



NEW HAVEN PUBLIC SCHOOLS

## AGREEMENT COVER SHEET

**Cover Sheet is an Internal Document for Business Office Use**

**Please Type**

Contractor full name: Lani Rosenberg

Doing Business As, if applicable: Full of Joy Yoga (FOJY)

Business Address: 58 Norris Street Hamden CT 06517

Business Phone: 203-909-1535

Business email: Lani@fullofjoyyoga.com

Funding Source & Acct # including location code:

ARP ESSR C/O Acct # 2553-6399-56694-0066

Principal or Supervisor: Cari Strand

Agreement Effective Dates: From 3/14/2023 To 06/30/2023.

Hourly rate or per session rate or per day rate.

Total amount: \$3,825.00 (24 hours of instruction plus props)

Description of Service: Please provide a one or two sentence description of the service. *Please do not write "see attached."*

Full of Joy Yoga will provide student yoga and mindfulness sessions during our intervention block "Eagle Block" on Fridays during the school day. Here they will provide students with the tools and techniques for relieving stress and centering themselves for academic success. FOJY will also provide teacher professional development to train teachers in techniques for supporting students in their ability to self-regulate and increase focus, as well as teacher yoga sessions for stress relief and practicing the techniques they learned about mindfulness. FOJY will also afford us with the props necessary to implement FOJY techniques in our school without their physical presence.

Submitted by: Cari Strand Phone: 475-220-6200



NEW HAVEN PUBLIC SCHOOLS

## Memorandum


**To:** New Haven Board of Education Finance and Operations Committee  
**From:** Cari Strand, High School in the Community  
**Date:** 3 January 2023  
**Re:** Partnership between Full of Joy Yoga and HSC

---

Please ***answer all questions and attach any required documentation as indicated below***. Please have someone **ready to discuss** the details of each question during the Finance & Operations meeting or this proposal might not be advanced for consideration by the full Board of Education.

1. **Contractor Name:** Full of Joy Yoga
2. **Description of Service:** Full of Joy Yoga will provide student yoga and mindfulness sessions during our intervention block "Eagle Block" on Fridays during the school day. Here they will provide students with the tools and techniques for relieving stress and centering themselves for academic success. FOJY will also provide teacher professional development to train teachers in techniques for supporting students in their ability to self-regulate and increase focus, as well as teacher yoga sessions for stress relief and practicing the techniques they learned about mindfulness. FOJY will also afford us with the props necessary to implement FOJY techniques in our school without their physical presence.
3. **Amount of Agreement and hourly or session cost:** \$3,825 (24 hours of instruction plus props)
4. **Funding Source and account number:** ARP ESSR C/O Acct # 2553-6399-56694-0066
5. **Approximate number of staff served through this program or service:** All faculty (25) will be trained during any PD sessions and any interested staff or faculty who would like to participate can take advantage of the teacher yoga sessions.
6. **Approximate number of students served through this program or service:** 280. While it's unlikely that all students will be interested in participating directly in the elected student yoga sessions, all will have access and all will benefit because teachers will be receiving training on helping students regulate. These techniques will be put into practice during Flight Crew (our advisory block). Over the summer, we had 10 students participate in these sessions and expect between 30-50 students to receive direct yoga instruction.
7. **Continuation/renewal or new Agreement?**  
**Answer all questions:**
  - a. Continuation/renewal, has the cost increased? If yes, by how much?

- i. This is a renewal of services started in the Summer. The cost has increased because the amount of time we are agreeing has increased. The cost of the Summer programming was \$1,070.00 and included more props and fewer hourly sessions. Summer invoice below:



