



**INNER FIRE YOGA  
TEACHER TRAINING  
200 HOURS**

**YEAR 2012**

PUBLICATION DATE OCTOBER 2012



## **SCHOOL INFORMATION**

INNER FIRE YOGA

5003 University Ave.

Madison, WI 53705

WEB: [www.innerfireyoga.com](http://www.innerfireyoga.com)

PHONE: (608) 661-0167

OWNER: Marit Sathrum, [director@innerfireyoga.com](mailto:director@innerfireyoga.com)

PROGRAM DIRECTOR: Joan Bliefenicht, E-200 RYT, 500-RYT, [joan@innerfireyoga.com](mailto:joan@innerfireyoga.com)

## **HISTORY OF THE SCHOOL**

Inner Fire Yoga is a heated yoga studio located in Madison, Wisconsin. Marit Sathrum is the sole owner and director of Inner Fire Yoga (legal name Madison Yoga Studio LLC). The studio first opened as Bikram Yoga Madison in October 2002. In January 2008, after expanding the class offerings to include Power Yoga, Yin yoga, and workshops, Marit moved the studio to its current expanded and custom-designed studio location at 5003 University Avenue. The current studio space includes two large studio rooms, men's and women's dressing rooms with showers, a retail area, a lounge, and a support staff including a full-time manager, part-time receptionists, several yoga teachers offering more than 70 yoga classes per week, marketing and retail employees. Certified by Yoga Alliance as a Yoga Alliance Registered Yoga School at the 200 hour level, Inner Fire Yoga is now offering Inner Fire Yoga Teacher Training to students inspired by the Hot, Inner Fire Flow, Yin and Power Flow classes, and who wish move on to teaching yoga in these styles. Early in the program, you will learn the asana techniques and sequencing for the Inner Fire Flow class, both the 60 minute and 75 minute versions, as taught at Inner Fire Yoga. Later in the program, you will have the option to either train to teach the Hot Yoga sequence or to train in the elements of teaching and sequencing a strong Power Flow class. All trainees will also learn basic Yin Yoga fundamentals and sequencing.

## **TEACHER TRAINING INFORMATION**

Inner Fire Yoga appreciates your interest in the Inner Fire Yoga Teacher Training program. The path of the journey from yoga-student to yoga-teacher is a profound experience. Inner Fire Yoga Teacher Training will give you the knowledge and tools to inspire your future students with the same passion for yoga that brought you to this point on your yoga path.

During our program, you will learn about and live the values that made Inner Fire Yoga successful. In addition, you will learn to teach the forms of yoga that made Inner Fire Yoga a premier yoga studio in Wisconsin. By learning these key elements of asana and pranayama, and



through the practice of teaching yoga, you will gain the professional skills to *teach yoga with inspiration and confidence*.

- Learn how to motivate and inspire your students, and begin practice-teaching immediately.
- Learn the theory and practice of asana, including assists, adjustments, alignment and modifications, plus pranayama, from highly experienced Inner Fire Yoga teachers.
- Learn the elements of the subtle body such as the nadis, chakras, and the basics of a meditation practice.
- Learn the basics of Ayurveda, the sister science of Yoga.
- Learn the philosophy of yoga as imparted in the Yoga Sutras of Patanjali, the history and various styles of yoga.
- Learn the business of yoga and how to market yourself as a yoga teacher.
- Complete home-work and research projects outside of the classroom.
- Be given the materials to apply for Registered Yoga Teacher Certification with the Yoga Alliance at the 200 hour level upon culmination of the program.

## **MISSION STATEMENT**

Inner Fire Yoga's Mission is to cultivate peace in the world by guiding our community on the path to freedom in body and mind, kindling the inner fire of the heart.

