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**Envision U**

**A Women’s Yoga Study for Self-Discovery & Transformation**

September 2022 - August 2023

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**What is included in the Yoga Mama’Z**

**Envision U Women’s Yoga Study**

Yoga Philosophy/Ethics/Lifestyle

Meditation

Styles of Yoga

Ayurveda

Journaling

Tuning into nature to deepen your practice

Nature Walks-Silent Walking Meditation

Chakras

Yoga Sequencing

Life Coaching Practices

Learning from Others while Supporting and Being Supported Yourself

Breathing Practices

Self-Discovery & Growth

Yoga as Healing Movement

Small Group Community in a Safe Place

Other practices such as Qigong, Tapping, Shaking, Earthing & Pilates

Deepening your own physical, mental & spiritual practice

\*\*\* **Envision U Yoga Study + Be Inspired Life Coaching** package includes a monthly one-on-one virtual or in-person life coaching session with Heather, to support and enhance your journey. This is a wonderful addition for those looking for guidance and extra support on their personal journey in all areas of life.

**Envision U:**

**Women’s Yoga Study for Self-Discovery & Transformation**

September 17

October 15

November 12

December 10

January 14

February 18

March 18

April 22

May 20

June 24

July 22

August (to be determined)

\*Saturday 8am-5pm, break from 12-1pm for lunch (you bring your own lunch)

**Prices & Payment Options**

**We gratefully accept cash, check or Venmo payments**

**Envision U**

$108 x 12 months = $1,296

1 Payment:

$1,196 by August 1st$100 Discount!

$1,246 by September 1st $50 Discount

2 Payments:

$108 Down payment with application to hold your spot

September 17 - $594 March 18- $594

Monthly Payments:

$108 Down payment with application (Goes towards last month)

$108 Monthly payments September-July at each training weekend

**Envision U + Unlimited Yoga Mama’Z Classes**

$150 x 12 months = $1800

1 Payment:

$1,700 by August 1st $100 Discount!

$1,750 by September 1st $50 Discount

2 Payments:

$150 Down payment with application to hold your spot

September 17 - $825 March 18 - $825

Monthly Payments:

$150 Down payment with application (Goes towards the last month)

$150 Monthly payments September-July at each training weekend

**Envision U + Be Inspired Life Coaching Package + Unlimited Yoga Mama’Z Classes**

$222 x 12 months = $2,664

1 Payment:

$2,564 By August 1st $100 Discount

$2,614 By September 1st $50 Discount

2 Payments:

$222 Down payment with application

September 17 - $1,221 March 18 - $1,221

Monthly Payments:

$222 down payment due with application (Goes towards the last month’s payment)

$222 Monthly payments September-July at each training weekend

\*This option includes a monthly, 60 minute, one-on-one virtual or in person life coaching session with Heather to further support and enhance your journey. This is a wonderful addition for those looking for guidance and extra support on their personal journey in all areas of life.

Heather Zollman-Yoga Mama’Z

bhzollman@gmail.com

heatherzollman.com

320-351-8977

 **Date:\_\_\_\_\_\_\_\_\_\_\_\_**

**Yoga Mama’Z**

**Envision U Application**

\*Please fill out the application and send it to bhzollman@gmail.com, or 13 7th Street South Sauk Centre, MN 56378. Your application is complete when you have submitted the forms with the down payment in the form of check, cash or Venmo to save your spot in the study.

**Personal Information**

**Name:**

**Age:**

**Address:**

**City: State: Zip:**

**Phone:**

**Email:**

**Date of Birth:**

**Occupation & Employer:**

**How did you learn about Yoga Mama’Z Envision U Yoga Study?**

**\_\_\_Internet \_\_\_Yoga Mama’Z Student**

**\_\_\_Social Media \_\_\_Friend**

**\_\_\_Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Medical History**

**Please check any health conditions that apply to you. Explain further where necessary. This information is for the teacher and has no bearing on your acceptance into the yoga study.**

