



**Surya Chandra  
Healing Yoga School**

Catalog and Student Handbook  
2014 - 2015

703 · 389 · 3174  
[www.SuryaChandraHealingYoga.com](http://www.SuryaChandraHealingYoga.com)

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# **Surya Chandra Healing Yoga School**

## **Student Handbook And Catalog**

**2014**

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## **Surya Chandra Healing Yoga School's Philosophy**

These programs are for those interested in an opportunity to learn and experience yoga in-depth and produce innovative teachings at the highest level.

JJ Gormley-etchells, has been studying yoga since 1979. In 1994 she founded one of the most established schools of yoga thought and practice, Sun & Moon Yoga School in Virginia. In 2006, she founded the Eureka Yoga School in Montana and upon moving to Virginia, changed the name to Surya Chandra Healing Yoga. She brings the same high quality to all her programs offered in various locations across the country. She has continually offered the highest quality of yoga training in the country.

SCHYS's intention is to offer an integrated curriculum that provides comprehensive programs for students of yoga to continue their studies. These programs can prepare students to teach yoga or simply be an avenue for greater study of yoga. The focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga.

These programs are designed to preserve the wisdom of the ancient tradition while adapting the principals to meet the needs of our contemporary society and lifestyles. The programs are taught by highly qualified faculty who embody traditional and innovative approaches to learning. The courses are structured to be strong and intense, yet flexible, encouraging students to explore their own inner resources with commitment and self-discipline. The format is geared to promote and maintain professionalism in yoga training. Some of the programs will prepare the student to be able to teach to different populations in a variety of settings, safely, successfully and compassionately.

The predominant emphasis on instruction throughout these training programs is to achieve a well-rounded yoga education in all of yoga's many aspects including philosophy, meditation, asana, pranayama and yoga's many other tools. JJ's diverse background in many traditions and styles of yoga brings her a unique opportunity to create a school of yoga to share what she loves from all of the various styles of yoga she has studied.

These training programs are offered via online / distance learning (via conference calls which are recorded for those who can't make the calls live), weekend workshops, and weeklong retreats or residential settings. The weekend workshop trainings are offered at yoga studios across the country, including, York, PA, Fort Walton Beach, FL, Rapid City, SD, Fredericksburg, VA, Goldsboro, NC and Sheridan, WY. All locations are at fully equipped yoga studios.

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## School Policy & Procedures

### ***Entrance Requirements***

All applicants must be at least 18 years of age and must be fluent in verbal and written English. International students are advised that insufficient English skills may prohibit successful completion of the program. A strong commitment to personal growth and self awareness is required. Each program has their own set of pre-requisites therefore please refer to individual programs. All programs require a minimum of one year of study and practice of yoga and at least some training with JJ prior to joining.

Transferability of previous courses or yoga related programs for equivalency consideration and approval must be submitted in writing. Training with teachers within the lineage of Krishnamacharya to Desikachar will be taken (up to 200-hrs). These teachers include: Gary Kraftsow, Leslie Kaminoff, Chase Bossart, Kate Holcolmbe, and Sonia Nelson.

### **Teacher Certificate Programs:**

200-hour - Yoga Teacher Training Certificate Program. For students of yoga interested in learning more in-depth study and practice of yoga as well as teaching methodology and practicing with like-minded peers. Students must begin a yoga practice of approximately 30 minutes per day, complete this practice at least 4 times per week and maintain this practice for the duration of the training, keeping a journal. A private session with faculty is required to determine a practice designed for the student's particular needs. The cost of this private session is not included in the training program. This comprehensive program includes the belief that 200-hours is not nearly enough study in yoga to begin teaching and highly recommends continued study of yoga. Also required: reading, research paper and final take-home comprehensive exam. One year of practice of yoga is the main pre-requisite and a strong desire to learn more than one gets in a weekly classroom. Diploma issued for 200-hours of Yoga Teacher Training. Complies with Yoga Alliance for RYT-200.

300-hour - Yoga Teacher Training Certification Program. For teachers of yoga interested in continuing their study to work toward a 500-RYT with Yoga Alliance. This program moves the student more toward learning about yoga as therapy in preparation for helping others in the classroom as well as individuals in the private setting. This program moves beyond the basics of asana and pranayama. Students must have a yoga practice of approximately 30 minutes per day and complete this practice at least four times per week and maintain this practice for the duration of the training, keeping a journal. A private session with faculty is required to determine a practice designed for the student's particular needs. The cost of the private session is not included in the training program. Also required: reading, research paper and comprehensive take-home final take-home exam. Pre-requisites: minimum of 3 years or more of yoga instruction, one year of teaching yoga with an RYT-200 or equivalent. Certificate issued for 300-hours of Basic Yoga Teacher Training. Graduates of this program may apply to the Yoga Alliance to be on the Registry of Certified Yoga Teachers at the RYT-500 (combines existing 200-RYT with this 300-hr Program).

700-hour - Advanced Yoga Teacher Training and Yoga Therapy Apprentice Certificate Program. This program continues the study of yoga at all levels including and perhaps most importantly, furthering one's own practice. As the student's practice develops and the mind becomes clearer, decision-making easier and emotions more stable, the teacher has a greater ability to help others in need. This program begins to focus more on designing practices to help

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individuals also progress in their journey toward self-healing. Students must be maintaining 30-45 or more minutes per day of yoga practice which includes at least 10 minutes of pranayama and/or meditation. A private session with JJ Gormley-etchells is required for this purpose. The cost of the private session with JJ is not included in the training program. Required: reading, research paper and comprehensive final take-home exam. Pre-requisite: RYT-500 from SCHYS. RYT-500 or equivalent from non-SCHYS may apply and will likely be required to complete the Integration Courses (100-hrs of online/distance learning and 30-hr hands-on with JJ, see website for details). Certificate issued for 700-hours of Advanced Yoga Teacher Training and Yoga Therapy Apprentice Program. Graduates of this program may use the initials CYT-700 (Certified Yoga Teacher). This 700-hr program is the pre-requisite for the Yoga Therapy Program below.