## **VALUES AND PHILOSOPHY**

- Well-being of individuals and greater community
- Compassion and acceptance
- Friendliness and kindness
- Commitment to a disciplined practice
- Integrity
- Humility
- Cleanliness
- Environmental consciousness

## **ADMISSIONS AND ENTRANCE REQUIREMENTS**

In order to participate in the Inner Fire Yoga teacher training program, the potential student must meet the following requirements:

- Be at least 18 years of age
- Submit proof of a high school diploma or its equivalent
- Submit a \$100 application fee (refundable based on 3 day cancellation policy)
- Submit a \$250 dollar deposit that will applied to tuition upon acceptance.
- Complete the application and submit with the application fee and deposit



- The student must prove an immediate (meaning recent and current), regular (meaning at least 3 times per week, minimum, of one hour each practice), and established (meaning at least 3 months in length without any breaks) yoga practice in an “active” form of yoga (such as Power Yoga, Hot Yoga, Ashtanga Yoga, Vinyasa Yoga, Power Flow Yoga, Inner Fire Flow Yoga, Core Power Yoga, etc.) in the form of a statement outlining students practice history.
- In addition, a statement of reference from a certified yoga teacher (from a yoga program of at least 200 hours of yoga teaching instruction) about your yoga practice and your suitability to attend a 200 RYT training program are required. A maximum number of students will be accepted into the program, and applications will be considered on a first-come-first-served basis.

## **APPLICATION**

**See addendum A**

To apply, please fulfill the application requirements outlined in Addendum A.

## **ADVANCED STANDING**

Inner Fire Yoga Teacher Training does not offer advanced standing for any previous training.

## **NON-DISCRIMINATION POLICY**

Inner Fire Yoga Center and Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, or religion.

## **HOUSING**

Inner Fire Yoga does not provide housing. If you need to make accommodations or have questions on local restaurants, etc, feel free to submit your questions by email.

## **ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS**

During the 200 hour course, you will receive several quizzes, home study assignments, and a final test. You will also be evaluated on practice teaching. The quizzes and homework will be graded as pass/fail. The final test will be graded and you must receive a minimum of 75% in order to pass the final exam. If you do not pass the final examination you may retake it within one week. If you fail the second time, you will have an additional opportunity to retake with a fee of \$50. You must schedule this retake within a week of the previous attempt. If you do not pass it, you must apply and retake the teacher training in order to receive a certificate. During



your practice teaching, you will be critiqued by experienced teachers and be given written feedback. Practice teaching will be judged based on the following criteria:

- Knowledge of asana, pranayama, and yogic practices as learned through training.
- Delivery to student of yogic practices.
- Ability to transition within sequencing.
- Comfort level and communication skills.
- Timing.
- Clarity

If homework is not submitted when due or test/quizzes not taken when scheduled, you will be notified by the director of teacher training that you will be placed on a probation of three weeks. You will be responsible to make arrangements with the director for submission of homework or a time to take the test/quizzes. If you do not make these arrangements you will not be allowed to attend the next scheduled session, which may result in the constructive notice of withdrawal as stated in the CANCELLATION AND REFUND POLICY section.

## **CODE OF STUDENT CONDUCT**

A yoga code of ethics will be discussed during training. Students are required to follow the rules and policies of Inner Fire Yoga Center and the teacher training program, as well as the Yoga Alliance Code of Ethics (Addendum B). Policies include but are not limited to the following:

- No sexual harassment
- No substance use or abuse during school hours
- No smoking allowed on the premises
- No breach of confidentiality

If behavior is exhibited that conflicts with the code of conduct, the mission statement of Inner Fire Yoga Teacher Training, and its philosophy, this behavior may be grounds for termination from the program at the discretion of the owner of Inner Fire Yoga and the director of teacher training. Students dismissed from the program may apply and be considered for a future teacher training program. The reason for prior dismissal will be addressed in the personal interview and may be a determining factor for acceptance into the program.

