

Panacea Yoga Studios, LLC

Panacea School Of Integrative Health

200hr Yoga Teacher Training

101 Second Street Hallowell Maine

207-242-2983

www.panaceayogastudios.com

200hr Yoga Alliance Yoga Teacher Training Handbook

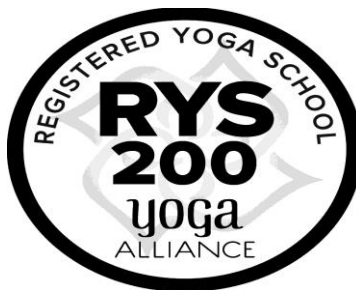


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1.

Our Mission

Our Yoga Training program was established to offer individuals the opportunity to implement a strong educational and foundational healing art in their lives. Transformation takes place through integrative learning, resulting in a more balanced and harmonious life. Individuals searching for alternative ways to bring balance in their lives personally, academically and professionally, can find it at our school at Panacea Yoga Studios. Our teachers take deep pride in having their ability and opportunity to share their skills and knowledge of Yoga, body work and other alternative modalities with students who attend our school.

The primary academic objective for the Yoga Training program is to prepare students to become knowledgeable yoga practitioners. It is critical to develop skills, discipline, and structure, to be effective as a professional in the Healing Arts. We provide the essential training and education in specific methods of Yoga practice. Training emphasis within our Yoga training is ideal as a preventive and curative method of care. A high quality training allows students to choose the possibility of careers in a variety of settings, but not limited to the following: Yoga instruction at local spas, gyms, sports clubs, senior centers, prenatal/postnatal yoga services, yoga in the school system, yoga for the sports enthusiast, and opening a yoga studio, are all possibilities upon program completion. Students will receive an RYT certification and find themselves foundationally equipped with the appropriate skills necessary to become a successful 200 hour (RYT) Registered Yoga Teacher with Yoga Alliance. Students choose this training for many reasons: self enrichment, career change, or desire to teach yoga to others within all ages and levels.

We look forward to exploring together the journey of each student at our school. We are a well-rounded education in Yoga Teacher Training. We are honored to have an opportunity to establish a healing arts school in the Central Maine. Our hope is to root our healing knowledge deep within the community for an uplifting experience and a better overall quality of life.

2.

Non discrimination policy

We declare ourselves to be an open and welcoming integrative school of health, welcoming into the full academic, business and community life with all individuals within every race, culture, age, gender, sexual orientation, ability, economic status, and faith tradition.

Program Credentials

Credentials as a Registered Yoga School

A school that registers with Yoga Alliance® is listed on the Yoga Alliance online Directory as a Registered Yoga School (RYS®). Registration acknowledges that the yoga teacher training meets Standards for curriculum developed by Yoga Alliance and that training is conducted by experienced instructors. A school whose curriculum satisfies or exceeds our minimum training Standards may apply to register as a RYS. As a registered school, students who complete their subsequent trainings and receive their 200 hour program required certification, students are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYT®s). Yoga Alliance reserves the right to suspend or revoke a RYS registration based on evidence that the school no longer meets RYS Standards.

Yoga schools can receive varying levels of designation based on the levels and types of training they provide.

Why Panacea Yoga Studio, LLC-Panacea School Of Integrative Health chooses Yoga Alliance Program Credentials

As a national credentialing organization for the yoga community, Yoga Alliance® provides a set of educational Standards for yoga schools that specify hours of study in certain Educational Categories. Our goal is to ensure schools provide adequate training to yoga teachers, enabling them to teach safely and competently. To register with Yoga Alliance, the Registry Mark of Registered Yoga School (RYS®), yoga schools must submit their training syllabus to be assessed by the credentialing team and agree to maintain a curriculum that meets Yoga Alliance Standards. Yoga teachers who complete a RYS teacher training are generally eligible to apply to register as a Registered Yoga Teacher (RYT®). To be listed in the public Directory and access of member benefits and services, a yoga teacher or teacher training program must register with Yoga Alliance and renew annually to maintain any desired Credential.