#### **Yoga Therapist Certificate Program:**

1000-hour - Yoga Therapist Certificate Program. This level of training furthers the study of topics in the 700-hr program, giving the student more hands-on training with clients and their ailments. Students must continue progressing in their individual practice under the guidance of JJ to include pranayama and meditation. A private session with JJ is required for this purpose. The cost of the private session is not included in the training program. Required: reading, research paper, comprehensive take-home exam. Pre-requisite: 700-hr. Before a certificate is issued the student must have been teaching for a minimum of five years. Certificate issued for 1000-hours of Yoga Therapist Training Program.

1200-hour - Yoga Therapist Certificate Program. This certificate program is granted for those students who, by the time they finish the minimum requirements with SCHYS have obtained more than 1200-hours of study in yoga therapy from all sources. Students entering in the Yoga Therapy Program from non-SCHYS programs usually fall into this category and therefore are recognized for their additional hours of study by granting them a 1200-hr Certificate. Required: reading, research paper, comprehensive take-home exam. Pre-requisite: 700-hr. Before a certificate is issued the student must have been teaching for a minimum of five years. Certificate issued for 1200-hours of Yoga Therapist Training Program.

Additionally. Please see the required reading list, books of the previous level are pre-requisite reading for the current level. Books of the current level are to be read over the course of the current program.

#### **Admission Procedures**

Prospective students can apply on-line at [www.SuryaChandraHealingYoga.com](http://www.SuryaChandraHealingYoga.com) and download an application. Or request an application by calling 703-389-3174. The application should be sent complete with all references and the non-refundable application fee of \$50.00 (checks, credit cards and payment via PayPal on the website are acceptable.)

Following the review of the completed application packet (must include references), the applicant may be contacted to schedule a personal interview. This initial interview/orientation will provide the opportunity to discuss the policies and procedures and to answer any questions the prospective student may have, and review the Enrollment Agreement.

#### **Credit for Previous Education or Training**

This school may accept transfer credit for prior experience or other training programs on a case-by-case basis, please schedule an interview and submit coursework. Previous education and training will be reviewed by the school's director to determine how much credit may be awarded, if any. The maximum credit may not exceed 25% of the total program requirements. Transferability of previous courses or yoga

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related programs for equivalency consideration and approval must be submitted in writing. Training with teachers within the lineage of Krishnamacharya to Desikachar will be taken (up to 25% of total program hours). These teachers include: Gary Kraftsow, Leslie Kaminoff, Chase Bossart, Kate Holcolmbe, and Sonia Nelson.

## ***Conduct and Obligations While a Student at Surya Chandra Healing Yoga School***

### **Conduct and Obligations**

A student in any of these programs is expected to follow rules of yoga etiquette including: Courtesy and consideration toward all members of the community. Practice the quality of gratitude. Respect and honor all faculty members, other students and self. Full cooperation which includes: obtaining permission to use electronics, including all communication devices, maintaining silence in places and times designated for silence and appropriate use of all equipment supplied by the facilities where trainings are offered. Adherence to dress code -- wear non-restrictive clothing, avoid glitz, glamour and revealing garments; have clean bare feet; minimum jewelry; avoid perfumed cosmetics, detergents and heavily scented oils; no clothing with offensive content. A student not conducting themselves in a professional manner, which includes the use of drugs and alcohol during school hours, dishonesty, disrupting classes, use of profanity, excessive tardiness, insubordination, violation of safety rules, or not abiding by the school rules will lead to either probation or dismissal from classes and potential removal from enrolled program. Cooperation in maintaining records including signing-in, accountability for all missed work, meeting of all financial obligations and completion of all assignments is expected of the student.

### **Attendance**

Regularity of attendance is important for progress and success of the student and necessary to complete the program within the designated period of time. Each program can be completed within a certain period of time, not to exceed five years (permission may be granted to extend the five-year period on a case-by-case basis). Students not attending at least 4 workshops or weekend modules per year and/or in at least four online/distance learning classes per year may be subject to notice of failure to maintain program attendance. The student must respond to that notice or will be subject to dismissal from the program.

### **Grading System**

Qualities of the student that will be assessed and evaluated by the primary E-RYT (JJ Gormley-Etchells) consist of performance, participation, attitude, team effort and application of theories. The demonstration of teaching skills will be assessed and evaluated by primary faculty and peers. Assessments during weekend modules/workshops and week-long retreats/residentials will be via verbal feedback.

A written assessment will be via a final exam which is issued for each certification program as a take-home comprehensive open-book exam. Students can expect to spend between 30 and 70 hours on the exam. Students must pass this exam with a 90% grade or better to receive certification. Students may be asked to retake all or part of an exam or may be asked to take a workshop(s) over again if that particular area of study seemed to be lacking. Students are given a pass/fail or complete/incomplete assessment on the final exam.



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### **Termination, Withdrawal and/or Leave of Absence and Re-entrance**

The basic philosophy of yoga seeks to achieve a deep level of transformation of the human personality which includes attitudes and ideas. If the student is not open to change or his/her opinions are seriously impeding the process of communicating the teachings of yoga, then the teacher / student relationship will dissolve in an amicable way. The financial set-up of each program is such that refunds will not be required since students pay an initial entrance or enrollment fee, then pay for courses as they take them to fulfill the requirements of the program, followed by a graduation fee at the end. Therefore, if a student elects to leave a program, there is no need for a refund. All workshops taken are paid for at the time. The enrollment fee is non-refundable.