**Full of Joy Yoga**  
48 Norris St  
Hamden, CT 06517 US  
203-909-1535  
lank@fulljoyyoga.com

**Invoice**

**BILL TO**  
Special Fund Education  
City of New Haven BOE  
54 Meadow Street  
New Haven, CT 06519

**SHIP TO**  
City of New Haven BOE  
54 Meadow Street  
New Haven, CT 06519

INVOICE #	DATE	TOTAL DUE	DUE DATE	TERMS	ENCLOSED
1884	07/20/2022	\$0.00	07/30/2022	Net 10	

DATE	DESCRIPTION	QTY	RATE	AMOUNT
07/13/2022	1 hour class	1	100.00	100.00
07/13/2022	Teacher Tools - Resale: Yoga Mats	15	8.00	120.00
07/13/2022	Mindful Yoga Breaks Product: Mindful Yoga Breaks Cards Wholesale 3	20	30.00	600.00
07/13/2022	Mindful Yoga Breaks Cards Wholesale	15	10.00	150.00
07/20/2022	Child Yoga Book	1	100.00	100.00
<b>PAYMENT</b>				1,070.00
<b>BALANCE DUE</b>				<b>\$0.00</b>

- ii.
- b. What would an alternative contractor cost:
- i. The package FOJY has curated for HSC is unique in that it combines student yoga, teacher yoga, props, and teacher PD all together. The committee was not able to find a contractor who was able to both provide all of these services and work with our faculty and students on site at HSC. We found teacher training for a rate of \$3,400 per person through the Breathing Room Yoga Studio, but this is significantly more expensive and the services offered are not as closely aligned with our goals as those provided by FOJY, as the training focuses on the participants learning to become yoga teachers rather than classroom teachers who incorporate yoga into their school programming. Pricing for regular yoga courses also exceeds the FOJY quoted price. Prices at Fresh Yoga start at \$16 per drop in session at the sustaining rate, but Fresh Yoga does not offer professional development for classroom teachers and the rate is for a single individual and would not be available within our school building. FOJY's rate is for groups of students and/or teachers and is, therefore, both more affordable, provides far greater flexibility, and includes professional development.
- c. If this is a continuation, when was the last time alternative quotes were requested?
- i. We requested alternative quotes in advance of the Summer of 2022
- d. For new or continuation: is this a service existing staff could provide. If no, why not?
- i. Not yet. We are hoping that through FOJY's professional development, we can continue this work and practice in house, but since we have not had PD through FOJY yet, we cannot offer this training at this time.

## 8. Type of Service:

### Answer all questions:

- a. Professional Development? Yes, the agreement includes 9 hours of teacher Professional Development for all certified staff at HSC.

- i. If this is a professional development program, can the service be provided by existing staff? If no, why not?
  - 1. Not yet. We are hoping that through FOJY's professional development, we can continue this work and practice in house, but since we have not have PD through FOJY yet, we cannot offer this training.
- b. After School or Extended Hours Program?
  - i. No - the student yoga sessions will meet during the school day during our intervention block called "Eagle Block"
- c. School Readiness or Head Start Programs?
  - i. No
- d. Other: (Please describe)
  - i. • Breathing exercises: This helps students to self- regulate when they are feeling their big emotions (anger, stress, fear, anxiety, etc). It also increases focus and sends a signal to the Bulldog Brain to calm down. • Mindfulness: This is the practice of paying attention to the present moment without judgment setting the foundation for future coping skills. • Poses: Builds strength & flexibility as well as help to reduce stress, build compassion, and enhance learning. • Games: Noncompetitive fun ways to encourage creative thinking, teamwork, and focus, while building community and safety. • Relaxation: Helps to decrease stress and anxiety, improves emotional stability, and increases the functioning of your brain. • Props: These are used as an addition to the tools above. Some examples of props used are a breathing ball, chime, books, mindful glitter bottle and bubble timer. • Develops the ability to self-regulate • Builds strength and flexibility • Reduces stress • Enhances focus and concentration • Helps to improve social-emotional skills • Creates a peaceful and relaxed state • Builds self-esteem • Increases kindness and compassion

**9. Contractor Classification:**

**Answer all questions:**

- a. Is the Contractor a Minority or Women Owned Business?
  - i. Woman Owned Business
- b. Is the Contractor Local?
  - i. It is based in Hamden.
- c. Is the Contractor a Not-for-Profit Organization? If yes, is it local or national?
  - i. No
- d. Is the Contractor a public corporation?
  - i. No
- e. Is this a renewal/continuation Agreement or a new service?
  - i. Continuation
- f. If it is a renewal/continuation has cost increased? If yes, by how much?
  - i. Yes, the total cost has increased relative to the amount of time added to this agreement. The PO used during the Summer amounted to \$1,070 and the total for this agreement is \$3,825. This agreement covers the costs of 24 hours of work plus props, while the Summer Agreement only covered 2 hours of work plus props.
- g. Will the output of this Agreement contribute to building internal capabilities? If yes, please explain:

- i. Yes, FOJY will provide teacher training around supporting students through self-regulation techniques. Teachers will utilize this training in classes, especially advisory, which we call Flight Crew. Moreover, students and teachers will be offered small class yoga sessions with FOJY to continue practicing Case/Social-Emotional Learning associated skills.