Promoting Safe and Competent Teaching

3.

The Yoga Alliance Standards are designed and reviewed by our Standards Committee, a volunteer group of experts in the field of yoga instruction. Standards are based on three things:

- Five Educational Categories
- Contact Hours of face-to-face instruction
- Trainer and faculty Requirements

The training Requirements in each Educational Category ensure trainees are gaining the knowledge and skills necessary to teach yoga to a general population. The Contact Hours offer the benefit of learning from a yoga teacher who has extensively applied that knowledge personally before instructing others.

Along with traditionally assessing a school's curriculum, Yoga Alliance utilizes Social Credentialing, blending the best practices from social rating sites with an established credentialing system. Registered Yoga Teachers review their RYS teacher training program and provide feedback about their training experience by answering questions about syllabus content and Contact Hours with Lead Trainers. This helps ensure the quality of teacher training programs and bolsters the efficacy and integrity of the credentialing system. The overall rating and individual reviews from past trainees may be shown by the RYS on its profile page and on the Yoga Alliance public Directory. The Social Credentialing system is designed to provide a wealth of information to potential trainees along with insight into the school's culture and training experience.

Program Description

This specialty Yoga Alliance approved, Yoga teacher training offers a deep foundational and creative approach for personal enrichment and the opportunity to become a well rounded yoga teacher if one desires. We will explore a variety of yogic disciplines, enhancing our growth physically spiritually and emotionally. An emphasis on therapeutic, ailment based and spiritual yoga will be explored, but not limited to any singular aspect of the ancient healing art . Our program will have the following directional flow:

~Yoga Techniques

~Anatomy and Physiology

~Yoga Philosophy

~Yoga Methodology

~Yoga Practicum

4.

School policy for credit transfer

Our yoga teacher program is based on a 200 hour required in class training. We are a privately run school that does not normally transfer of similar programs. Exceptions may be granted upon request.

200-Hour Standards for Yoga Teacher Trainings-a break down of the program hours and required course work.

These Standards describe Yoga Alliance®'s Requirements for a Registered Yoga School (RYS®) that offers a 200-hour program. Topics for registered teacher trainings must be relevant to the five YA Educational Categories below. Registered schools must provide a minimum number of hours of study for each category, and must also provide additional hours of study relevant to these categories, which may be distributed according to the school's chosen emphasis.

A RYS with a 200-hour program (RYS 200) should adequately prepare trainees to teach a general adult population and must incorporate training hours in the following YA Educational Categories:

1. Techniques, Training and Practice: 100 hours

Minimum Contact Hours: 75 hours

Minimum Contact Hours w/ Lead Trainer(s): 50 hours

Topics in this category could include, but would not be limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

2. Teaching Methodology: 25 hours

5.

Minimum Contact Hours: 15 hours

Minimum Contact Hours w/ Lead Trainer(s): 10 hours

Special Requirement: A maximum of five of the above hours can be counted on the subject of business aspects of teaching yoga

Topics in this category could include, but may not be limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga (including marketing and legal)

The Teaching Methodology category covers a broad overview and analysis of teaching methods, rather than how to practice or teach specific techniques. See the example topics below to help clarify the differences between the Techniques, Training and Practice category and the Teaching Methodology category:

Example Techniques, Training and Practice Topics	Example Teaching Methodology Topics
The Five Categories of Asana: The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories. Maps of Alignment: Trainees will achieve comprehension of the alignment maps for each of the five categories of asanas through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation.	Principles of Demonstrating Asanas: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses. Learning Modalities: identifying your dominant style, and learning how to teach based on others' learning styles Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns.

6.

3. Anatomy and Physiology: 20 hours

Minimum Contact Hours: 10 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga

Topics in this category could include, but would not be limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Minimum Contact Hours: 20 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers

7.