A written and signed statement with reasons for withdrawal or leave of absence and anticipated time of return is required if the student plans to be away from studies for more than one year. Appropriate documentation to validate an absence must be presented. Acceptable justification for reentry at same level: illness of student, accompanied by statement from health professional; illness or death of immediate family member; unexpected family or job responsibilities; financial burdens.

All records of attendance and payment must be updated at time of withdrawal. Student will be held responsible for any changes of policies including new study materials and retesting at level of reentry. Reentrance requires adherence to all new program rules and a personal interview with the school's director may be required as well as payment of all fees due at the time of readmission. Any student who was terminated for conduct may not be readmitted.

### **Exams and Graduation Requirements**

Final exams for each program are given at the end of the course as a take-home comprehensive open book exam. Students can expect to spend between 30 and 70 hours on the exam. Students must pass this exam with a 90% grade or better to receive certification. Student's may be required to retake all or part of an exam or may be required to take a workshop(s) over again if that particular area of study is deficient.

### **Student Records**

All student evaluations and grades are maintained by the school for a period of three years. Students should also keep accurate records while in the program.

### **Calendar and Class Schedule**

Each program consists of a weekend modules of 10-18-hrs as well as online / distance learning classes (see each program for details). The school reserves the right to amend the calendar and program requirements. If the school amends program requirements, any student currently enrolled in that program will have the choice to continue with the old program requirements or adapt to the new program requirements. Students will be given notification of new program requirements when applicable. All due effort will be made to reschedule programs that are cancelled due to weather. The requirements for each program are offered throughout the year at various locations. A schedule for completing a specific program is given to each student upon entry into the program (or upon request).

### **Enrollment Dates**

Most of these programs allow a student to enter at any time and begin completing the requirements according to their own schedule. Some programs are run in their entirety at a

particular location. Should a student wish to enter a program being run in its entirety at a specific location, there may be specific enrollment dates, and specific payments set up for the program (details for specific programs will be available at the location of the training.) Please check online for updates and actual start dates for each program.

Applications can be found online or via request by emailing [yoginij@yahoo.com](mailto:yoginij@yahoo.com) or calling 703-389-3174.

### ***Schedule of Fees***

The following is an example of the amount of money a student could expect to pay.

#### **200-hour program.**

APPLICATION FEE (non-refundable) payable to Surya Chandra Healing Yoga School	\$50
ENROLLMENT FEE (non-refundable) payable to Surya Chandra Healing Yoga School).	\$300
TUITION / PROGRAM FEES are paid for each class or workshop taken to fulfill the requirements of the program. The program fees are payable to the individual facility where the workshop takes place at the time of registering for the workshop. For an 18-month program, a student can expect to pay approximately \$12/credit hour and weekend modules are usually 15-hrs, approximately 8 weekend hands-on modules are generally required for a 200-hr program (\$1440), and approximately 6 online classes will be required at approximately \$102/class (\$612)	\$2052
RETREAT/RESIDENTIAL training (32-hours off-site location)	\$1200
GRADUATION FEE is due before requesting the final exam and is also non-refundable.	\$300
Approximate COST OF PROGRAM	\$3962

#### **1000-hour program (or 300-hours above the 700-hr program).**

APPLICATION FEE (non-refundable) payable to Surya Chandra Healing Yoga School	\$50
ENROLLMENT FEE (non-refundable) payable to Surya Chandra Healing Yoga School).	\$400
TUITION / PROGRAM FEES are paid for each class or workshop taken to fulfill the requirements of the program. The program fees are payable to the individual facility where the workshop takes place at the time of registering for the workshop. For an 24-month program, a student can expect to pay approximately \$12/credit hour and weekend modules are usually 15-hrs, approximately 12 weekend hands-on modules are generally required for 300-hrs beyond the 700-hr Program (\$2160), and approximately 10 online classes will be required at approximately \$102/class (\$1020)	\$3180
RETREAT/RESIDENTIAL training (32-hours off-site location)	\$1680
GRADUATION FEE is due before requesting the final exam and is also non-refundable.	\$400
Approximate COST OF PROGRAM	\$5710

Courses taken outside this program that a student may use to substitute for a course missed, housing fees for students traveling for this program.

Any fees, charges or costs set forth in this brochure are subject to change at any time without notice. All courses, programs and activities described in this catalog are subject to cancellation or termination.

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### **Cancellation and Refund Policy**

Application, Enrollment and Graduation fees are non-refundable. Tuition or program fees follow the guidelines and regulations of the yoga studio, yoga center, retreat center or facility holding the workshop or module. Since program fees are pay-as-you-go through the program, it is unlikely that refunds will need to be issued. If a student needs to withdraw from the Program, they have paid all fees as they went through the program and received the training they paid for as they went through the program. The set up of the program in this way enables the program to be both affordable and desirable.

### **Withdrawal Procedure**

A student choosing to withdraw from the school after the commencement of classes is to provide a written notice to the Director of the school. The notice must include the expected last date of attendance and be signed and dated by the student.

- A. If special circumstances arise, a student may request, in writing a leave of absence, which should include the date the student anticipates the leave beginning and ending. The withdrawal date will be the date the student is scheduled to return to from the leave of absence but fails to do so.
- B. A student will be determined to be withdrawn from the institution if the student does not complete at least four (4) online classes in one year and/or at least four (4) training modules in one year.

### **Student Grievance Procedure**

Student complaints relative to actions/policies of the school or its employees should first be attempted to be resolved with school officials. The signed complaint should be submitted in writing and directed to the JJ Gormley-etchells. If a resolution is not reached, the student should make a written complaint and submit it to the school director asking for a written response. When a satisfactory resolution of the problem is still not obtained, the student may contact:

Student Grievance Committee  
Surya Chandra Healing Yoga School  
c/o Barbara Sager  
14 Whitesands Way  
Little Silver, NJ 07739

## Coursework Requirements

Students must complete the following minimum required hours in each category to fulfill the coursework requirement before requesting the final exam.

