



**Prime of Life Yoga® Intensive
At Loyola Marymount University Extension**

Frequently Asked Questions

What are the tuition costs?

The Tuition for the Prime of Life Yoga® course is \$985.

What are the pre-requisites for enrollment?

This program is open to yoga teachers and yoga students.

When does enrollment start?

Enrollment by phone: (310) 338-1971 is open mid-November and online enrollment starts in December.

What is the deadline for enrolling?

Deadline for enrollment is 2 weeks before the start of the class in March.

What is the refund policy?

Student will get a full refund if enrollment is withdrawn 24 hours prior to the start of the course in January. Students can get 50% of the fees, if they withdraw before the release of the 2nd lesson online (Starting with the 1st week of the course, each week a new lesson will be released on the blackboard for the online portion of the studies). No refund is available thereafter.



What is the requirement for certificate of completion?

Completion of the online portion of the home study and full attendance of 4 days of class with a grade of B and above is a must for issuance of the certificate of completion.

Is the certificate recognized by Yoga Alliance?

Yes, if a student is Yoga Alliance RYT-200 certified, this workshop is considered as continued education credits for yoga teachers.

How big are the classes?

The class is limited to 25 students.

What certification does the course offer?

Upon completion of the 50 hours of study, participants will receive a certificate of completion in Prime of Life Yoga® from Loyola Marymount University Extension.

What is the advantage of taking this course?

Students will be trained in techniques for teaching yoga to older populations whose needs differ from younger yoga students. By developing routines and behaviors that cultivate positive thinking and acceptance of the aging process, these students of yoga will gain a heightened sense of self-worth and peace of mind. Students who complete this course are eligible to obtain a POLY teaching credential from Samata International (more information at www.samata.com).



What is the timeline of the course?

This course runs for one semester from January through March.

What is the online home study?

The online home study portion is available from January till March. Starting with the 1st week of the course, each week a new lesson will be released on the blackboard for the online portion of the studies. There will be 11 lessons with a quiz at the end of each lesson, which the students have to complete. Online home study is to be completed prior to the class in March.

What is the location of the course?

The 4-day intensive will be held at Samata International Yoga Studio at 4150 Tivoli Avenue, Marina del Rey, CA 90066; **OR** at Loyola Marymount University (depending on the size of the class).

What are the timings of the classes?

The classroom timings are, APPROXIMATELY**:

Day 1 - Thursday – 10:00 am to 5:30 pm

Day 2 - Friday – 10:00 am to 5:30 pm

Day 3 – Saturday – 10:00 am to 5:30 pm

Day 4 - Sunday – 10:00 am to 6:00 pm

Lunch break will be from 1:00 pm to 2:00 pm

**These times are subject to change. There will be an accurate version of the schedule



What is the format of the class?

Classes are taught in a balanced format of lecture, discussion with Q&A's, and yoga practice.

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

Students can make up missed classes in the following semester or arrange for private hours with Larry Payne or a designated instructor at the discounted rate for students which is \$95 per hour.

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

The Prime of Life Yoga[®] Credentials Program online library is available for graduates who enroll in the credentials program through Samata International Yoga and Health Center.

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 are the required reading materials?

Please refer to syllabus.



What are the approximate costs for the required course materials?

Approximately \$50-100.

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 for the online portion of the course and for 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.

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, announcements, newsletters, last minute updates regarding a class, special instructions from teachers.

Do the students have access to the library at Loyola Marymount University?

Students enrolled in any of the Extension programs like Prime of Life Yoga® may enter the library between 8:00AM and 8:00PM. They may not borrow materials. They can apply to get a “guest” user library pass to log into the libraries systems. To obtain a Guest User Library Pass, 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://www.lmu.edu/about/services/bao/Auxiliary_Business_Services/localhotels.htm

You may also go directly to Loyola Marymount University website: www.lmu.edu > Academics > Resources > Office of the Registrar. On the left hand menu: Commencement >



Information > Hotel Information. 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.

Can I use the name Prime of Life Yoga[®] when I am teaching?

Graduates of the Prime of Life Yoga[®] program can only use the name if they register for the Samata International Prime of Life Yoga[®] credential. Yoga studios need to be licensed to use the name. More information at www.samata.com