Topics in this category could include, but would not be limited to:

The study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita)

- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others (seva)
- 5. Practicum: 10 hours

Minimum Contact Hours: 5 hours

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

Topics in this category include:

- Practice teaching as the lead instructor (does not include assisting, observing or giving feedback)*
- Receiving and giving feedback
- Observing others teaching**
- Assisting students while someone else is teaching

*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours of practice teaching as the lead instructor. These hours may include the time during which the trainee is receiving feedback on his/her teaching. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

**Evaluation or observation of yoga classes outside of the teacher training program constitutes Non-Contact Hours.

Remaining Contact Hours and Elective Hours

The Requirements detailed above ensure that all trainees of a RYS receive training and instruction in five educational categories for a minimum number of designated hours. The remaining Contact Hours (55 hours) and elective hours (15 hours, either contact or non-contact) are to be distributed among the five educational categories, but the hours may be allocated at the discretion of each RYS based on their program's focus.

TOTAL HOURS: 200 hours

Total minimum Contact Hours: 180 hours

8.

Instructor availability for students' academic needs

Instructors will be made available for the students' academic needs to help guide students educationally in the Yoga Teacher Training Program. It is the students' full responsibility to maintain consistency with their educational goals. Students are expected to be on time, fully attentive to the schools rules and regulations to assure an equal opportunity to succeed in a dedicated and committed program. If a student desires to communicate with an instructor success about their personal success at the school or what a they can do to improve their learning outcome they are welcome to request an instructor to set aside such time outside of classroom hours to discuss areas of concern or interest. Such time will be determined by instructor availability. Communication methods will be decided on a case by case basis.

9.

School Faculty

Suzanne Cobb, 200 E-RYT

Suzanne has extensive knowledge with integrative health, combining a college background in Health Science, several hundred hours of yoga teacher trainings within a variety of yogic disciplines, studying herbology for over 20 years, receiving her level I and II Reiki energy trainings. In addition, she is a licensed massage therapist. She has extensively researched Lyme disease for over 8 years after she fell chronically sick from the devastating effects of this illness. She now uses her knowledge to help those suffering from this disease. Suzanne has a deep passion for the healing art of yoga which began almost 15 years ago, a dedicated practice lead her to open Panacea Yoga Studios, LLC in 2011. Her wellness center and commitment to helping others has persuaded the opening of Panacea School of Integrative Health beginning in 2015. As the owner and director of Panacea Yoga Studios and Panacea School of Integrative Health, Suzanne has an open door policy and is more than happy to assist students at any point during the school year. Suzanne puts an extensive amount of energy in guiding and motivating students towards a successful education at this school.

Inviting Guest Teachers

Our school has previously invited several guest teachers during our past programs to join in our learning experience at our yoga training. There have been prominent guest teachers with backgrounds as 200 and 500 hour yoga teachers. Additionally, physical therapists and massage therapists visit to share their knowledge and experiences with the students. We have had well known individuals such as; Alex Amorosi of the greater Boston area, Sonali Bonsal via Skype from India, and Beth Jones who offers a variety of yoga disciplines.

10.

School Facility

Panacea Yoga Studios, LLC & Panacea School of Integrative Health is located in a beautiful, spacious location covering over 1,200 square feet of room for classroom lecture, clinic and yoga classes. There is a comfortable foyer area for your personal items and needs. The space is within walking distance to many of Hallowell's, excellent local restaurants and boutique.

Ample on and off street parking surrounding the entire building. There is an abundance of on street parking spaces along the building, as well as a large parking area to the rear of the building, with a paved walking path from parking lot to the front door of the school. The building and parking lot areas are well lit for your safety.



We are located at 101 Second Street in Hallowell, Maine, a beautiful rock front face building, ground level with the street. Our schools location is convenient for individuals traveling from near and far. Geographically the school is approximately 5 minutes from the interstate with easy access from the North and South bound lanes. We are approximately 10 minutes from Augusta, 20 minutes from Waterville, 15 minutes to the Winthrop and Belgrade Lakes regions, 25 minutes to Lewiston/Auburn, and about 50 minutes from Portland, Maine.