Categories of Study	200-hour	300-hour	700-hour	1000-hour
Anatomy & Physiology (Biomedical and Psychological Foundations) (AP)	30	35	20	70
Teaching Methodology (Teaching and Therapeutic Skills) (TM)	25	30	25	15
Techniques in Asana, Pranayama and Meditation for Personal Use and for Teaching Skills (TH)	50	75	45	35
Philosophy, Ethics & Morals of the Yogi. Foundations for Professional Practice and Development (PH)	25	50	45	50
Practicum. Yoga Therapy Tools and Application. (PR)	20	90	40	105
Approved Elective Hours (EL)	50	20	25	25
Pre-Requisite Hours (RQ)	0	200	500	700
<b>Total Hours</b>	<b>200</b>	<b>500</b>	<b>700</b>	<b>1000</b>

## Course Details

In addition to the above described hours for each program, there are required reading (see Reading List), the writing of a 5-7 page research paper on an approved topic

Program Level	Research Paper Number of Pages	Practicum: Observation or Assisting Hours	Teaching Hours Required before Graduation (Externship Hours)	Additional Teaching Hours Required Before Certification (Cumulative total teaching hours since beginning to teach)
200-hr	5-7	20-classroom	7-observed by peers / faculty	None
300-hr	5-7	45-classroom	7- observed by peers, 3-observed by faculty	35 or one-year of teaching
700-hr	5-7	8-privates. Observe JJ	10-privates on own	Two years of teaching experience
1000-hr or 1200-hr	5-7	40-privates in Specialty Certificates or observe JJ.	60-hrs private on own.	Five years of teaching experience

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## ***Class Schedule***

Please see the website for the current offerings. Hands-on Modules and Online Classes are offered regularly in an approximate 24-month cycle, therefore, one can expect to complete all program offerings within 2 years of start of program. Substitutions may be accepted with prior approval. (For example, you may substitute one hands-on module for another in a different program if appropriate for your particular situation.)

## ***Certification Requirements***

Awarding of a certificate assumes that the recipient has submitted to the rigors of intellectual inquiry, achieved specialized and general knowledge and acquired motivations and abilities for continued learning, and that the student has: fulfilled hourly contact hours with the primary E-RYT (JJ Gormley-Etchells); demonstrated proficiency in teaching yoga and completed all coursework required as well as all outside assignments; cleared all accounts; satisfactorily passed the exam.

Each graduate is issued an official certificate upon completion of all graduation requirements.

The certificate does not guarantee jobs, but every effort will be made to help graduates find positions for which they are best qualified.

## ***Application***

Applications are available on-line or please request one from Surya Chandra Healing Yoga School, Ltd.

## ***Reading List***

The Reading List is available on-line or please request one from Surya Chandra Healing Yoga School, Ltd.

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## List of Faculty and Administrators

### Faculty



#### Director and Administrator of the Training Programs

JJ Gormley-Etchells, Registered Yoga Teacher (E-RYT 500), Yoga Educator and Yoga Therapist, is the founder of Sun & Moon Yoga Studios in Virginia, Eureka Yoga School in Montana and Surya Chandra Healing Yoga in Virginia. She is the Director and Chief School Administrator for the training programs as well as the main teacher for the programs.

JJ began practicing yoga in 1979. She studied from many different traditions. Most of the yoga taught in the US at that time was simply called Hatha Yoga, later JJ discovered more detail about what "style" these teachers were teaching her. Her first yoga experience was at the local recreation center, her teacher, Gerta Goldberg taught "Hatha Yoga" in a style that was a blend of Iyengar (known for their attention to alignment) and other types as well as Feldenkrais (gentle healing movements) that Gerta was learning.

Over the decade of the 80s JJ took classes in other traditions (including: Kripalu, Sivananda, and Kundalini yoga). She received her first yoga certification from the White Lotus Yoga Center in Santa Barbara, CA under Ganga White. In 1989 she began teaching yoga and began studying Iyengar yoga more seriously. She studied from the Iyengar center in Maryland (Unity Woods) under Carol Cavanaugh and John Schumacher and took many Teacher Trainings in the Iyengar tradition. She also studied a great deal from Patricia Walden and other "senior" Iyengar yoga teachers.

In the mid-1990s she began to branch out of Iyengar Yoga and studied with Rodney Yee, John Friend and Erich Schiffmann. In 1994 JJ opened up Sun & Moon Yoga Studio in VA and began teaching teachers. She herself continued her studies and underwent John Friend's Anusara training and was among the first few individuals to receive Anusara certification.

In 2002 she met Kausthub Desikachar and fell in love with the teachings from "The Heart of Yoga" by TKV Desikachar. She went to Chennai, India to study from Kausthub and the tradition of yoga teaching commonly called "Vini Yoga," but also known as KYM teachings (the institute in Chennai is known as KYM (Krishnamacharya Yoga Mandiram). In the U.S. this tradition is also called KHYF or HYF for Krishnamacharya Healing Yoga Foundation (an international organization) or the Healing Yoga Foundation (located in San Francisco). In 2007 she entered into a 4-year training program for Yoga Therapists with the KHYF.

She continues her studies of yoga and knows that she will always be a student of yoga. She loves her diverse background and calls her yoga education "well-rounded." She draws from each tradition she has studied, seeing the good in all and uses what she loves and what resonates with her heart.

JJ teaches yoga poses from the perspective of the energetic body and staying connected to the earth energetically (being well-grounded). She'll look at the structure of the body and what is happening with the bones at and around each of the main energy centers (Chakras). She Teaches how the bones move at each of these Chakras to create more space at the joints so one can move with better freedom and release stuck energy.