**10. Contractor Selection: In this section, please describe the selection process, including other sources considered and the rationale for selecting the contractor. Please answer all questions:**

- a. What specific skill set does this contractor bring to the project? Please attach a copy of the contractor's resume if an individual or link to contractor website if a company:
  - i. [www.fullofjoyyoga.com](http://www.fullofjoyyoga.com)
- b. How was the Contractor selected? Quotes, RFP/RFQ, Sealed Bid or Sole Source designation from the City of New Haven Purchasing Department? Quotes
- c. Is the contractor the lowest bidder? If no, why? Why was this contractor selected?
  - i. None of the yoga instructors we contacted were able to offer the range of services FOJY proposes in this agreement, nor were they able to offer those services on site at our school. Many yoga studios will offer teacher PD at a higher rate than FOJY, but will not come to HSC for teacher or student yoga sessions or order props for the school. The cost of this contractor reflects a specially curated package of services that HSC requires. The cost of PD for just one person at Breathing Room (\$3400) is slightly less than the cost for this full agreement which serves as many members of our student body as are interested, as well as faculty members. The cost of single classes at Fresh Yoga for the number of people included in this agreement is higher and does not include on-site services or PD for teachers.
- d. Who were the members of the selection committee that scored bid applications?
  - i. Dianna Carter, Julia Melbourne, Cari Strand
- e. If the contractor is Sole Source, please attach a copy of the Sole Source designation letter from the City of New Haven Purchasing Department.

**11. Evidence of Effectiveness & Evaluation**

**Answer all questions**

- a. What **specific need** will this contractor address and how will the contractor's performance be measured and monitored to ensure that the need is met? Yoga has been shown to benefit students' social emotional wellbeing. We will look for an impact in our quarterly SEL assessment. We monitor SEL standards quarterly in our Flight Crew (advisory) classes using SEL standards and scoring criteria.
- b. If this is a **renewal/continuation service** attach a copy of the evaluation or archival data that demonstrates effectiveness. Though this is a renewal, only 10 students were served over two hours in the summer program, so we did not gather any meaningful data.
- c. How is this service aligned to the District Continuous Improvement Plan? This service is aligned with Goal 3: Development of the Whole Child, as it supports students' social-emotional wellness and physical wellness.

12. Why do you believe this Agreement is fiscally sound? Yes. The rate is reasonable, and the services are tailored specifically for HSC's needs.
13. What are the implications of not approving this Agreement? This agreement gives teachers tools for leading mindfulness exercises and for better supporting students' affective needs. It also provides similar tools directly to students so that they can improve their ability to self-manage and focus.



NEW HAVEN PUBLIC SCHOOLS

**AGREEMENT**  
**By And Between**  
**The New Haven Board of Education**  
**AND**  
**Full of Joy Yoga**

FOR DEPARTMENT/PROGRAM:

**High School in the Community**

This Agreement entered into on the 13th day of March 2023, effective (no sooner than the day after Board of Education Approval), the 14th day of March 2023, by and between the New Haven Board of Education (herein referred to as the “Board” and, Full of Joy Yoga located at, 58 Norris Street, Hamden, CT 06517 (herein referred to as the “Contractor”).

**Compensation:** The Board shall pay the contractor for satisfactory performance of services required the amount of \$175 per day, hour or session for students, \$100 per hour for teachers for 9 of the PD sessions, \$175 per hour for teacher PD for remaining sessions, plus props. FOJY will provide a total of 24 hours of sessions at these rates with the final cost not exceeding \$3,825.00 to cover fees and materials.

