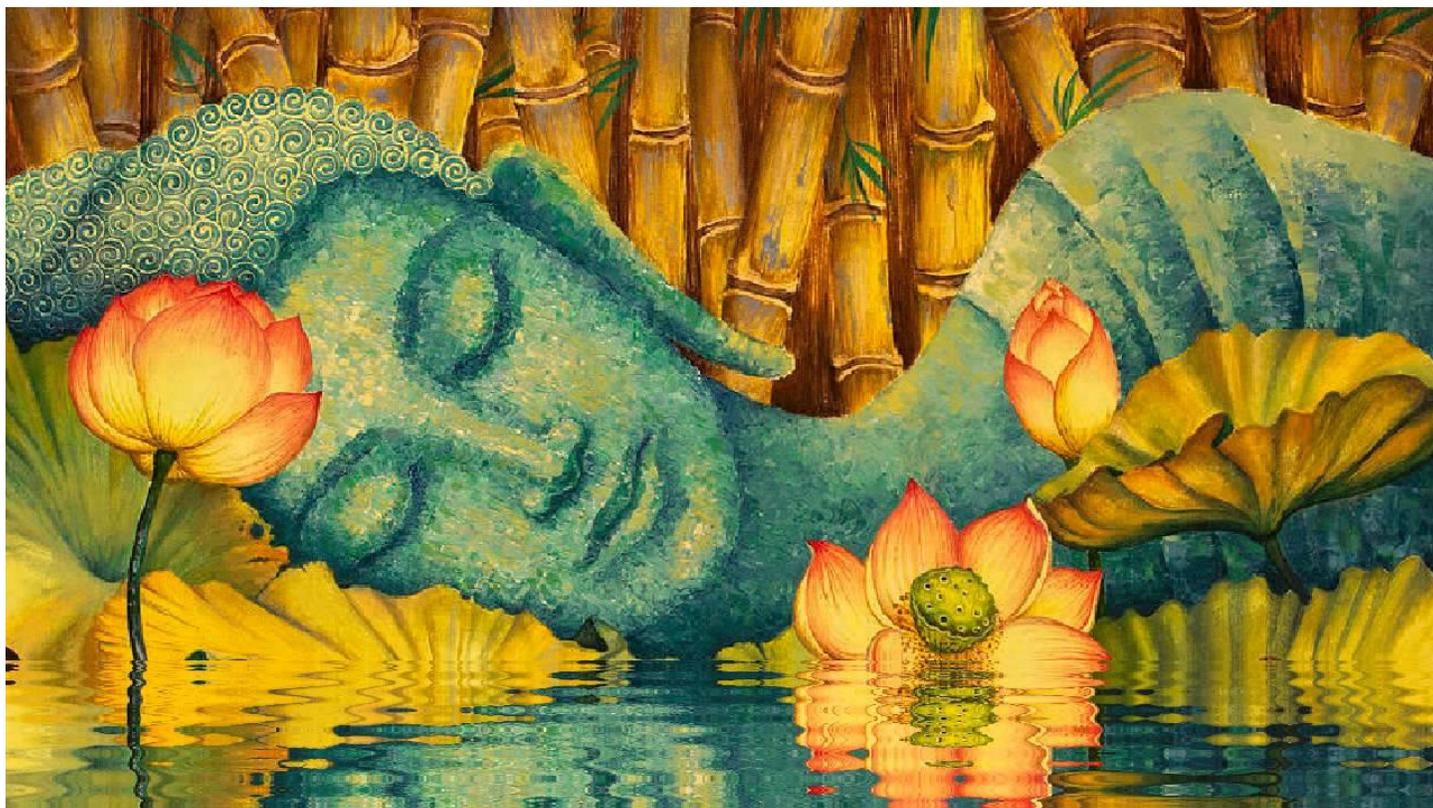


Buddhi Vana Yoga and Meditation Teacher Training at Zenbarn
2018-2019
INFORMATION PACKAGE



Lead Trainer:

Sharon Fennimore, MA, ERYT, RPYT, YACEP (<http://www.sharonfennimore.com>)