JJ has appeared in Washingtonian Magazine, Prevention Magazine, Pause Magazine and has five (5) DVD's, one (1) chanting CD and has written training manuals and study guides for her programs. These are also available for sale on line to other teaching programs. She has been

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invited to teach at numerous places within the US and abroad. International accolades include Bali, Indonesia, Peru, Laos, Cambodia, Mexico, Canada, Costa Rica. Her US endeavors include the prestigious Feathered Pipe Ranch, Montana, Gray Bear Lodge and Retreat Center, Tennessee and the Ojai Crib, California. She is in the process of writing a book, "Holistic Healing with Yoga Therapy" with Laura Vanderberg, PhD. She is a member and Secretary of the Krishnamacharya Healing Yoga Foundation-North America Association, member of the Gray Bear Yoga Sanga, member of International Association of Yoga Therapists (IAYT), member of the Yoga Alliance, and the American Holistic Health Association.

### ***Instructors and Adjunct Faculty***

Because these training programs are offered in various locations across the country and abroad, instructors are specific to various locals. Adjunct faculty brought –in to teach at each locale may include:

Marie Schum-Brady, M.D. is a medical doctor located in Arlington, VA. Dr. Schum-Brady teaches many anatomy and physiology classes at the 300-hour level, 700-hour level and 1500-hour level.

Baxter Bell, M.D. is a medical doctor, a Chinese Acupuncturist, Chinese Herbologist and Yoga Instructor located in Oakland, CA. Dr. Bell teaches many anatomy and physiology classes as well as therapeutics classes for the upper-level courses.

Brendan Feeley, N.D. is a naturopathic doctor, ayurvedic and homeopathic practitioner, Jyotisha expert (Vedic astrology) located in Rockville, MD. Dr. Feeley teaches Eastern Anatomy and Physiology and Ayurveda.

Donna Lannes, R.N. is a registered nurse located in Centreville, VA. Donna teaches many anatomy and physiology classes at the 300-hour level, 700-hour level and 1500-hour level as well as CPR.

Karen Fountain, C.M.R. is a certified medical representative from the CMR Institute, Roanoke, VA and is located in Houston, TX. Karen teaches many anatomy and physiology classes at the 300-hour level, 700-hour level and 1500-hour level.

Dean Campbell is an ayurvedic and yoga practitioner located in Salt Lake City, UT. Dean teaches ayurveda and yoga therapy classes.

Rev. Cynthia Snodgrass is an ordained Episcopal priest, and has studied Sanskrit extensively with Vyaas Houston of the American Sanskrit Institute, as well as at Harvard University. Cynthia teaches Sanskrit.

### ***Instructors at each facility***

Instructors at each facility to assist in teaching the program are the owner's and/or senior teaching faculty of the yoga studio, each instructor at the individual schools are E-RYT at the level appropriate for the training. In addition, students at the 700-hr or above encouraged to study from teachers within the Krishnamacharya through Desikachar lineage (Gary Kraftsow, Leslie Kaminoff, Sonia Nelson, Chase Bossart, Kate Holcolmbe, etc.) and to complete internships at the Krishnamacharya Yoga Mandiram in Chennai/Madras, India.

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## Course Offerings

Courses below are labeled at three different levels across the various categories. The categories are the required fields of study for each training program (anatomy and physiology, teaching methodology, etc.) The three levels labeled are the 200-level (eg AP201 General Anatomy), the 500-level (eg AP501 Intro to Kundalini) and the 1000-level (eg, AP1001. Orientation & Organization of Human Body). In general, classes are labeled appropriately for the level of the Program, however, any higher level course may be substituted for a lower level course.

Transferability of previous courses or yoga related programs for equivalency consideration and approval must be submitted in writing to the Program Director.

*Please note that these courses are being added and updated (and deleted) as the Training Programs are continually evolving.*

The number in parenthesis after the course title is the usual number of hours for this workshop, however any given workshop may be more or less hours.

### **Anatomy & Physiology**

AP 201. General Anatomy (2)

Skeleton & Basic Muscles. General anatomical terms (e.g., lateral, proximal, superficial, etc.) the difference between a tendon and a ligament, internal versus external rotation, supination and pronation, major muscles and bones, especially spinal column.

AP 202. Anatomy of Spine (2)

Curves of spinal column, vertebrae in each, parts of a vertebra, kyphosis, lordosis and scoliosis, flexion and extension.

AP 203. Anatomy of Chakras (2)

Definition of, location, color, sound, Sanskrit and English name, element, energetic function. Basic alignment at each area. Also, see JJ's DVD on Alignment of Chakras.

AP 204. Alignment Principles for Lower Body (Hips, Legs, Feet) (2)

Alignment of pelvis including hip points (ASIS), sacrum, hip joints, knee movement affected by hip movement, weight of foot affected by placement of hips. See JJ's DVD on Alignment of Chakras.

AP 205. Alignment Principles for Upper Body (Shoulders, Arms, Hands) (2)

Alignment of collar bones and shoulderblades and the affect that alignment has on joints of arms/wrists, weight on hand in poses with hands on floor. See JJ's DVD on Alignment of Chakras.

AP 206. Anatomy of Upper Body (Neck & Shoulders) (2)

Knowing bones associated with Neck & Shoulders, Arms, wrists and hands and major muscles associated with these areas. See Alignment of Upper Body above.

AP 207. Anatomy of Lower Body (Hips, Legs, and Feet) (2)



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Bones associated with Hips, Legs & Feet and major muscles associated with these areas as well as ligaments of knee. See Alignment of Lower Body above.

AP 208. Glands & Organs (2)

Basics of endocrine system and the hormones associated with each gland / organ as well as the chakra each gland / organ is associated with and the major ailments affected by a dysfunction of that hormone or gland / organ.