The maximum amount the contractor shall be paid under this agreement: Three Thousand Eight Hundred and Twenty Five Dollars (\$3,825.00). Compensation will be made upon submission of an itemized invoice which includes a detailed description of work performed and date of service.

**Fiscal support** for this Agreement shall be by **ARP ESSR C/O Program** of the New Haven Board of Education, **Account Number:** 2553-6399-56694 **Location Code:** 0066.

This agreement shall remain in effect from March 14, 2023 to June 30, 2023.

**SCOPE OF SERVICE:** *Please provide brief summary of service to be provided.*

Full of Joy Yoga will provide student yoga and mindfulness sessions during our intervention block “Eagle Block” on Fridays during the school day. Here they will provide students with the tools and techniques for relieving stress and centering oneself for academic success. FOJY will also provide teacher professional development to train teachers techniques for supporting students in their ability to self-regulate and increase focus as well as teacher yoga sessions for stress relief and practicing the techniques they learned about mindfulness. They will also afford us with the props necessary to implement FOJY techniques in our school without their physical presence.

***Exhibit A: Scope of Service: Please attach contractor's detailed Scope of Service on contractor letterhead with all costs for services including travel and supplies, if applicable.***

**Please note that date prior to agreement start date will be shifted to a day later in the school year.**



**Proposal for Yoga & Mindfulness  
High School in the Community  
Summer Enrichment  
School Year Winter/Spring 2023**

Lani Rosen-Gallagher, founder of **Mindful Yoga Breaks & Full of Joy Yoga**, will provide yoga & mindfulness classes for students during the school day as well as PD and yoga classes for teachers.

**Student Yoga Class dates:** Fridays: Jan 20, Feb 3, Mar 3, Mar 17, Mar 31, Apr 28, May 5, May 12, Jun 2

**Rate:** 9 days - 1hr 30 min/\$175: **\$1575**

**Teacher PD:** dates TBD

**Rate:** 2- 1-hour sessions/\$175: **\$350**

**Teacher Yoga Classes:** dates TBD

**Rate:** 9 - 1-hour sessions/\$100: **\$900**

**Mindfulness & Wellness Props: \$1000**

**Total Cost: \$3825**

lani@fullofjoyyoga.com

fullofjoyyoga.com

203-909-1535

**The Recommended Program for your school would include:**

1 hour PD workshop = \$200

12 weeks of classes (4- 25 min groups per





#### Mindful Yoga Breaks® Tools:

- **Breathing exercises:** This helps students to self-regulate when they are feeling their big emotions (anger, stress, fear, anxiety, etc). It also increases focus and sends a signal to the Bulldog Brain to calm down.
- **Mindfulness:** This is the practice of paying attention to the present moment without judgment setting the foundation for future coping skills.
- **Poses:** Builds strength & flexibility as well as help to reduce stress, build compassion, and enhance learning.
- **Games:** Noncompetitive fun ways to encourage creative thinking, teamwork, and focus, while building community and safety.
- **Relaxation:** Helps to decrease stress and anxiety, improves emotional stability, and increases the functioning of your brain.
- **Props:** These are used as an addition to the tools above. Some examples of props used are a breathing ball, chime, books, mindful glitter bottle and bubble timer.

#### Mindful Yoga Breaks® Benefits:

- Develops the ability to self-regulate
- Builds strength and flexibility
- Reduces stress
- Enhances focus and concentration
- Helps to improve social-emotional skills
- Creates a peaceful and relaxed state
- Builds self-esteem
- Increases kindness and compassion



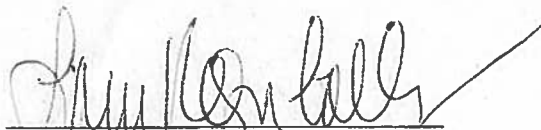
Recognizing that children need balance and focus in their lives, Lani Rosen-Gallagher (M.Ed., RYT 200, RCTI) first incorporated yoga into her daily schedule while teaching first grade in Coney Island in Brooklyn, NY over 20 years ago. Dozens of kid's yoga and mindfulness trainings later, she created Full of Joy Yoga & Mindful Yoga Breaks and set out on the path of bringing yoga to kids into their school day. She has taught thousands of children in preschools, public schools, yoga studios, libraries and events from the Bay Area to New Haven, CT where she is currently located. Her Mindful Yoga Breaks program was created with the intention of inspiring teachers to use "mindful breaks" during their school day as a way to calm, focus & allow students to self-regulate.

