

Frequently Asked Questions

What are the tuition costs?

Level I - \$3485

Level II - \$3485

Level III - \$3485

Level IV - \$3535 (as of 2018, subject to change)

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.

Level II:

Participants in level II are required to have completed level I or be currently enrolled in level I.

OR

Required to have an RYT-500 credential

OR

Required to be a licensed medical professional or physical therapist with an RYT-200

Level III:

Participants in level III are required to have completed level II or be currently enrolled in level II.

Level IV:

Completion of Yoga Therapy Rx Levels I, II, & III.

Proof of Yoga teacher liability coverage

Proof of successful completion of UCLA online HIPAA course

Proof of negative TB test

What credentials am I eligible for after completing each course?

Students who complete Levels II and up are eligible for the *Samata Credentials program*. Visit our [website](https://samata.com/prime-of-life-yoga/credentials-registration/) for more information at <https://samata.com/prime-of-life-yoga/credentials-registration/>.

If a student is Yoga Alliance RYT-200 registered at the start of Level I course, upon completion of Levels I & II, they can apply for [Yoga Alliance RYT-500](https://www.yogaalliance.org/Credentialing/For_Teachers/RYT_500) credential (https://www.yogaalliance.org/Credentialing/For_Teachers/RYT_500). We are registered as "[LMU Extension](#)" with Yoga Alliance.

Ours is also an IAYT Accredited Yoga Program. Students who enter with an RYT-200, and complete YTRx Levels I-IV with 10 additional semester hours are eligible for the [C-IAYT certificate](#). Visit <https://samata.com/yoga-therapy-rx-lmu/> for full details.

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

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 advanced course 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 course 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 is a Clinical Internship course that 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 is the procedure for the enrollment in the program?

The *application process for Level I* is to be completed [online](#) through the LMU Extension website. The application is reviewed and the applicant receives a response within two weeks. If the application is approved the applicant can then *register for the course online*.

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 is the deadline for enrollment?

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 discounts?

There are two types of discounts:

Early Registration Discount:

Level I-III: Early registration discount of \$150.00. The registration must be received by *September 1st* and *paid in full* to receive this discount.

Level IV: Early registration discount of \$200.00. The registration must be received by *December 1st* and *paid in full* to get this discount.

Concurrent Enrollment Discount:

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.

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. Please contact LMU Extension for details at (310) 338-1971 or PRanftl@lmu.edu.

Are there any student loans available?

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 programs. There are no scholarships for Level I and Level IV at this time. The maximum amount any one student can receive is \$250. 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.

Students interested in a scholarship must complete a Tuition Assistance Application, which must include a personal essay and a copy of your last income tax return. To obtain an application, and to ask further questions, 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 + Homework - 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) Graded B- or better if all the requirements are met. 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) NC-No Credit - if all the requirements are not met. No certificate will be issued.

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

A student is allowed 4 missed days (2 class weekends) 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 on time, they will be allowed to write an attendance make up term paper. If a student misses more than 6 days, they must attend those days in the following year to meet the required days of attendance. Students who need to make up

classes will receive their certificate upon completion of those requirements.

It is the student's responsibility to contact the Samata office 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 page term paper and one case study

Level III - an 8-10 page 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. More details are available on Brightspace at the start of the term.

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 6 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. Credit Hours 13.5 which equals 133 class hours.

Level II course is for 12 weekend classes between the months of October and August of the following year. 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. Credit Hours 13.0 or 132 class hours.

Level IV course has a different schedule than Levels I-III. There are 3 weekend classes at LMU Extension and 12 weekday (Tuesday) clinic sessions at Venice Family Clinic. The classroom study hours are 132 (13.0 Semester Hours)

What are the schedules of the classes?

Levels I - III

The schedule 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 schedule for the last weekend of Level I is Saturday 10 am – 6 pm &

Sunday 10 am – 6 pm

Level IV

The schedule 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 (Levels 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. There is 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. The mentored clinics include three hours administrative training; one hour supervised medical team meeting; three hours supervised client sessions, and one hour group mentoring review/discussion.

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

There are no training programs that can guarantee employment. However, a certificate of completion from Loyola Marymount University puts our graduates ahead of the competition. With hundreds of thousands of health care professionals in Los Angeles alone, students trained in our program to work side by side with healthcare professionals have an advantage. You can view just some the many careers of our [successful graduates](http://www.samata.com/successful-graduates) on the Samata website (<http://www.samata.com/successful-graduates>)!

What is the Mentors Program?

The [Mentors 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 the Samata office by September 1st. Find a list of approved mentors at <https://samata.com/mentors-program/>.

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.

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 Brightspace. 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.

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

For a list of all local hotels please visit LMU's website [HERE](#).

Do you offer online courses in Yoga Therapy?

No, we believe that the best learning experience for Yoga Therapists is a live hands-on experience.

Do you provide student visas for International Students?

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