Contact Information:

E-mail: sharon@yogamatrika.com

Cell phone: 412-855-5692

Training Host Information:

ZenBarn Studio Address: 179 Guptil Road, Waterbury Center, Vermont 05677

Business Phone: (802) 244-8134

Studio Director: Marlena Fishmen

Buddhi Vana Training Philosophy and Focus

This teacher training program reflects on Sharon’s dedication to nature and outdoor education and over 25-years of meditation and yoga practice and teaching in this innovative approach to yoga studies. Sharon also brings a significant academic background in East Asian religion and philosophy and anthropological theory. Buddhi, in Sanskrit, means “mind” in the sense of our human intellectual faculty for reason, discernment, judgement, and understanding. Vana means forest in Sanskrit, but it is also a feminine Indian name suggesting deep silence and ultimate bliss. The program offers an emphasis on meditation and the spiritual aspects of practice. The name of the training reflects the intersections of nature, subtle energy, and mind rather than an attempt at the creation of a new style of yoga. Buddhi Vana program graduates will be able to design, practice, and teach a spectrum of various levels of yoga and meditation classes including asana, pranayama, meditation, chanting, and mindful movement. We draw upon Chinese and Tibetan energetic body anatomy, elements and light of the subtle body, classical Buddhist philosophical and instructional texts, and apply these to the physical postures (asana) and breathing practices (pranayama) of yoga.

Nature and Outdoor Education

*Training includes instruction in walking meditation, pranayama, and visualization using outdoor hiking trails, indoor botanical gardens, and natural environments

*Emphasis on the impact of the health of the environment and the health of humans and how yoga practices and techniques can bring us into a state of balance when we focus on the elements (air, space, earth, fire, water, metal) and exchange of prana with all living beings including vegetation

*Learn about herbs, essential oils, and the use of vegetation to support yoga practices

Philosophy and Ethics

* An introduction to the Yamas and Niyamas and Patanjali’s Yoga Sutras

* We will read and discuss essential Buddhist sutras and commentaries including: The Sutra on the Full Awareness of Breathing (Anapanasati Sutta), The Sutra on the Four Establishments of Mindfulness (Satipatthana Sutta), The Heart Sutra (Prajnaparamita Hrdaya Sutra), The Sutra on Happiness (Mangala Sutta)

Asana and Physical Practices

*Classical education in Tibetan and Chinese yogas, Hatha asana techniques and pranayama

*Introduction to physical practices of Buddhist yoga exercises and pranayama

Embodied Anatomy and Subtle Body

*Anatomy of the physical body including skeleton, organs, muscles and kinesiology in the tradition of Body Mind Centering that provides an embodied knowledge that can be applied for safe asana and pranayama practice

*Alignment for safe physical yoga practices and techniques for modifying asana for students of all body types and abilities

*Deep study of chakras and yoga techniques for chakra vitality and balance

*Tibetan and Chinese subtle body anatomy of winds, elements, light, sound and energy channels

*The use of sound and mantra for the subtle body

Graduation Requirements for 200-Hour RYT™ Certificate

- 1-Participation and excellent studentship (arriving on time, being prepared with materials, having completed required reading and any homework, etc.) in all training workshops and events
- 2-Teach two public classes observed by lead trainer (taught by donation, but space rental and trainer time is included)
- 3-Complete a minimum of three private sessions with lead trainer (not included in tuition)
- 4-Attend a minimum of five approved workshops or events (not included in tuition). Options might include, but are not limited to: kirtan/chanting, somatic movement therapy workshop, yoga or meditation workshop, mindful or spiritual retreat in your faith practice, related professional development (massage therapy, counseling, anatomy, doula, etc.), or any other workshop or event that is approved by the lead trainer.
- 5-Complete all required reading and assignments including a training journal, record of attendance, practice hours, and independent study work.
- 6-Attend a minimum of 30 practice sessions with lead trainer or an E-RYT at the host studio who is on the approved instructor list provided at the start of training (not included in tuition).
- 7-Tuition balance is completely paid and all debts resolved. Any borrowed books, equipment, or other items must be returned to the host studio or lead trainer. Please note that there are no refunds for any payments made for training sessions, private sessions, or required events. Make-up sessions for missed workshops and classes may be arranged with the lead trainer, but are not guaranteed to be available. When available, make-up sessions or additional time with the lead trainer will be at an additional expense to the trainee.