***Exhibit B: Student Data and Privacy Agreement: Attached***

**APPROVAL:** This Agreement must be approved by the New Haven Board of Education *prior to service start date*. Contactors may begin service no sooner than the day after Board of Education approval.

**HOLD HARMLESS:** The Contractor shall insure and/or indemnify the Board and its members, employees and agents against all claims, suits, and expenses, including reasonable attorney's fees, in connection with loss of life, bodily injury or property damage arising from any neglect act or omission of the Contractor or its employees or agents. Further, the Contractor covenants and agrees that it shall hold the Board and its members, employees and agents harmless against any and all claims, suits judgments of any description whatsoever caused by the Contractor's breach of this agreement or based upon the conduct of the Contractor, or its agents or its employees or arising out of in connection with their activities under this agreement.

**TERMINATION:** The Board may cancel this agreement for any reason upon thirty (30) days' written notice sent to the Contractor by certified U.S. mail, return receipt requested; provided however, that the Board shall be responsible to the Contractor for all services rendered by the Contractor through the last day of thirty (30) day notice period, as long as the Agreement was approved by the Board prior to the start date of service.

  
Contractor Signature

\_\_\_\_\_  
President  
New Haven Board of Education

1/19/23  
Date

\_\_\_\_\_  
Date

Lain Rosen-Gallagher, Owner  
Contractor Printed Name & Title Founder



NEW HAVEN PUBLIC SCHOOLS

## **EXHIBIT B**

### **STUDENT DATA PRIVACY AGREEMENT SPECIAL TERMS AND CONDITIONS**

For the purposes of this Exhibit B "directory information," "de-identified student information," "school purposes," "student information," "student records," "student generated content," and "targeted advertising" shall be as defined by Conn. Gen. Stat. §10-234aa.

1. All student records, student information, and student-generated content (collectively, "student data") provided or accessed pursuant this Agreement or any other services agreement between the Parties are not the property of, or under the control of, the Contractor.
2. The Board shall have access to and the ability to delete student data in the possession of the Contractor except in instances where such data is (A) otherwise prohibited from deletion or required to be retained under state or federal law, or (B) stored as a copy as part of a disaster recovery storage system and that is (i) inaccessible to the public, and (ii) unable to be used in the normal course of business by the Contractor. The Board may request the deletion of any such student information, student records or student generated content if such copy has been used by the operator to repopulate accessible data following a disaster recovery. The Board may request the deletion of student data by the contractor within two (2) business days of receiving such a request and provide to the Board confirmation via electronic mail that the student data has been deleted in accordance with the request, the date of its deletion, and the manner in which it has been deleted. The confirmation shall contain a written assurance from the Contractor that proper disposal of the data has occurred in order to prevent the unauthorized access or use of student data and that deletion has occurred in accordance with industry standards/practices/protocols.
3. The Contractor shall not use student data for any purposes other than those authorized pursuant to this Agreement.
4. A student, parent or legal guardian of a student may review personally identifiable information contained in student data and correct any erroneous information, if any, in such student data. If the Contractor receives a request to review student data in the Contractor's possession directly from a student, parent, or guardian, the Contractor agrees to refer that individual to the Board and to notify the Board within two (2) business days of receiving such a request. The Contractor agrees to work cooperatively with the Board to permit a student, parent, or guardian to review personally identifiable information in student data that has been shared with the Contractor, and correct any erroneous information therein.

5. The Contractor shall take actions designed to ensure the security and confidentiality of student data.
6. The Contractor will notify the Board, in accordance with Conn. Gen. Stat. § 10-234dd, when there has been an unauthorized release, disclosure or acquisition of student data. Such notification will include the following steps:

Upon discovery by the Contractor of a breach of student data, the Contractor shall conduct an investigation and restore the integrity of its data systems and, without unreasonable delay, but not more than thirty (30) days after such discovery, shall provide the Board with a more detailed notice of the breach, including but not limited to the date and time of the breach; name(s) of the student(s) whose student data was released, disclosed or acquired; nature of and extent of the breach; and measures taken to ensure that such a breach does not occur in the future.