11.

Tuition and Fees-Payment options

Tuition rates as follows:

Application fee \$50- Non refundable

Enrollment fee: \$199- Non refundable registration fee-not included in tuition.

Books/materials-Separate fee, not included in tuition price below. Between \$100-150

All equipment during training for onsite use, complimentary: Yoga mats, blocks, straps, bolsters.
blankets,

Option #1 Tuition

Pay in full prior to beginning your training: \$2,000,
a \$392 savings.

Payment in full is due 30 days prior to the start of our programs

Option #2 Tuition

Pay by the training module: \$265 per session – \$2,392 total

9 payments due before the start of each module.

1st payment is due 30 days prior to the start of our programs, last payment due on Graduation weekend.

\$500 dollar scholarships are available for our training programs on a first come first serve basis. Apply today for this amazing incentive, learn about our scholarship opportunity and how to apply in our Yoga training application here on line. Click the link below and start a new journey today!

Refund Policy

As an enrolled and registered student in the yoga teacher training certification at our establishment, it is the individual student's financial obligation and responsibility to fulfill said obligation, upon signing our enrollment/registration contract in the full tuition amount in addition to any relevant fees or late payment charges to the school regardless of failure to complete all or any of the program requirements.

Special circumstances withdrawal refund policy: Partial refund may be given at the director's discretion up to a predetermined training module based on a student's personal circumstance.

12.

Below is specific financial policies for GI Bill recipients only:

Credit for Prior Learning (*38 CFR 21.4254(c)(3)*). The school maintains a written record of the previous education and training of the GI Bill recipient and grant credit appropriately, with the training period shortened proportionately.

Pro Rata Refund (*38 CFR 21.4254(c)(13), 21.455*). We will refund the unused portion of prepaid tuition and fees on a pro rata basis. The exact proration will be determined on the ratio of the number of days of instruction completed by the student to the total number of instructional days in the course. Any amount in excess of \$10.00 for an enrollment fee or registration fee will also be prorated.

Attendance Policy

Attendance and punctuality are considered essential to the successful completion of all classes in the Yoga training program. **Students must contact the instructor prior to missing a class.** All missed time must be made up at the discretion of the instructor of each individual class. Absences not made up result in the inability to graduate. If an instructor's time is required for student make up time, the student is expected to pay the instructor for that time at a rate determined by the school. See graduation requirements in reference to options in regards to make up hour options.

Conduct

Our school trusts largely on the maturity of the students/individuals to conduct themselves as they would in any public place, school, or occupation. Students are expected to adhere to the same standards of grooming and hygiene expected in a professional practice. Smoking or the use of illegal drugs or alcohol is not permitted on the school premises or while involved in a school related activity off school property. Students are required by the school to inform the director of any use of medications and its reason for use, for the safety and well being of all individuals at the school.

13.

Dismissal/Termination

Students found to be in violation of the above policies and requirements pertaining specifically to graduation requirements, attendance policy, and conduct policy could be subject to dismissal/termination at the discretion of the school director. If a student wishes to appeal the director's decision, a review panel will be assembled consisting of school faculty and peer members.

Student Advising

Faculty will make itself available to students throughout the school year to assist and answer academic and professional concerns, contact your instructor directly to set this up. Grievances shall be taken to the school director or owner of this school.

Yoga training academic progress:

At Panacea Yoga Studios, we take pride in providing a solid education within our Yoga Teacher Training Program. Our 200 hour program has high standards with Yoga Alliance, and we strictly adhere to this standardization as our students can choose to become professional yoga instructors working with the general public. Academic proficiency and yoga safety is our objective for graduation.