Equipment and Supplies

1-Three ring binder with a package of lined loose leaf paper and one package of blank printer paper. Handouts can be placed in the training binder. This is a suggested method for maintaining what will become a training manual that you can use as a resource in your professional career as a yoga teacher. If you have an alternative method for organizing and saving your training handouts and worksheets, it is up to each participant to protect their investment and work in the way that makes the most sense to them.

2-Yoga mat and bolster and/or meditation cushion for home practice. Trainees are encouraged to own two-blocks of equal size, a strap, yoga blanket, and bolster for restorative yoga use at home and when traveling to teach in the future, but these are not required. A yoga mat is the minimum required.

3-Students will be encouraged to purchase essential oils for their own use and to learn how to use with clients and students. It is expected that these oils will cost less than \$100. Oil purchase and use is not mandatory for program participation and sensitivities of participants will be taken into consideration. Please communicate sensitivities or concerns around using oils on your application form or, if you develop sensitivities while enrolled in the course, let the trainer know.

4-Trainees must obtain the required reading (14-books total). The cost of purchasing required books is not included in the tuition. Trainees can reduce their cost by reserving available titles from the library, borrowing from friends, purchasing used copies from Amazon or sharing with other trainees. The texts selected for the course are intended to be the start of a yoga teacher's home library for regular reference in planning classes, working with clients, and deepening personal practice. Trainees are encouraged to buy for their collection to the extent that is financially possible. There is also a list of suggested books that will be referred to and an additional bibliography of Tibetan and Chinese yoga resources that would be of interest to trainees.

5-Training includes walking meditation, hikes, and nature instruction that will take place outside and students should have shoes and clothing that are appropriate for walking outdoors in all weather and seasons. Students with disabilities or illness that prevents participation in these outdoor hikes should discuss their situation with the facilitator prior to enrollment.

6-Some sessions will be held at gardens, conservatories and parks with the cost of admission not included in tuition.

7-Students will need to bring their own mala beads to all training sessions. These must be purchased to own prior to the beginning of training. Sharon suggests that you start with a 108 bead mala.

Required and Suggested Books:

There are 14-required books total. If financially possible, all trainees are encouraged to purchase copies for their own teaching and practice libraries. Owning the books is NOT required and trainees who can't make a purchase at this time are encouraged to be creative about using public library resources, borrowing from friends, or sharing copies.