7. Student data shall not be retained or available to the Contractor upon expiration of the contract between the Contractor and Board, except a student, parent or legal guardian of a student may choose independently to establish or maintain an electronic account with the Contractor after the expiration of such contract for the purpose of storing student generated content.
8. The Contractor and Board shall each ensure their own compliance with the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. § 1232g, as amended from time to time.
9. The Contractor acknowledges and agrees to comply with the above and all other applicable aspects of Connecticut's Student Data Privacy law according to Connecticut General Statutes §§ 10-234aa through 10-234dd.
10. The Parties agree that this Agreement controls over any inconsistent terms or conditions contained within any other agreement entered into by the Parties concerning student data.

[← BACK TO ALL EVENTS](#)

# Spring Living Yoga 200-Hr Teacher Training

Wednesday, March 15,  
2023, 5:30 PM –  
Sunday, June 4, 2023,  
4:00 PM

breathing room  
216 Crown Street, New  
Haven, CT, 06510,  
United States (map)



At Breathing Room, we are passionate about upholding the integrity of the yoga tradition by educating our community about the in-depth and diverse teachings of the full eight limbs of yoga. Our Living Yoga Teacher Training is designed to immerse trainees in deep education of all areas of yoga, not just asana or physical postures.

place a large emphasis on learning the yamas and niyamas, which are 10 guidelines or codes of conduct for living in relationship to self and to others. These are the first two limbs and the foundation of the yoga system, from which all other understanding flows and builds.

We also focus deeply on the chakra system as a way of not only learning about the body and its foundational energies, but also of healing and understanding the self more deeply. The study of the chakras sets the foundation for sequencing the asana poses into clear and creative classes.

Together we will learn the history of yoga, from overviews dating back thousands of years to more recent shifts of how yoga has developed in our western culture over the last 100 years. We will talk about the importance of recognizing these changes, the value of teaching in a way that honors yoga's roots, and the harmful impacts of cultural appropriation. We will also explore the equity and inequity that shows up in modern yoga communities and discuss the





By the end of the training you will have a deep understanding of the eight limbs of yoga and how they can impact you and your students' lives. You will also gain a strong foundation and understanding of the body, its anatomy and how to sequence a full vinyasa yoga class consisting of mindful movement, philosophy, breath work and meditation. After the training, all graduates will have the opportunity to teach Karmic Community Classes (KCCs) at Breathing Room to further develop your teaching skills. The KCC program is specifically designed to give our trainees teaching experience immediately after graduating, while also offering financially accessible donation-based classes to the community.

Breathing Room's Living Yoga Teacher Training invites you with open arms to this incredibly life impacting journey of the self, through the self, by the self, with a passionate staff of teachers and a group of peers. We call it the Living Yoga Teaching Training because you are indeed learning how to live these practices, not just teach them. Through this process we are truly opened to the power and abundance of the self



Teacher trainees receive 50% off class cards/memberships during the training. Graduates qualify for community teaching opportunities at Breathing Room immediately upon certification.

## **CURRICULUM**

### **Techniques, Training and Practice in:**

- Asana
- Pranayama
- Meditation
- The Chakra System
- Hatha/ Vinyasa Sequencing

### **Teaching Methodology:**

- Communication skills: group dynamic, time management, establishment of boundaries and priorities
- How to address specific needs of individuals to the degree possible in a group setting
- Principles of demonstration, observation and assistance
- Teaching styles
- Qualities of a teacher





appreciation vs. appropriation, Diversity, Equity  
and Inclusion

- Sequencing and theming a class

**Anatomy and Physiology:**

- Human physical anatomy
- Bodily systems, organs etc.
- Energy anatomy
- Application to yoga practice
- Benefits, contraindication, healthy movement patterns