Student's progress is assessed within the following categories below:

Yoga Techniques, Anatomy and Physiology, Yoga Philosophy, Yoga Methodology, Yoga Practicum

Inability to demonstrate competency in any of these areas above may result in an "Additional mandatory makeup time period" in order to graduate and receive certification. The student may seek pre-approved means to improve academic standing with additional instructor/student work, this may include additional instructor fees separate from cost of tuition if necessary. To prevent an "Additional mandatory makeup period" we highly suggest avoiding the following: No cell phone use during class time, avoid being habitually late, consistently take lecture notes and ask when extra help is needed in an area of study to prevent falling behind. Students placed within this mandatory makeup period will be given 60 calendar days following this notification to demonstrate required level of knowledge. Students who do not remedy academic progress standing within the required time frame may be dismissed from the training program.

Please see graduation requirements as these interplay the direct correlation in regards to successful academic progress.

14. Graduation

Our 200 hour Yoga Alliance Teacher Training program is a conducted pass or fail basis. Students need to attend all 9 monthly educational modules in the amount of 180 contact hours required to receive certification to graduate. In the event an individual is ill or misses hours during a module weekend, these hours need to be made up and completed before graduation. Several options are available for makeup such as the following: attending a future teacher training module during the next training program and receiving certification later, auditing several public classes on site at the school, while cueing/mocking teacher to fulfill hours, or attending a similar yoga alliance approved training weekend or workshop elsewhere that follows our educational objective and learning outline.

In addition to the 180 contact hours needed to graduate the following are additional components in order to receive certificate to graduate. Part of our program curriculum incorporates student projects that are to be completed as part of our practicum piece towards the last few modules. We spend time during our training learning about what opportunities are available with this particular requirement, past students visit our modules to share what they did for their project requirements. These projects are a great way for us to explore and share with the class what we have learned during the training, our opportunity to deepen our ability to instruct and teach in front of a large group, if a student chooses to become a yoga teacher within the community. Projects range a full variety of options the student chooses, but not limited to only specific choices. Our school also incorporates 2 verbal and written student evaluation/assessments during mid training and before graduation. This helps to asses where the student is in regards to progressing within the training and understanding course content.

Sample below of our monthly module program outline.

Please refer to our website for each current yoga training schedule.

200 hour 8 month module calendar program, sample schedule outline below. Our Modules meet once per month starting at 8a.m. and running 11+ hours per day, this covers the 180 contact hours required by Yoga Alliance for certification. Our trainings start dates vary throughout the year. We offer training dates that rotate start times in the Fall, New year and Spring.

Winter Module Dates:

- **January 6/7**
- **February 10/11**
- **March 10/11**
- **April 7/8**
- **May 5/6**
- **June 2/3**
- **July 14/15**
- **August 4/5**

15.

Sample details of our module schedule weekends

Saturday

- *8:00 arrive to register and check in for the day
- *9:00 Yoga class taught by (E-RYT) Suzanne Cobb
- * short break
- *11:00 Circle connection (introduction, journaling, Q&A)
- *12:30 Lunch break
- *1:15 Yoga Philosophy the 8 limbs
- *Understanding Yoga Breathing
- *2:00 The different Yoga disciplines
- Sanskrit cards/ External dissection of the asana
- *short break
- *3:00 Nidra Yoga style meditation
- *4:00 Anatomy for Yoga-mapping out the body-understanding body movement
- *5:00 Self practice/SadhanaQ & A
- *6:00 Meditation
- *Closing Circle

Sunday

- *8:00 Sadhana/self practice..... journaling
 - *9:30 Exploring meditation
 - * short break
 - *11:00 Sanskrit Cards/External dissection of asana.
 - *12:00 Pranayama Yoga Breathing
 - *12:45 Lunch
 - *1:30 Anatomy for Yoga and movement
 - *3:00 Yoga class with Suzanne learning cue words/observation
 - *short break
 - *4:00 Yoga class learning a sequence by breath, English name and Sanskrit
 - *5:00 Meditation
 - *6:00 Self Care/Sadhana Connection-journaling/Q&A
 - *Closing Circle
-

16.