REQUIRED: YOGA and ANATOMY

The Subtle Body

Cyndi Dale

Yoga of the Subtle Body

Tias Little

Training the Wisdom Body

Rose Taylor Goldfield

Awakening the Sacred Body

Tenzin Wangyal Rinpoche

The Tibetan Yoga of Breath

Anyen Rinpoche and Allison Choying Zangmo

Yoga for Meditators

Charlotte Bell

REQUIRED: MEDITATION

The Mind Illuminated

Culadasa (John Yates) and Matthew Immergut

Awakening the Luminous Mind

Tenzin Wangyal Rinpoche

Loving-Kindness in Plain English

Bhante Gunaratana

The Wisdom of No Escape

Pema Chodron

REQUIRED: SPIRITUALITY and ETHICS

Awakening of the Heart

Thich Nhat Hanh

The Radiance Sutras

Lorin Roche

Yoga Beyond the Mat

Alanna Kaivalya

The Yamas and Niyamas

Deborah Adele

SUGGESTED for NATURE and ENVIRONMENT

The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature

Stephen Harrod Buhner

Brilliant Green: The Surprising History and Science of Plant Intelligence

Stefano Mancuso

Interconnected: Embracing Life in Our Global Society

The Karmapa, Ogyen Trinley Dorje

Other Minds: The Octopus, the Sea, and the Deep Origins of Consciousness

Peter Godfrey-Smith

The Garden Awakening: Designs to Nurture Our Land & Ourselves

Mary Reynolds

The Nature of Nature: The Discovery of SuperWaves and How it Changes Everything

Irv Dardik

Spiritual Ecology: The Cry of the Earth

Edited by Llewellyn Vaughan-Lee

Interconnected: Embracing Life in Our Global Society

The Karmapa, Ogyen Trinley Dorje

Lovelock & Gaia: Signs of Life

Jon Turney

The Rights of Nature: A History of Environmental Ethics

Roderick Frazier Nash

The Nature Fix: Why Nature Makes us Happier, Healthier, and More Creative

Florence Williams

The Lost Art of Reading Nature's Signs: Use Outdoor Clues to Find Your Way, Predict the Weather, Locate Water, Track Animals—and Other Forgotten Skills (Natural Navigation)

by Tristan Gooley

Nature's Temples: The Complex World of Old-Growth Forests

Joan Maloof

Nature Anatomy: The Curious Parts and Pieces of the Natural World

Julia Rothman

The Earth Has a Soul: C.G. Jung on Nature, Technology & Modern Life

C. G. Jung and Meredith Sabini

The Home Place: Memoirs of a Colored Man's Love Affair with Nature

J. Drew Lanham

How to Read Nature: Awaken Your Senses to the Outdoors You've Never Noticed

Tristan Gooley

Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World

Bill Plotkin

The Hidden Life of Trees: What They Feel, How They Communicate

Peter Wohlleben

Ecopsychology: Science, Totems, and the Technological Species*

Peter H. Kahn Jr. (Editor), Patricia H. Hasbach (Editor)

*If you are interested in Ecotherapy, check out scholar Theodore Roszak's books. It is beyond the scope of this course, but I feel this suggested resource list would not be complete without at least mentioning his work.

SUGGESTED: YOGA and MEDITATION

Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind

Frank Jude Boccio

Heart Yoga: The Sacred Marriage of Yoga and Mysticism

Andrew Harvey and Karuna Erickson

Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart

Gary Kraftsow

Yoga Mind, Body & Spirit: A Return to Wholeness

Donna Farhi

Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing

Sarah Powers

Breathe; You Are Alive

Thich Nhat Hahn

Walking Meditation

Nguyen Anh-Huong and Thich Nhat Hanh

Essential Kundalini Yoga: An Invitation to Radiant Health, Unconditional Love, and the Awakening of Your Energetic Potential

Karena Virginia and Dharm Khalsa

Guiding Strala: The Yoga Training Manual to Ignite Freedom, Get Connected, and Build Radiant Health and Happiness

Tara Stiles and Rudolph Tanzi

Hip-Healthy Asana: The Yoga Practitioner's Guide to Protecting the Hips and Avoiding SI Joint Pain (Jun 12, 2018)

Charlotte Bell

Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body

by Daniel Goleman and Richard J. Davidson

SUGGESTED: MEDITATION, SPIRITUALITY, BUDDHISM, ETHICS, LIFESTYLE

The Heart of the World: A Journey to Tibet's Lost Paradise

Ian Baker

Emotion and Healing in the Energy Body

Robert Henderson

On Cold Mountain: A Buddhist Reading of the Hanshan Poems

Paul Rouzer

108 Metaphors for Mindfulness: from Wild Chickens to Petty Tyrants

Arnie Kozak

Chan Heart, Chan Mind: a Meditation on Serenity and Growth

Master Guojun

Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering

Thubten Chodron

The Intelligent Heart: A Guide to the Compassionate Life

Dzigar Kongtrul

Our Pristine Mind: A Practical Guide to Unconditional Happiness

Orgyen Chowang

The Things You Can See Only When You Slow Down

Haemin Sunim

Inner Engineering: A Yogi's Guide to Joy

Sadhguru

The Tassajara Recipe Book

Edward Espe Brown

The Tassajara Bread Book

Edward Espe Brown

Healing with Whole Foods: Asian Traditions and Modern Nutrition

Paul Pritchford

Finding the Blue Sky: A Mindful Approach to Choosing Happiness Here and Now
Joseph Emet