AP 209. Introduction to Chakras & Nadis (2)

Basics of the energetic anatomy of the chakras, 3 major nadis: sushumna, ida, pingala, affects of kundalini as taught by TKV Desikachar. Prana & Apana vayus and their affect on kundalini, the breath, poses, etc.

AP 210. Scoliosis (2)

Basics of Scoliosis, definition of, and how to help a student that might be in pain from scoliosis.

AP 211. Therapy in Classroom (aka: Therapeutics Basics) (2)

Basics of some of the major issues found in the classroom: back, knee, neck pain, etc. and liability issues with trying to help students.

AP 212. Women's Issues & Yoga (2)

Basics of major phases of a woman's life and how yoga might be adjusted during these phases.

AP 213. Chakra Studies or Energy Anatomy (2 +)

Details of the Chakra System including: Sanskrit name, location, color, element, smell, sound, gems, what that chakra governs, ailments, emotions, healing the chakra, pranayama, bath and activities, foods, visualizations, depression and clothes associated with each.

AP 214. Ayurveda (12)

Basics of including definition, doshas, gunas, prakriti and purusha.

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AP 501. Introduction to Kundalini (2)

Basic introduction to the location and movement of the kundalini energy as well as the main nadis and vayus.

AP 502. Introduction to Marmas (2)

Basic introduction to these energy vital energy points of the body and feet

AP 503. Ailments of the Chakras (4)

Discussion of major ailments categorized by the chakra system.

AP 504. Emotions of the Chakras (4)

Discussion of major emotions categorized by the chakra system.

AP 505. Glands / Organs and the Chakras (2)

Discussion of major glands and organs and their function categorized by the chakra system.

AP 506 Energy Medicine (3)

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Discussion and activities to discover the energy systems of the body and exercises that can be done to boost the energy of the body.

AP 507. Nadi Pariksa (2)

Basic introduction to the pulse reading (nadi pariksa) at the wrist.

AP 508. Anatomy of Energetic Body (2)

Eastern anatomy of the chakras, nadis, marmas, vayus, and/or mayas, etc.

AP509. Anatomy of Bandhas (2)

Location of the major bandhas of the body and how to perform these bandhas.

AP510. Anatomy of Mantras (2)

Location of the energy of the chakras as related to the mantra (sound) in the body.

AP511. Anatomy of Mudras (2)

Location and description of how to perform particular mudras and their affect on the body.

AP512. Depression & the Chakras (2)

Discussion of types of depression categorized by the chakra system.

AP513. Depression & the Doshas (2)

Discussion of types of depression categorized by Ayurveda's Dosha system.

AP514. Depression & the Pancha Mayas (2)

Discussion of types of depression categorized by the Pancha Maya system.

AP515. Introduction to Tantra (2)

Basic introduction and discussion of tantra.

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AP 1001. Orientation & Organization of Human Body (2)

AP 1002. Chemical Composition of the Body (2)

AP 1003. Cell Structure and Genetic Regulation (2)

AP 1004. Enzymes, Energy & Metabolism (2)

AP 1005. Nervous System: Central, Peripheral, Autonomic (2)

AP 1006. Endocrine System Pt 2 (2)

AP 1007. Sensory Organs (2)

AP 1008. Circulatory System (2)

AP 1009. Lymphatic System (2)

AP 1010. Respiratory System (2)

AP 1011. Urinary System --Electrolytes & Acid-Base Balance (2)

AP 1012. Digestive System (2)

AP 1013. Regulation of Metabolism (2)

AP 1014. Reproductive System & Infertility (2)

AP 1015. Anatomy Ailments of the Spine (10)

AP 1016. Anatomy Ailments of the Knees & Hips (4)

AP 1017. Anatomy Ailments of the Shoulders (4)

AP 1018. Anatomy Ailments of the Neck (4)

AP 1019. Systemic Ailments --Diabetes, Cardiac, Cancer, HIV/ AIDSs (4)

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AP 1020. Systemic Ailments --Autoimmune Diseases, Adrenal, Thyroid (4)  
AP 1021. Systemic Ailments --Digestive: Celiac, IBS, etc (4)  
AP 1022. Ayurveda Sub-types (Doshas) (3)  
AP 1023. Coursework with Dr. Ed Bulin  
AP 1024. Coursework with Dr. Brendan Feeley  
AP 1025. Coursework with other approved Health Practitioner

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## ***Teaching Methodology***

TM 201. Student Profile (2)

Know Your Audience and how to address the issues of your audience, what yoga might be best for your audience, etc.

TM 202. Use of Language (2)

What language is not appropriate in the classroom or with a student and what is and especially, considering your audience.

TM 203. To Touch or Not to Touch (2)

Yoga is self-empowering.

TM 204. Giving Good Demos (2)

What does it take or not to give a good demonstration to your student(s).

TM 205. Seeing & Adjusting Bodies (2)

How can you see what a student might need to do in a pose and how can you get them to do it (without touching).

TM 206. Teaching Beginner's Poses (4)

How to go about teaching beginner's yoga asana.

TM 207. Practice Teaching Beginner's Poses (3)

Practice teaching to your peers beginning level poses.

TM 208. Lesson Plans (2)

Practice designing lesson plans for correct flow of a class including good transitions, rests, and counter poses.

TM 209. What To Do The First Day of Teaching (2)

The First day of teaching is the hardest, learn how to prepare.

TM 210. Teaching Advanced Beginner's (4)

Learn how to teach more advanced poses to more advanced-- although still beginning—students.

TM 211. Practice Teaching Advanced Beginner's (3)

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Practice teaching to more advanced—although still beginning—students. Also, learn to transition from seated to standing, etc.

TM 212. Teaching Pranayama (2)

Learn the basics of teaching pranayama to your students.

TM 213. Teaching Meditation (2)

Learn the basics of teaching your students to begin to meditate.

TM 214. Teaching Mantra in Asana (2)

Learn when and how to introduce chanting to your students.