**Yoga Philosophy, Lifestyle, and Ethics for  
Yoga Teachers:**

- Study of The Yoga Sutras of Pantajali
- In-depth study of the 8 Limbs of Yoga with emphasis on the Yamas and Niyams
- Concepts of Dharma
- Study of The Four Agreements
- Ethics for yoga teachers and practitioners
- Understanding the value of teaching yoga as a service and being in service to others

**Practicum:**

- Practice teaching



## **REQUIREMENTS & PREREQUISITES FOR TEACHER TRAINING**

All incoming teacher trainees must have the following practices, commitments and awareness of yoga in order to create and maintain the optimal learning and teaching environment for all participating in the training:

- A minimum of two years of weekly yoga practice.
- A basic awareness of yoga as a larger practice other than just the physical movement.
- A completed application
- An understanding that teacher training is a mental, physical and emotional experience that may stir up energy and or agitation in these areas of your life.
- Two asana classes a week (12 of these classes are included in tuition all other classes are 50% off)



**Select Saturdays 1-6 & Sundays 9-4:**

Wednesday 1: March 15

Weekend 1: March 18-19

Wednesday 2: March 22

Wednesday 3: March 29

Wednesday 4: April 5

Weekend 3: April 8-9

Wednesday 5: April 11

Weekend 4: April 15-16

Wednesday 6: April 19

Weekend 5: April 22-23

Wednesday 7: April 26

Wednesday 8: May 3

Weekend 6: May 6-7

Wednesday 9: May 10

Weekend 7: May 13-14



Wednesday 11: May 24

Wednesday 12: May 31

Weekend 9: June 3-4

### **TUITION**

Registration Deadline: March 1st

Early Bird (Pay in full by Feb. 1st ): \$3,400

Standard (Pay in full by start of training): \$3,600

BIPOC: \$3,000

Payment Plan: \$3,750

### **TRAINING TUITION INCLUDES:**

All Wednesday night Asana classes

Training manual

Sales Tax

### **NOT INCLUDED IN TUITION**

Required reading books

Additional asana class requirements outside of  
training hours

- Trainees receive 50% off all class cards  
with in the duration of the training and 15% off  
all future class

cards after graduation



Margot's style of teaching is influenced by more than 20 years of devotion to her personal yoga practice and education. She holds over 900 hours of training in a wide variety of yoga philosophy and styles. "Yoga has been such a deep part of my evolution as a human. For someone that was not raised within any one religion, I always yearned for the community that houses of worship offer their communities. I felt compelled to create a space for all people to come and feel at home and welcomed regardless of their religion, race, gender or sexual orientation; a space that can create a container for self inquiry and discovery amongst others who are doing the same."

### **Tobie Schuerfeld**

Tobie was introduced to yoga in her early twenties but didn't start a dedicated practice until her 29th birthday when her mother brought her to Kripalu Center in the Berkshires. Since then she has completed her 200hr certification in an Iyengar influenced style of yoga. She has learned from teachers such as Rodney Yee, Seane Corn, Rolf Gates, Baron



alignment are the keys to freedom in the body and freedom in the breath. Being a massage therapist for the last 10 years and receiving her masters in clinical nutrition two years ago, Tobie has a well rounded understanding of the body. Her classes are challenging and fun while giving the students an awareness that they are ultimately their own teacher and can guide their practice to fit their needs.

### **PARTICIPATING TEACHERS**

#### **Khushi Malthora**

Khushi lives in both India and the US. She received her Yoga training at the Himalayan Institute, founded by Swami Rama and has a dual Masters in Social Work and in Public Health. Currently she helps with a holistic education program in the Garhwal Himalayas, India ([apvschool.org](http://apvschool.org)), runs a mindful eco-tourism business which takes people into nature and into self ([simplyhimalaya.com](http://simplyhimalaya.com)), and helps with teachers trainings and workshops. She is also a Vipassana meditator. "My yoga is rooted in the ancient classical hatha tradition.





yogis themselves. I feel blessed that nature has gifted me with the ability to share wisdom.”

### **CONTACT**

For questions regarding the training or your application, please email [teachertraining@breathingroomct.com](mailto:teachertraining@breathingroomct.com).