Buddha Standard Time: Awakening to the Infinite Possibilities of Now
Lama Surya Das

Awakening Shakti
Sally Kempton

Gesture of Awareness: A Radical Approach to Time, Space, and Movement
Charles Genoud

Tending the Heart Fire: Living in the Flow with the Pulse of Life
Shiva Rea

Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health
David Shannahoff-Khalsa

The Dhammapada: A New Translation of the Buddhist Classic with Annotations
Gil Fronsdal (2005)

Natural Radiance: Awakening to Your Great Perfection
Lama Surya Das

Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering
Phillip Moffitt

Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life
Phillip Moffitt

When Thought Turns to Light: A Practical Guide to Spiritual Transformation
Patrick Paul Garlinger

Kindfulness
Ajahn Brahm

Llewellyn's Complete Book of Mindful Living: Awareness and Meditation Practices for Living in the Present Moment
Edited by: Robert Butera and Erin Byron

The Other Shore: A New Translation of the Heart Sutra with Commentaries
Thich Nhat Hanh

Emptiness: A Practical Guide for Meditators
Guy Armstrong

The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology
Jack Kornfield

Inside Vasubandhu's Yogacara
Ben Connelly

Make Me One With Everything
Lama Surya Das

ADDITIONAL BIBLIOGRAPHY for CHINESE and TIBETAN YOGAS

Tibetan Sound Healing
Tenzin Wangyal Rinpoche

The Expressiveness of the Body
Shigehisa Kuriyama

The Tibetan Yogas of Dream and Sleep
Tenzin Wangyal Rinpoche

The Way of Qigong: the Art and Science of Chinese Energy Healing
Kenneth S. Cohen

The Tibetan Book of Yoga: Ancient Buddhist Teachings on the Philosophy and Practice of Yoga
Geshe Michael Roach

The Tibetan Yogas of Body, Speech, and Mind
Tenzin Wangyal Rinpoche

Tibetan Yoga of Movement: the Art and Practice of Yantra Yoga
Chogyal Namkhai Norbu and Fabio Andrico

Yantra Yoga: the Tibetan Yoga of Movement
Chogyal Namkhai Norbu

Healing with Form, Energy and Light: the Five Elements in Tibetan Shamanism, Tantra, and Dzogchen
Tenzin Wangyal Rinpoche

Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep
Andrew Holecek

Tibetan Yoga for Health & Well-Being: Healing Practices of Body, Energy, and Mind (Jul 17, 2018)
Alejandro Chaoul Ph.D.

Handbook of Chinese Medicine and Ayurveda: An Integrated Practice of Ancient Healing Traditions (Jul 17, 2018)
Bridgette Shea L.Ac. MACOM

The Supreme Siddhi of Mahamudra: Teachings, Poems, and Songs of the Drukpa Kagyu Lineage
by Sean Price (Translator), Adam Kane (Translator)

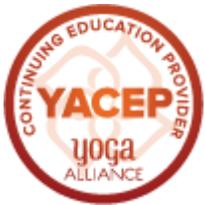
Techniques, Training, Practice	Contact w/Lead Trainer	Non-Contact Hours	Total Hours
1.5 hrs. Yoga Class with Sharon per/wk. for 30-weeks	45	0	45
Private Sessions with Sharon (Three are required)	4.5	0	4.5
Professional Events x5 for 3 hrs. each	5	10	15
Tibetan Yoga Workshops x 4 For 4-hours each	16	0	16
Meditation Workshops x 3 (Metta, Tonglen, Jewel Tree) At 3-hours each	9	0	9
Walking Meditation x 13 Outdoor Hikes are 2 hours Long	26	0	26
		10 Non-Contact	115.5 Total Hours
Teaching Methodology			
Lesson Planning and Business of Yoga for Teachers	4	3	7
Verbal Cues and Physical Adjustments Workshop 4-hours	4	0	4
Adjusting for Level and Modifications for Students Workshop 4-hours	4	0	4
Assigned Readings, Discussion Groups	0	20	20
		23 Non-Contact Hours	35 Hours Total
Anatomy			
Embodied Anatomy 3 x 2-hour Workshops	6	0	6
Subtle Body Anatomy 5x4-hour workshops	20	0	20
Assigned Readings, Discussion Groups		2	2
		2 Non-Contact	28 Hours Total