TM 215. Teaching Mudras, Bandhas (2)

Learn when and how to introduce mudras and bandhas to your students.

TM 216. Brahmana, Langhana & Samana in Asana (2)

Learn the affects of asana and you might change those affects using other tools of yoga.

TM 217. Vinyasa Krama in Asana (2)

Learn how to intelligent plan and design a program for teaching students yoga.

TM 218. Upayam (Tools) of Yoga (2)

Learn what the many of tools of yoga are and their basic affect on the beginning student.

TM 219. Asana, categories of, benefits of, etc (2)

Learn all about asanas.

TM 220. Yoga Sutra (&Gita) on Teaching Asana (2)

Learn what these ancient texts tell us about asana.

TM221. Qualities of a Teacher (2)

Learn what it takes to make a great teacher and why some teachers might “fall from grace.”

TM222. Yoga Therapy in the Classroom (2) (see also AP211)

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TM 501. Student Profile (Advanced Beginners) (2)

TM 502. Student Profile of Workshop Participants (2)

TM 503. Language (2)

TM 504. Touch/Marmas (2)

TM 505. Demonstrations (2)

TM 506. Seeing Poses (2)

TM 507. Teaching Poses (2)

TM 508. Practice Teaching Poses (2)

TM 509. Lesson Plans (4)

TM 510. Teaching a Workshop (2)

TM 511. Teaching Pranayama to Advanced Beginner's or in Workshops (2)

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TM 512. Teaching Meditation to Advanced Beginner's or in Workshops (2)  
TM 513. Conducting a Private (2)  
TM 514. Teaching Mantra in Asana (2)  
TM 515. Teaching Mudras & Bandhas to Non-Beginning Students (2)  
TM 516. Brhmana, Langhana & Samana & Lesson Planning (4)  
TM 517. Vinyasa Krama & Lesson Plans (4)  
TM 518. Upayam of Yoga & Lesson Plans (2)  
TM 519. Sensing Energy of Your Students (2)  
TM 520. Moving Energy of Your Students (2)  
TM 521. Practice Teaching Pranayama (2)  
TM 522. Practice Teaching Meditation (2)  
TM 523. Practice Teaching Mantra (2)  
TM 524. Practice Teaching Bandhas (2)  
TM 525. Practice Teaching Mudras (2)

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### ***Techniques***

TH 201= TH 501. Asana from Classroom, Workshop, Retreat  
Take asana classes from a member of the Teacher Training Faculty or pre-approved instructor.

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### ***Philosophy, Ethics & Lifestyle of a Yogi***

PH 201. Introduction to Yoga Philosophy / History (2)  
Learn when yoga began, what it's roots are and how it has come to where it is today.

PH 202. Ethics & Morals of Teaching Yoga (2)  
Learn what it takes to make a great teacher, and the guidelines a teacher should follow.

PH 203. The Business of Yoga (2)  
Learn what a yoga teacher needs to know to begin instructing yoga classes or individuals including insurance, being an independent contractor and tax implications like filing quarterly estimated taxes.

PH 204. Introduction to the Bhagavad Gita (2)  
Learn what this spiritual text is all about. The goal of this class is not to understand this text in its entirety which takes many lifetimes of study, but to inspire you to begin your journey reading and understanding the many gifts this text has to offer.

PH 205. Introduction to the Upanishads (2)  
Learn what these spiritual texts are all about. The goal of this class is not to understand the Upanishads in their entirety which takes many lifetimes of study, but to inspire you to begin your journey reading and understanding the many gifts they have to offer.

PH 206. Introduction to the Yoga Sutras (2)

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Learn what this spiritual text is all about. The goal of this class is not to understand this text in its entirety which takes many lifetimes of study, but to inspire you to begin your journey reading and understanding the many gifts this text has to offer. In particular, you will learn the Astanga including the Yamas and Niyamas in greater detail.

PH 207. Introduction to the Mahabharata (2)

Learn what this spiritual text is all about. The goal of this class is not to understand this text in its entirety which takes many lifetimes of study, but to inspire you to begin your journey reading and understanding the many gifts this text has to offer.

PH 208. Introduction to the Ramayana (2)

Learn what this spiritual text is all about. The goal of this class is not to understand this text in its entirety which takes many lifetimes of study, but to inspire you to begin your journey reading and understanding the many gifts this text has to offer.

PH 209. Sanskrit from American Sanskrit Institute or Cynthia Snodgrass (10)

Learn to not be afraid of Sanskrit and the wonderful gifts of this talented teacher (Cynthia). SG

PH 210. Sanskrit of Poses (2)

Learn most of the basic poses in Sanskrit and let some of the confusion be dispelled.

PH 211. Qualities of a Teacher (2)

PH 212. Yoga in Ancient Texts (2)

Learn how yoga is presented in some of the major ancient spiritual texts.

PH 213. Introduction to Vedas and Shat Dharsanas (2)

Learn what the Vedas are and where yoga originates and the other major philosophies from India and how there has become much confusion between some of these philosophies as they've been blended into yoga and confused the teachings and our understanding of yoga today.

PH 214. Introduction to Bandhas, Mudras, Mantras, etc. (2)

Learn what bandhas, mudras and mantras are and how and when one might incorporate them in their practice or begin teaching them to students. See also Teaching Methodology of each.

PH 215. Introduction to Hatha Yoga Pradipika (Kriyas) (2)

This ancient text offers much to yogis, learn the basics of this text and in particular the cleanses.

PH 216. Yoga of the Mind: Cit & Citta (2)

Yoga is really a practice of understanding and therefore calming one's mind. This workshop teaches us the basics of this understanding.

PH 217. The Kleshas (2)

Kleshas and Obstacles to our practice are necessary to understand before one can overcome them. This workshop teaches us what to look out for in our practice.