**\_\_\_Injuries**

**\_\_\_Surgeries**

**\_\_\_Stress**

**\_\_\_Anxiety**

**\_\_\_Depression**

**\_\_\_Headaches/Migraines**

**\_\_\_Insomnia**

**\_\_\_High Blood Pressure**

**\_\_\_Low Blood Pressure**

**\_\_\_Heart Issues**

**\_\_\_Lung Issues**

**\_\_\_Diabetes**

**\_\_\_Cancer**

**\_\_\_Allergies**

**\_\_\_Joint Issues**

**Please explain any other information that would be important for the teacher to have…**

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**Getting to Know You**

**What is your current life situation? Family, work, hobbies, loves, inspirations, etc. (anything you want to share)**

**What inspired you or drew you to yoga and this study?**

**What do you hope to gain from participating in this year-long study?**

**How has yoga affected your life if you are currently practicing?**

**What do you plan to do with the knowledge you gain here?**

**\*I have answered truthfully and to the best of my knowledge the health history, personal information and personal yoga questions.**

**Signature Date**

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**Envision U Yoga Required Materials List**

**to purchase or borrow for use during the Study**

*The Four Agreements* by Don Miguel Ruiz . . . . Read before coming to the first weekend of study

*(\*\*\*The Magic* by Rhonda Byrne . . . . Choose 28 consecutive days to practice this book before the study begins (this isn’t required, but would be a really great way to get into a gratitude practice. A simple way is to journal each day on what you are grateful for.)

*The Yamas & Niyamas* by Deborah Adele

*The Ayurvedic Self-Care Handbook* by Sarah Kucera

*The Beginner’s Guide To Meditation* by Goswami Kriyananda

*Sedona Spirit Journey Journal* by Heather Zollman (available in the studio and on Amazon)

\*All of these are available on Amazon and most at Barnes and Noble. Borrowing or sharing are also great ideas! (unless you love to highlight like I do☺)

**A book of your choice about the chakras. Some that I like…**

*(My favorite) Chakra Healing: A Beginner’s Guide to Self-Healing Techniques that*

*Balance the Chakras* by Margarita Alcantara

*Wheels Of Life* by Anodea Judith, Ph.D *The Power of Chakras* by Susan Shumsky, DD

**Other Books You May Find Interesting but are not used or required during the study (I just really enjoy books and love to share awesome ones!)…**

*Earthing* by Clinton Ober*, Autobiography Of a Yogi* by Paramahansa Yogananda*, Yoga Teacher’s Toolbox* by Joseph and Lilian Le Page, *Beyond Power Yoga* by Beryl Bender Birch, *YIN Yoga* by Paul Grilley*, Evolution of the Soul* by Sean Corne*, The Celestine Prophecy* by James Redfield, *The Alchemist* by Paulo Coelho*, Yoga Sequencing* by Mark Stephens, *Idiot’s Guide to Ayurveda* by Sahara Rose

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**Student Expectations**

Students are expected to arrive at least 15 minutes prior to the start time on training days to set their space in the studio and have the necessary materials. Come with an open mind ready to learn and participate. Their energy will be an important part of the group and will be supported and also support others.

**Location**

All Weekends will be held at Yoga Mama’Z…13 7th Street South, Sauk Centre, MN 56378. Bring weather appropriate clothing to wear for breaks outside, nature trail walks and discussion times outside (possibly during the warmer months).

**Meal Breaks**

You are responsible for your own lunch on Saturday. Feel free to bring snacks. During breaks, feel free to get outside, walk, etc.

**Props**

Yoga Mama’Z has bolsters, blocks, blankets and straps. Feel free to bring your own if you prefer. Please bring your own mat.

**Payment Plan**

Your preferred payment plan will be arranged between you and Heather and a contract signed. Payments will be made on time according to the decided plan. A late fee will be added to any late payments.

**Refund Policy**

**Once the contract is signed by the teacher and study participant, it is confirmed that they will continue with the study for the duration of the year. There is no refund for not attending. Students are still required to pay for the month if they cannot attend the study weekend.**

**Dress Code**

Dress appropriately in flexible clothing in order to move freely. Wear layers to ensure you are comfortable in the studio. There may be times when we do parts of the study outside, so be sure to bring season appropriate outdoor wear.

