



Yoga of Mystics® Teacher Training 200 Hour Study Circle

Information and Agreement Packet

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Please review this information packet and return the completed Registration Form by any of the following methods:

E-mail: carolina@samaaliving.org
Mail: Samaa Living, Ltd, attn: Carolina Cotman
470 Electric Ave, 1G, Bigfork, MT 59911

If you have any questions about the program or information in the agreement, please do not hesitate to contact us at 406.871.3491.



Yoga of Mystics® Teacher Training 200 Hour Study Circle

Tuition and Attendance

Three-month course fee is \$2,500.00

The fee includes:

- Unlimited yoga at Curative Yoga (In Studio and Live Stream) during the training period
- Lectures/Workshops during the training period
- Fall 2026 Retreat: October 7th – 11th (Day Player)

Program Outline

200-Hour Requirement and Student Responsibilities

As a Teacher Trainee you will be required to complete your 200 hours as follows:

- ☐ 1. **100-hours** minimum of yoga classes at Curative Yoga (downtown studio, yoga barn, live stream or OnDemand)

If you are not able to attend classes at the Bigfork downtown studio/yoga barn regularly, please use our OnDemand library (in your Union.fit account) and log your hours.

- ☐ 2. **70-hours** minimum of meditation, reflection, reading and journaling.

Please see Course Materials Section of this agreement for mandatory reading material. All 70 hours are completed on your own time and pace.

All teacher trainees are required to keep a log of their meditation, reflection, reading and journaling hours.

- ☐ 3. **24-hours** of attendance in the teacher training lectures/workshops.

Please see the dates on this year's schedule. Classes are usually held Saturdays from 9am-4:00pm (9am Yoga, 10:15am Meditation, 11am Brunch, 12pm – 4pm Lecture).

The regular teacher training classes are occasionally combined with workshops, which are offered to all; these are an integral part of the Yoga of Mystics Teacher Training program as well. Your tuition covers the fees while you are in the Teacher Training program.

☐ 4. **6-hours** of class observation.

You may observe any of our classes on the schedule, however we encourage you to observe a minimum of 2 of Master Teacher's classes for a better understanding of our school's aims and ideals and how they are integrated in the Curative Yoga series.

☐ 5. Expanding your understanding and knowledge of yoga.

Throughout your instruction you are encouraged to expand your understanding of yoga, and study related topics like anatomy, physiology, psychology and anything related to helping others reach their potential.

Please see Course Materials Section of this information packet for mandatory and suggested reading material.

☐ NOTE: At the end of your training and prior to your certification you will meet with Master Teacher Naader and Carolina Cotman to casually discuss key concepts and ideas from the required reading material. During this meeting, Master Teacher will determine if you have successfully completed your 200-hour instructor's course.

Completion of Program

After completion of the Yoga of Mystics® Teacher Training Program, you will receive a certification acknowledging completion of a *200-hour instructor's course. This certificate is a statement from Samaa Living, Ltd expressing that, according to our program and standards, you have successfully completed our Teacher Training program.

*The completion of 200 hours does not automatically assure certification. Certification is awarded at the sole discretion of Master Teacher.



Course Materials

Mandatory Book: Autobiography of a Yogi, Paramahansa Yogananda, SRF Publishers

Suggested Books:

Man's Eternal Quest, Divine Romance, Journey to Self-Realization, Science of Religion, Wine of the Mystic: The Rubaiyat of Omar Khayyam: A Spiritual Interpretation *by Paramahansa Yogananda, SRF Publishers*

The Music of Life, Song of the Prophets: The Unity of Religious Ideals *by Hazrat Inayat Khan, Omega Publication*

Yoga of Mystics® Notes: Bring your Yoga of Mystics® booklet and pen/pencil to all lectures and gatherings.

Journaling Tips and Methods: We suggest you journal daily your reflections, contemplations, and experiences of your stillness during your training.

- Don't worry about punctuation or spelling, write quickly, and allow your thoughts and emotions to flow.
- Try using the same journal and pen daily. Dedicating the same time each day to journaling is also a plus.
- Keep your journal private. This is your safe space to work through potentially distressing or confusing thoughts and emotions.

Journaling Prompts for You to Sit with and Consider

What is something hard that you proudly accomplished? Name three things that you discovered about yourself through that challenge.