PH 218. The Pancha Mayas (2)

Learn the Five Veils of our being.

PH 219. Intro to Ayurveda (2)

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Learn definition of Ayurveda, doshas and simple application to asana.

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- PH 501. Pancha Vayus (2)
  - PH 502. Introduction to Marmas (2)
  - PH 503. Introduction to Nadi Pariksa (2)
  - PH 504. Introduction to Prakriti & Purusa (2)
  - PH 505. Body, Mind, Spirit Connection applied to Asana (2)
  - PH 506. Yoga Sutras (8) (2hours on each Pada)
  - PH 507. Mahabharata & Gita (2)
  - PH 508. Ramayana (2)
  - PH 509. Sanskrit Part 2 (ASI or Cynthia) (10)
  - PH 510. Upanishads (2)
  - PH 511. Who's Who Among Hindu Gods & Goddesses (2)
  - PH 512. Kleshas & Antarayas (2)
  - PH 513. Geranda Samhita (2)
  - PH 514. Siva Samhita (2)
  - PH 515. Yoga Taravelli (2)
  - PH 516. Cit & Citta (2)
  - PH 517. Kleshas (2)
  - PH 518. Yoga Yajnavalkya (2)
  - PH 519. Ayurveda (in-depth) (16) with Brendan Feeley or Dean Campbell
  - PH 520. Yoga Nidra (2)
  - PH 521. Mandalas (2)
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- PH 1001. Pancha Vayus & Therapeutic Application (2)
  - PH 1002. Marmas & Therapeutic Application (2)
  - PH 1003. Nadi Pariksa & Therapeutic Application (2)
  - PH 1004. Key Concepts of Yoga Therapy (2)
  - PH 1005. Relationship between Care Seeker & Care Provider (2)HP
  - PH 1006. Difference between Healing & Curing (2)
  - PH 1007. Definitions of Disease & Health (2)
  - PH 1008. Pancha Maya Model (Bird Model) (2)
  - PH 1009. Framework of Yoga Therapy (2)
  - PH 1010. Vyuha Model (Heyam-Hetu-Hanam-Upayam) (2)
  - PH 1011. Tools of Yoga Therapy (2)
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## ***Practicum***

PR 201. Practice Teaching w/ Faculty Member  
Preparation for teaching students by practicing first with peers and next with a Faculty Member present to help guide.

PR 202. Practice Teaching (Critiqued by Faculty) (3)  
After completion of all the Teaching Methodology Coursework requirements, student may request to teach a class to students while being observed/critiqued by a faculty member.

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PR 203. Practice Teaching: Subbing or otherwise teaching. (7)

After completion all of the Teaching Methodology Requirements, begin to teach or substitute teach at a facility (if recommendation is needed, please see faculty).

PR 204. Apprenticeship: Observing or Assisting Faculty) (45)

At any time during your training students may begin to observe (first) and assist (second and only with permission) classes that are taught by Faculty. Permission from faculty must be obtained prior to entering the classroom.

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PR 501. Practice Teaching w/Peers and/or Faculty Member present

PR 502. Practice Teaching: Critiqued by Faculty (3)

PR 503. Practice Teaching: Subbing or otherwise teaching on own.

PR 504. Apprenticeship: Observing &/or Assisting Faculty Member in class.

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PR 1001. Apprenticeship under JJ

PR 1002. Assessing Clients as part of Hands-on Modules.

PR 1003. Assessing Clients Independently (non-workshop), individual one-on-one with clients for therapeutic purpose. Documentation sent to JJ

PR 1005. How to Assess a Client

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## **Catalog Contents**

The contents of this catalog do not constitute a contract between Surya Chandra Healing Yoga School and its students on either a collective or individual basis, but rather reflects the general nature of and conditions concerning the educational services of Surya Chandra Healing Yoga School in effect at this time.

Programs run at particular studios or yoga centers in their entirety may have a particular contract which will supersede information contained in this document.

Surya Chandra Healing Yoga School reserves the right to change any provision listed in this brochure including but not limited to course and curriculum changes. Such changes include but are not limited to academic requirements for graduation or modifications of tuition fee or other changes without actual notice to individual students.



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## Professional Certifications and Organizations

### ***National Registration and Certification***

JJ's programs at Sun & Moon Yoga Studio were one of the first yoga teacher training schools to meet and maintain compliance with the 200 and 500 hour level standards established by Yoga Alliance. Eureka Yoga School and Surya Chandra School maintain these standards.

Upon graduation and receipt of appropriate certificates, you may then contact the Yoga Alliance and send in their application with their annual fee, to become a Registered Yoga Teacher (RYT).

### ***Professional Organizations Related to the Programs of Study***

#### **Yoga Alliance®**

1701 Clarendon Boulevard, Suite 110  
Arlington, VA 22209

Toll Free: 888.921.YOGA (9642)

Fax: 571.482.3336

[www.yogaalliance.org](http://www.yogaalliance.org)

[www.yogadayusa.org](http://www.yogadayusa.org)

#### **International Association of Yoga Therapists®**

[www.iayt.org](http://www.iayt.org)

#### **Krishnamacharya Yoga Mandiram**

[www.kym.org](http://www.kym.org)

#### **Healing Yoga Foundation®**

[www.healingyoga.org](http://www.healingyoga.org)

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## **Surya Chandra Healing Yoga School Administrators and Faculty**

Director	JJ Gormley-etchells, E-RYT 500
Senior Instructor	Baxter Bell, M.D.
Senior Instructor	Scottie Bruch, E-RYT
Senior Instructor	Moirra Anderson, E-RYT
Senior Instructor	Janice Olsson, E-RYT
Senior Instructor	Barbara Sager, E-RYT

### **Surya Chandra Healing Yoga School Board of Trustees and Advisory Board**

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	Laura Vanderberg, E-RYT
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