Yoga Philosophy, Lifestyle, Ethics			
Assigned Readings, Discussion Groups		10	10
Buddhist Sutra Workshops 5 x 3 hours	15	0	15
Patanjali Yoga Sutras Workshops 3 x 2 hours	6	0	6
		10 Non-Contact	31 Hours Total
Practicum			
Teaching Practice Classes	5		5
Observations		3	3
Assisting in Classes	3		3
		3 Non-Contact Hours	11 Hours Total

Total Number of Contact Hours with Lead Trainer: 172.5

Total Number of Non-Contact Hours: 48

Total Hours of Training: 220.5



Registered Yoga Teachers who graduate will earn a 100-hour CEU credit certificate with a specialization in meditation. They will also receive a graduation certificate from the Buddhi Vana program and will be listed as graduates on the website.



Buddhi Vana is a Registered Yoga School with Yoga Alliance (RYS™) and graduates who meet all the requirements may be eligible to register with Yoga Alliance as 200-hour Registered Yoga Teachers (RYT™). The cost of registering with Yoga Alliance is NOT included in tuition and it is entirely up to the trainee whether or not they choose to become a member of this professional organization.

The Buddhi Vana Yoga Teacher Training is scheduled in modules and all participants have up to two-years to complete the required modules after submitting their non-refundable training deposit:

Non-Refundable Training Deposit:

\$400 for 200-Hour RYT Yoga Teacher Training

\$250 for 100-Hour Yoga Alliance CEU Certificate in Meditation

Module One

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: September 14-16 (Friday afternoon/evening, Saturday, Sunday)

Introduction to the Matrika and Tibetan Subtle Body Anatomy

Anapanasati Sutta (Mindfulness of Breathing)

Metta Meditation

Introduction to Walking Meditation

Module Two

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: October 12-14

Tibetan Sound Healing

Sutta Pitaka: Sutra on the Four Establishments of Mindfulness

Tonglen Meditation

Walking Meditation

Module Three

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: October 26-28

Mudras, Chanting, and Using a Mala

Jewel Tree Meditation

Embodied Anatomy

Working with the Elements and Nature in Practice

Module Four

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: November 2-4

Heart Sutra

Embodied Anatomy

Ethics of Yoga and Introduction to Patanjali Yoga Sutras

Visualization and The Three Energetic Diaphragms

Module Five

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: November 16-18

Asana and Anatomy: modifications and adjusting for student level

Advanced Pranayama: practice and teaching methods

Rainbow Body: working with color and light in asana and meditation

Chinese yoga (Qi Gong) and working with meridians in asana

Module Six

Tuition: Included in training deposit and not available for individual registration

In this online module that will be available between December 15-March 15 of each training year, we will have discussion boards so we can stay in communication with one another and connect to the assigned readings and work that lends itself to distance learning. There will be webinars that you can attend “live” if they work with your schedule or they will be recorded so that you can watch them at your convenience.