Confidentiality Policy:

We do not sell, trade, or otherwise transfer to outside parties your personally identifiable information. This does not include trusted third parties who assist us in operating our website, conducting our business, or assisting you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others rights, property, or safety. However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses.

Emergency Policies:

It is our policy to maintain contact information on individual students for emergency purposes. Individual files will indicate emergency phone numbers, contact person(s) and preferred emergency medical personnel and facility. The faculty member in attendance may be required to make separate decisions regarding these matters, should expediency be an issue.

Aside from the 911 emergency phone number, the school maintains a published list of emergency facilities nearby. The school also has a first aid kit on the premises for use by faculty and students.

Panacea Yoga Studios, LLC

Panacea School of Integrative Health
Professional trainings and certifications

Yoga Teacher Training Application



A \$50 non-refundable Application Fee, and personal short question/essay must accompany this application.

Name: _____

Date: _____

Mailing Address: Street:

City: _____ State: _____

ZIP: _____

Email address: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Date of birth: _____

Emergency Contact: _____

Module/ Monthly Session you are applying for: _____

Education:

Do you have a: High school diploma: ____ GED: _____

College Education Degree: _____ (please name degree or courses)

Previous study in Yoga and or other alternative areas of study?

Health:

Please list any major medical or physical conditions you have been treated for in the last five years? _____

Do you believe you are currently physically/mentally capable of attending our Yoga Teacher Training? Yes: ____ No: ____

Criminal history

Have you ever been convicted of a felony or misdemeanor, other than traffic offenses, within the past five years? Yes: ____ No: ____

If yes, please explain: _____

Essay questions:

On a separate piece of paper please answer the following questions. Please submit with your application.

1. What inspires you to learn more within the area of Yoga studies?
2. What is your current yoga practice, personally and or at a studio location, and if so for how long?
3. What are your personal goals and thoughts with this Yoga Training certification? Do you plan to instruct upon receiving a certification, and or is this monthly course module more directed for self enrichment and personal growth?
4. This yoga training is a professional program that meets high standards through a yoga alliance 200hr certification. This program requires commitment. Please see our Yoga handbook in regards to what is expected through this course of study in regards to graduation requirements, conduct policy, fees and tuition. Are you prepared to take on this responsibility in reference to our Yoga handbook policy?
5. (optional scholarship opportunity) Suzanne Imbruno Cobb, owner of Panacea Yoga Studios LLC, and Panacea School of Integrative Health made extensive progress and recovery from a chronic illness that helped fuel her desire and need to help others suffering and enrich their life with the opportunity to share alternative ways to heal through her studio and educational trainings. Learn more about Suzanne's story at www.breakinglyme.com. Due to her past illness and what has motivated her to serve others whom suffer; we are more than pleased to announce the opportunity for individuals whom have experienced a chronic illness in the past and or are in recovery from the devastation of illness to share your personal experience and story by essay 3-5 pages with us, and what has motivated you towards a better quality of life, how do you feel you can help others through your experience? This optional essay will give you the opportunity to receive one of our fabulous and generous scholarships towards your educational tuition.

Your Signature below certifies that all the information on this application is true and correct to the best of your knowledge. Falsifying information on this application will be considered cause for dismissal from this program without refund of any monies paid.

You, the potential student, understand that before you can be formally enrolled in any Panacea Yoga Program you will need to have a phone or personal interview with a faculty member. In addition, upon acceptance you will need to sign an enrollment agreement with a non refundable registration and program deposit of \$199, to secure your spot.

We look forward to the possibility and potential of having you join our Yoga Training Program. We are a dedicated Yoga studio and training center offering amazing Integrative educational based needs to further personal growth and overall enrichment in individual lives.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

PLEASE SEND YOUR APPLICATION, APPLICATION FEE OF \$50 & ESSAY TO:

Panacea Yoga Studios, LLC
Panacea School of Integrative Health
101 Second Street Hallowell Maine, 04347
207-242-2983
info@panaceayogastudios.com
www.panaceayogastudios.com