Describe yourself using the first 10 words that come to mind. Then, list 10 words that you'd like to use to describe yourself. List a few ways to transform those descriptions into your reality.

Step 1: What's on your bucket list?

Step 2: What is a bucket list item that you can achieve in the next 10 months?

Step 3: Work backwards, how are you going to get there? Name three things that will help achieve that goal.

What is something that is holding you back? Be honest – how can you move past these things?



Yoga of Mystics® Teacher Training 200 Hour Study Circle

All lecture and coaching hours count towards your 200-hour requirement.

Fall 2026

Saturday, September 12th, 9am - 4:00pm*
Saturday, September 26th, 9am - 4:00pm*
October 7th – October 11th Fall Retreat (Day Player)
Saturday, October 24th, 9am - 4:00pm*
Saturday, November 7th (possibly 14th), 9am - 4:00pm*
Saturday, November 21st, 9am - 4:00pm*

*(9am Yoga, 10:15am Meditation, 11am Brunch, 12pm Lecture).

Note: This is a preliminary schedule. Dates/times are subject to change to accommodate group attendance and preference.

Min. # of registered students required for programs to take place. Dates subject to change.



Yoga of Mystics® INTERNSHIP and Advanced Teacher Training Opportunities

Internship provides you the opportunity to develop the skills needed to become a well-rounded instructor.

After completion of your initial 200-hour training, you will have the opportunity to apply for a **paid** internship to teach a regularly scheduled class over a two-month period (depending on availability and discretion of the Master Teacher). At the end of your two-month internship, there will be an evaluation at which time a three-month extension may be granted.

Teaching readiness will be determined by Master Teacher based on his/her assessment of satisfactory progress in your practice and course participation.

Working within our established schedule of classes and your availability a regular time and date will be set for you to begin teaching. Naturally, your personal ability, particular strengths as well as additional instructor and/or administrative considerations will determine the type of class you teach.

You will find many benefits practicing as an intern at our affiliated studio, Curative Yoga in Bigfork, MT. Time spent, as an intern helps you develop your own style of teaching yoga, an important factor in bringing enthusiasm and authenticity to your practice. The time you spend preparing and leading a class will increase your confidence and awareness to student needs. Over the course of your internship your ability to manage a class, communicate effectively and develop an understanding of student-teacher relations will be greatly enhanced.

The opportunity for you to teach is a serious commitment. Your sincere dedication and responsibility to your students is anticipated. We know that you will appreciate the hands-on education that can never be learned through someone else's experience and certainly not through a book.

In addition to internships, Samaa Living through its Yoga of Mystics® programs, offers advanced teacher training for those interested in continuing to expand and enhance their understanding of YOGA.

Please let us know or ask Master Teacher if you are interested in pursuing an internship and/or advance teacher training.

We look forward to sharing with you the joy of teaching others;
one of the greatest tools for Self-realization: YOGA.



Yoga of Mystics® Teacher Trainee Registration Form

Complete the following: *please print all information. If you prefer to complete this form online via Google, please email carolina@samaaliving.org.*

Fill in name as you would have it appear on your certificate.

Today's date _____

Name _____
First Middle Last

Street
Address _____
City State Zip

Email _____

Telephone Numbers: Primary _____ Cell _____

Training Course: 200 Hour Yoga of Mystics Program

☐ 3 Month Course: Sept. – Nov. 2026 (Lectures start 9/12 and finish 11/21)

Required Questions (*Use separate paper to answer or submit electronically to carolina@samaaliving.org. Submit one (1) page total for both questions.*)

- What are your intentions in applying for our program? Personal, to serve humanity or both? Please explain.
- What do you hope to achieve from Yoga of Mystic's Teacher Training?

As a Teacher Trainee you agree to:

- 1) Conduct yourself in a professional manner.
- 2) Maintain a neat appearance and ensure personal hygiene.
- 3) Attend yoga Teacher Trainee lectures.
- 4) Be a willing and dedicated student.

Note there will be no refund of the tuition, in whole or part.

Your signature below indicates that you have read the materials outlining the Yoga of Mystics® Teacher Training course, that you understand and agree to the terms and conditions explained above

Signed _____ Date _____