Module Seven

Tuition: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: April 5-7, 2019

Luminous Mind: techniques for teaching meditation and working with obstacles and challenges in meditation

Safety in Practice and Teaching

Class planning and adjustments in teaching for student level, student ability, and working with themes

Tibetan yoga

Module Eight

Cost: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

ZenBarn: April 26-28, 2019

Practicum: hands on physical adjustments workshop

Radiance Sutras as inspiration for asana practice

Chanting and Sounding

Sense and Perception: using sound and scent in yoga, the brain and meditation

Embodied Anatomy: fluids, endocrine system and anatomy of practice

Module Nine

ZenBarn: May 17-19, 2019

Cost: \$225 for participants with paid deposit, \$275 for 20 CEU Credits/individual weekend registration

Sacred Body and Eco-Spirituality

Discourse on Happiness

Mudra, Mantra, and Asana

Embodied Anatomy: Organs and Elements of Earth

Training Schedules

Introduction Workshop

Sunday, September 8

Introduction to Buddhi Vana 200-Hour Teacher Training at Zenbarn

Facilitator: Lead Trainer, Sharon Fennimore

1:00 to 3:30 pm

FREE, but please register so we prepare materials

In this workshop, Sharon we will practice yoga and meditation together and then Sharon will introduce the philosophy that informs the curriculum for the teacher training. A yoga teacher training program is a significant financial and energetic investment and this workshop is an opportunity to explore this transformative ten-month program to make sure it meets your personal and professional development goals. There will be time to ask questions about the training schedule, graduation requirements, required and suggested readings, or anything else you wish to ask or discuss.

Weekend Modules

Fridays

6:00 to 8:30 pm (at Zenbarn Studio)

Saturdays

9:00 am to 5:30 pm

9-11 Location to be Announced (we will do outdoor walking meditation or nature activity)

11:00-5:30 pm (at Zenbarn Studio)

Sundays

9:00 am to 4:00 pm

9-11 Location to be Announced (we will do outdoor walking meditation or nature activity)

11:00-4:00 pm (at Zenbarn Studio)

Practice Classes

We will be scheduling practice classes and other practicum experiences at Zenbarn April 2019-June 2019 as participants are ready to start teaching.

Private Sessions

Private sessions can be scheduled with Sharon Fennimore at any time. Sessions are \$85 each and three-sessions are required for graduation from the program. The cost of private sessions are not included in tuition payments.

Tuition Payment Options

200-Hour Buddhi Vana Teacher Training Program to Graduate Eligible for RYT

OPTION ONE:

- a. Pay Non-Refundable \$400 Training Deposit on or before September 14, 2018
- b. Pay for each module individually (\$225) at least 24-hours prior to each training weekend
- c. The online winter module is included with paid non-refundable training deposit

\$ 400	Non-Refundable Deposit
\$1,800	8 x \$225 Training Weekends
\$ 255	3 x \$85 Three Required Private Sessions
\$ 150	Approximate amount for books and equipment
\$ 150	Approximate cost of 5-additional approved workshops/events
\$ 300	Approximate cost of 30-practice classes with Sharon Fennimore or approved E-RYT at Zenbarn
\$3,055	TOTAL COST OF TRAINING PRIOR TO GRADUATION

OPTION TWO:

- a. Pay Non-Refundable \$400 Training Deposit on or before September 14, 2018
- b. Set-up a \$250 a month payment plan (October 2018 through June 2019)
- c. The online winter module is included with paid non-refundable training deposit

\$ 400	Non-Refundable Deposit
\$2,250	9 x \$250 (9-month automated payment plan)
\$ 255	3 x \$85 Three Required Private Sessions
\$ 150	Approximate amount for books and equipment
\$ 150	Approximate cost of 5-additional approved workshops/events
\$ 300	Approximate cost of 30-practice classes with Sharon Fennimore or approved E-RYT at Zenbarn
\$3,505	TOTAL COST OF TRAINING PRIOR TO GRADUATION

Certificate in Teaching Meditation for Yoga Teachers with minimum RYT or Participants Making Full Program Commitment

OPTION ONE:

- Pay Non-Refundable \$250 Training Deposit on or before September 14, 2018
- Set-up a \$250 a month payment plan (October 2018 through June 2019). Payment plans can be canceled at any time with a \$50 early cancelation penalty.
- The online winter module is included with paid non-refundable training deposit

\$ 250	Non-Refundable Deposit
\$2,250	9 x \$250 (9-month automated payment plan)
\$ 150	Approximate amount for books and equipment
\$2,650	TOTAL COST OF Meditation Certificate

OPTION TWO:

- Pay Non-Refundable \$250 Training Deposit on or before September 14, 2018
- Pay for each module individually (\$225 each) a minimum of 24-hours prior to scheduled training weekend
- The online winter module is included with paid non-refundable training deposit

\$ 250	Non-Refundable Deposit
\$1,800	8 x \$225 Training Weekends
\$ 150	Approximate amount for books and equipment
\$2,200	TOTAL COST OF Meditation Certificate

CEU Credits for Yoga Teachers or Students of All Levels

Each training weekend at Zenbarn is open to enrollment by yoga teachers or yoga students of all levels for \$275. Sharon Fennimore is a YACEP (Yoga Alliance Continuing Education Provider) and yoga teachers are eligible for up to 20 CEU credits for each training weekend. Yoga students of all levels with an interest in mindful movement, subtle body anatomy, pranayama, meditation, sounding, visualization, or Buddhist philosophy are welcome to enroll in single or multiple weekend training workshops. The online winter module is only available to participants who have made a commitment to the entire program and is included in the non-refundable deposit.

Tuition and Investment FAQ

- I made a mistake and this isn't the right program for me. Or, I got sick/pregnant/decided to move/lost my job/have to take care of my elderly parent/car broke down and now I have no way to make it to training weekends, etc. **All program deposits and payments made are non-refundable for ANY reason.** Whatever your reason for wishing you could get a refund, you just can't get a refund for your deposit or any payments already made. You are not obligated to continue making payments on your payment plan (there IS a penalty fee for early payment plan cancelation) or to meet the graduation requirements or to continue participating. You can "drop-out" at any time without obligation for future payments.
- How can I cancel my payment plan?** If you have signed up for an automatic payment plan, you can cancel that plan at any time by telling Sharon and paying a \$50 early cancelation fee. Any payments already made are entirely non-refundable. If you are switching to paying for individual modules, you will still be responsible for the entire cost of the training prior to graduation.

3. I want to switch from the 200-hour track to the meditation certificate track or vice versa or drop-out of the program and just take some weekend training workshops. **It's easy to switch tracks or drop-out.** Just send an email to Sharon Fennimore or talk with her individually and she will work out a plan to make sure that you are all set with the financial implications of the switch and understand the graduation requirements of your newly chosen track in the program. Sharon doesn't want anyone to be unhappy and these types of switches are generally easy to accommodate.
4. **Your non-refundable deposit is valid for one calendar year and you have one year from the date you start the program to complete it. If you need longer, then you will need to pay an additional continuing student deposit of \$200 each calendar year to maintain program enrollment. Each participant has up to three-years to complete the training.** Sharon Fennimore and Zenbarn are not able to guarantee any future scheduled trainings or workshops beyond the cohort originally registered for. Sharon facilitates her trainings, workshops, and retreats at various locations and trainees who need to make an individualized plan for completing the training within the three-years are invited to discuss their options with Sharon. In most cases, we can work something out, but there are no guarantees that anyone who fails to meet the graduation requirements with their original 2018-2019 cohort can complete the training.
5. **Oh no! I paid for a weekend training module, but then I wasn't able to make-it. Can I get a refund? How do I make up the training time?** There are no refunds for any payments made for private sessions, workshops, classes, or weekend training modules. If you enrolled in a training module that you were not able to participate in, please discuss options for make-up scheduling with Sharon. Make-up time will be at the trainee's additional expense.
6. I paid for a training weekend, but I have to leave early one day or miss part of the training weekend. In order to graduate from the program, you need to be present for the entire training weekend module for every required module. If you need to miss part of a training weekend, please discuss your options with Sharon. Make-up time will be at the trainee's additional expense. **Chronic attendance issues will result in failure to graduate.**
7. **I just signed up for an individual weekend session, but now I wish I had enrolled in the whole training. Is there any way to start the program late?** Yes, we can work out a plan for you to join the training. Please contact Sharon Fennimore to schedule a private session and we can use that time to discuss your personal practice and/or your professional development goals and make an individualized training plan.