**Makeup Policy**

Study participants are expected to be at the weekend studies. Also, we understand that life happens. You are required to let Heather know as soon as possible if you have to be gone. Time missed will be made up through conversation/messaging with Heather or a video explaining what you learned while doing the work provided to you from the study weekend, watching the movie that you miss and doing the required reading and packet pieces. It is also an option to meet one-on-one with Heather to go over content, at a personal session rate, on top of the study fee.

**2022-2023 Application Deadline**

We are accepting applications beginning March 1st 2022.

Deadline is August 1 for the early sign up discount. Once the number of spots available are filled, applications will go on a waiting list. Applicants will be informed if a spot becomes available before the study begins, or when the next study opens up.

**Admissions Requirements**

A student is officially enrolled in the yoga study when they have…

1. Submitted their application with down payment
2. Had an initial interview by phone, email or in person and receive confirmation from Heather in one of the same forms that they are accepted into the study.
3. Decide on approved payment arrangements for tuition with the instructor.
4. Both the student and Heather have signed the year study contract.

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**Student Conduct**

Students will respect themselves, others in the study, instructor Heather Zollman and Yoga Mama’Z in their words and actions. By joining this study, they agree to do so according to the Four Agreements…**Be Impeccable With Your Word Don’t Take Anything Personally**

 **Don’t Make Assumptions Always Do Your Best**

\*\*\*Reading this little gem of a book is your first assignment before the first weekend study.\*\*\*

If a student has questions or concerns about the study come to Heather to discuss them.

The instructor has the right to place a student on probation or terminate them from the study on the following ground…

Excessive absences or tardiness, which compromises their experience as well as the other study members.

Conduct that is unsatisfactory to Yoga Mama’Z, Heather Zollman, any teachers or presenters and study students.

Failure to pay fees when due.

**Beyond the Study**

When all of the pieces of the study are complete, the student will continue to integrate the practices learned to create the life they envision for themselves. They will have wonderful knowledge! Habits, routines and tools will be offered and experienced during the study year. It is up to the student to continue with the practices that work for them and enhance their life experience.

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**About the Study Teacher: Heather Zollman-Yoga Mama’Z**

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Hi there! I am Heather Zollman, founder of Yoga Mama’Z Healing Center. I am super excited and humbled that you are interested in the Envision U experience! I wanted to offer a little information about myself. I am a wife, mom of 3 and promoter of all things having to do with living an inspired life. Yoga has been a huge part of my life for the last 20 years, since our oldest son was born. I found yoga while researching ways to strengthen my back, relieve pain and correct my posture. A spine injury and pregnancy did quite a number on me! I found yoga in a book, graduated to video tapes, dvds, classes and then finally teacher training. I completed my 200 hour and 500 hour teacher trainings with Mary Beth Nehl at the Yoga Loft in Willmar. That experience opened my eyes, heart and mind to the world of yoga far beyond the poses on the mat.

I have been teaching yoga and pilates since 2003. I started classes as a way to meet people in the sweet little town we moved to and still reside in, Sauk Centre, MN. This is now the home of Yoga Mama’Z Healing Center, which we built onto the back of our home. My teaching journey includes teaching people of all ages and abilities, onsite and in the studio from babies to seniors. Community Ed, a hotel room, gyms, football fields, businesses, parks, backyards, wedding parties, dance studios, restaurants, nursing homes, clinics, veteran’s healing Eagle’s Nest and 3 different Yoga Mama’Z studio locations and so many more places have led us here, to this point…HOME. I am proud of this support system we have built together, what we are for our community and each other.

I am excited to share the knowledge I learned through trainings, workshops, teaching experiences and working with a variety of women who come together for this study! I combine these pieces and my skills as a life coach to offer you this unique journey of study, self-discovery and transformation.

By completing this study, you will have the knowledge and experience to expand your yoga practice, in combination with other practices and tools to enhance your life experience. Everyone comes to this kind of journey from their own unique place, with their own intentions of what they will do with it. Being open to what unfolds for you here is part of the practice. Be open. Allow. Be curious. Enjoy!

Peace and Love,

Heather