Posted in Teacher Training, Workshops  
Tagged teacher training for teacher training page, yoga

Earlier Event: March 7

Illuminate Your Power: Full Moon Flow

Later Event: March 20

Spring into Self Care: Ayurvedic Cleanse & Book Circle!



---

## Breathing Room Yoga

216 Crown Street  
New Haven, CT 06232  
203-562-5683

# Youth Wellness Program

## OVERVIEW

Within this offering, we will work together as a group to create safe & brave space to build connection to mind, body and breathing. We will open a session with a small meditation and thought provoking reading. We will then open the floor for discussion and have 5 minutes for journaling. Then the students will be led through a group yoga class followed by sound bath meditation with singing bowls and gongs!

## Schedule

- Monday July 18, 2022 from 2-4pm
- Tuesday July 19, 2022 from 2-4pm

## Cost

Items	Cost	Quantity	Total
1 hour Wellness Practice	\$150.00	4	\$600.00
Wellness Inspired Book of Choice (book of poetry, Yoga sutras, extra)	\$5.00	30	\$150.00
Total			\$750.00



From <http://freshyoga.com/policies.html>

HOME > FEES & POLICIES

## Fresh Yoga Fees & Policies

### Classes

#### THE FRESH SLIDING SCALE

---

In order to help keep yoga accessible to all there are 3 payment choices (tiers) for each class card or drop-in rate.

The **Sustaining Rate** reflects the actual operating costs of the studio. If you can afford this level, please choose sustaining and help us remain viable!

If you cannot afford the sustaining rate, the **Sponsored Rate** covers 75% of what is needed to run the studio. It provides an affordable option for regular study.

The **Benefactor Rate** is 20% higher than the sustaining rate. If you can afford this level, you are assisting our efforts to offer tiered, scholarship, and need-based classes!

**If you cannot afford the subsidized level** – please apply for a larger scholarship based on need [click here](#) for more information.

#### THE NUMBERS YOU SEE BELOW ARE STRUCTURED AS:

##### SPONSORED / SUSTAINING / BENEFACTOR

Join Fresh Yoga - Invest in a Class Card Now! [click here](#)!

#### New Student Special (brand new students to Fresh Yoga only)

---

2-week unlimited class card for **\$22.50 / \$30 / \$36** (14-day expiration)

#### Multiple-Class Cards

---

5 Classes

**\$56.25 / \$75 / \$90** (6-month expiration)

10 Classes

**\$101.25 / \$135 / \$162** (9-month expiration)

20 Classes

**\$187.50 / \$250 / \$300** (12-month expiration)

Unlimited 1 Month

**\$96.75 / \$129 / \$154.80**

Unlimited 3 Month

**\$270 / \$360 / \$432**

#### **Senior / Student / Military Discount Rate**

---

Please use the sponsored rate

If you cannot afford the sponsored rate please [click here](#) for more information about scholarships!

#### **Single Class Drop-In Rates**

---

Drop-in **\$12 / \$16 / \$19**

#### **PLEASE SUPPORT FRESH**

---

For those who can afford our sustaining class card and drop in rates we ask that you consider the value of these classes and these teachers in your life. Fresh Yoga strives for a sustainable model of business not only for our community but also for our teachers and staff.

Every year these numbers will be recalculated to reflect changes in operating costs and offerings.

– When possible \$5 and no-minimum classes will be added

– Prices will be changed to reflect the current pattern of attendance – hopefully in the direction of making it more affordable for everyone!

#### **More Info on the REFRESH**

[click here!](#)

#### **General Class Card Policies**

---

Please contact us if you need an extension for medical reasons.

No extensions due to studio closure for emergency or weather conditions.

Classes and teachers are subject to change.

Class cards are non-refundable.

Unlimited class cards cannot be put on hold.

Class cards cannot be shared.

For policies regarding **online sign-in**, please [click here!](#)

### **Workshop Policies**

---

If you cancel 72 hours prior to a scheduled workshop, your workshop fee can be transferred to studio credit minus a \$25 processing fee.

### **Expiration Dates on Class Cards**

---

Please contact us if you have a special circumstance that requires your class card expiration be extended.

By making a purchase at Fresh Yoga or on the MindBody online system, you are agreeing to the policies listed above.