



### THE SPACE

Grounded By Yoga is located inside Lotus Grove Healing Arts Center. During our weekends together, we will have complete use of the whole facility as well as the outdoor Yoga Meditation Garden which is equipped with organic lawn, plantings, and waterfall. Compassionate eating and electronic free. Just 6 minutes south of Victor Main Street. Overnight availability as needed. Our time together includes one afternoon road trip.

Well Being Services on Site include: Massage, Acupuncture, Organic Skin Care, Hypnosis Energy work and more.

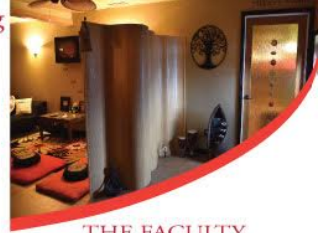
### SAMPLE SCHEDULE:

11:00-11:30 Conscious Connection  
11:30-12:30 Lecture  
12:30-2:30 Asana/Pranayama/Meditation  
3:30-4:00 Mindful Eating  
4:00-5:30 Lecture  
5:30-7:00 Student Teaching  
7:00-7:30 Yoga RoundTable  
7:30-8:15 Satsang  
8:15-8:30 Karma Yoga



Grounded By Yoga  
1 Wellness Way, East Bloomfield NY 14469

## Yoga Teacher Training



### THE FACULTY

**Sandra "Saraj" Hicks**  
RYS 200/500  
Interdisciplinary Yoga

Having experienced a young awakening at the age of 8, Saraj began her first training at 11 with Maharishi Mahesh Yogi and continued internationally attending direct lineage trainings.

**Luc Watelet**  
RYS 200 Kundalini Yoga

Luc became a Kundalini teacher under the guidance of Yogi Bhajan. With a Mental health Masters degree he also works with students struggling with depression, addictions and PTSD.

**Wendy Stoddard**

RYS Kripalu Yoga, Yin Yoga Certified  
After living in New York City for two and a half decades, Wendy earned an M. Div from Union Theological Seminary and worked with the chronically homeless, who were often mentally ill and addicted.

**Dr. Ted Barnett**

Vascular & Interventional Radiology  
Dr. Ted Barnett is a radiologist in Rochester, and received his medical degree from Tufts University School of Medicine and specializes in nutrition for the mind and body.

(please see website for faculty details)

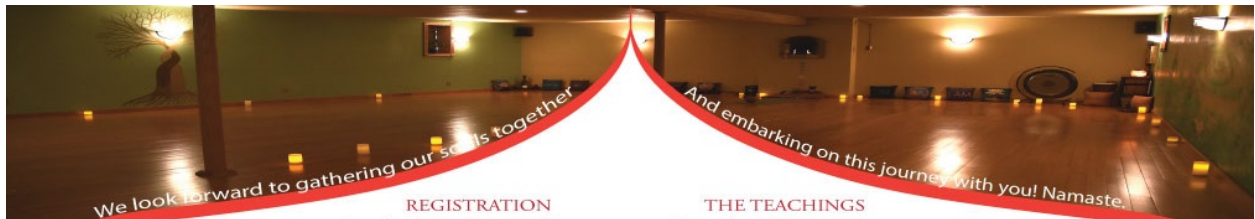
### CONTACT INFORMATION:

Payments/Applications/Written letters:  
Saraj, 8901 Bekcher Road,  
Bloomfield, NY 14469.

Email: gby@frontier.com  
Website: GroundedByYoga.com  
Studio Phone: (585) 703-4676  
Lead Instructor: (585) 229-5979 or Studio Phone.

Student may come for knowledge alone. The movement (asana) portion is not required. Should you have any questions or concerns, please contact us or sign up for our next yoga teacher training informational session on:

Photography by:  
Joan DiPetto



### CURRICULUM

- 4 Paths to Enlightenment
- Modern Hatha Lineage Focuses
- Asana (modern day yogic postures)
- Pranayama (breathing practices)
- Meditation Theory & Practices
  - Yogic Wisdom
  - Bhagavad Gita Study
  - Healing Yoga
- Yoga Diet & Nutrition
- Anatomy & Physiology
  - Yoga Teaching
  - Business of Yoga,
  - Yoga Ethics
- Yoga Alliance, & more.

### THE READINGS

Grounded By Yoga will provide to you a syllabus/workbook well over 200 pages. We also provide to you a few surprises! Most of the books will be at the student's expense (approx. \$175) and you are required to bring them your first visit (no electronic versions).

### REGISTRATION

Grounded By Yoga keeps enrollment to a minimum for your optimum and personalized learning. Register online at GroundedByYoga.com. Complete an application along with application fee and payment schedule (if desired). Upon approval (1-3 days) a deposit of \$450 is required to secure your space. Payment plans are available at full tuition. Credit Cards accepted for application fee and deposit only unless authorized by Program Director. You will receive a Welcome Email at least one month before the start of our program.

TUITION	6 Months before start
2775	6 Months before start
2875	5 Months before start
2975	4 Months before start
3075	3 months before start
3175	2 months before start
3275	1 month before start

- Payment plans available

### CERTIFICATE

An internationally recognized certificate from Grounded By Yoga Studios & Yoga teacher training Center LLC is awarded on satisfactory completion of the course and may be submitted to Yoga Alliance. Full attendance and payment is required for certificate. Make-ups are possible at student's expense. Please be sure you are committed to your practice and ready for a life transformation!

### THE TEACHINGS

Our teacher training course is an unforgettable experience of a lifetime. Grounded By Yoga's mission is to assist you in becoming a highly inspiring and spiritually evolved yoga guide. Our dedication to will provide you with the ability to be of service to individuals from all walks of life and who teach the practices with an open heart facilitating deep physical emotional and spiritual healing within yourself and your students. Based on the first principle of yoga, compassion, you will learn, develop and teach from the Heart.

By training's end, expect to skillfully guide others into the sacred landscape of their bodies minds and hearts and teach uplifting and intelligent classes infused with compassion and joy. Our courses are of outstanding quality marked by excellence and attention to detail and authenticity allowing you to be free to experiment with self inquiry in your own mind body and spirit.

Expect an adventurous journey into your inner being. This school is accredited by the Yoga Alliance international and is above and beyond the standards.

Student may attend for knowledge and spiritual development only.

### LOVE FROM ALUMNI!

- I enrolled to deepen my understanding of yoga - and found out early on that there is so much for me to learn - I'd barely scratched the surface! My primary purpose was for personal learning and teaching yoga was not the main goal. I have to share that as we progress I become more interested in entertaining the idea of teaching in some capacity.

- Teacher training was AMAZING! .....Changed my LIFE... helped me HEAL. "Thank you Sandy. You have created not only an amazing space to learn knowledge but a space in which to "come home" to reunite as one which we truly are. You are amazing. We are so privileged to be on this journey with you."

- This was an absolutely awakening and transforming experience. I didn't necessarily enter this program intending to teach, I thought that I might, but it was more for a deepening of my own practice. I walked away feeling confident in my ability to share this practice with others. Sandy was an amazing teacher and spiritual guide, and I uncovered and learned so much about myself through this process. - Danielle