## **ATTENDANCE, TARDINESS, AND LEAVES**

***100% attendance is required in order to graduate from IFY teacher training.*** In the case of unforeseen emergency absences, please notify the director of teacher training immediately. The student is responsible to schedule make-up time through the director or the teacher who taught the missed class/classes. The make-up time must be completed before the next scheduled session and the trainee will be required to pay an extra 75\$ for each make-up hour. Absences for certain events that are not deemed excused include: weddings, birthdays, children's recitals (etc). If you have planned events such as these that you must attend that coincide with the training dates, please plan to attend a future training program that will not have schedule



conflicts. Absences for medical disabilities or emergencies such as a death in the family are deemed unforeseen emergency absences.

The student is expected to be at each session ten minutes before the start time in order to set up and in order for the training to start at the scheduled time. Class attendance will be taken at the beginning time and attendance records will be maintained throughout the training. If the student is late more than three times, this will result in a deduction of one hour from your total contacts hours.

Due to medical disability, as verified by a medical professional in the form of a letter that states the diagnosis and recommended dismissal from the program, a leave of absence will be granted. The refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher tuition rate.

## **EMPLOYMENT SERVICES**

Inner Fire Yoga Teacher Training does not offer placement services. You will receive training in the marketing and business of yoga and learn fundamental marketing skills to pursue a career as a Yoga Teacher.

## **STUDENT COMPLAINTS**

Inner Fire Yoga Teacher Training encourages trainees to feel free to discuss in person or in writing any concerns, complaints, or suggestions that are helpful to the program and the trainee experience. All complaints should be directed to the teacher in charge either in writing or in person. If the issue is not resolved to your satisfaction, please submit a written complaint to the director of Inner Fire Yoga Center. You will receive a response within two weeks. If the issue is not resolved to your satisfaction, you may submit a formal complaint to:

State of Wisconsin  
Educational Approval Board  
30 W. Mifflin Street, 9<sup>th</sup> Floor  
Madison, WI 53703  
(608) 266-1996

Formal complaints should involve issues relating to school policies and not personal grievances. Personal grievances should be submitted to the director of teacher training in writing.



## **TUITION, FEES, AND REFUNDS**

Tuition:	\$3500
Deposit:	\$250 (applied to tuition)
Application Fee:	\$100 (not included in tuition)

*100% of fees are due 7 days prior to the start of training. No scholarship programs or payment plans currently exist.*

Inner Fire Yoga students who are enrolled in the monthly auto-payment time at the time of acceptance into teacher training will receive a \$150 discount if they remain on auto-payment throughout the teacher training sessions. All students are responsible for payment of classes at Inner Fire Yoga outside of teacher training scheduled classes.

## **CANCELLATION AND REFUND POLICY**

There is a three day period after payment of tuition when the student may request a full refund of tuition. The request should be in writing and a refund will be sent out within two weeks.

A student who withdraws or is dismissed after the three-business-day cancellation period, but before completing 60% of the potential units of instruction in the current enrollment period, shall be entitled to a pro rata refund, as calculated below, less any amounts owed by the students for the current enrollment period, less the one-time application fee of \$100.

Pro rated refund shall be determined as the number of units remaining after the last unit completed divided by the total number of units in the enrollment period, rounded downward to the nearest ten percent. Pro rata refund is the resulting percent applied to the total tuition and other required costs paid by the student for the current enrollment period.

A 100% refund less a one-time application fee will be paid for any cancellation before attending any units of instruction (see table next page).



After completing:

<b>AT LEAST:</b>	<b>BUT LESS THAN:</b>	<b>REFUND OF TUITION:</b>
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	No	No Refund

If a student misses an entire weekend of the training, constructive notice of withdrawal will be considered and the relevant pro ration of refund stated in the policy will be complied with by Inner Fire Yoga Teacher Training.



## **PROGRAM OUTLINE AND SUBJECT DESCRIPTIONS (CURRICULUM)**

Inner Fire Yoga Teacher Training has been designated as a Registered Yoga School with Yoga Alliance at the 200 hour level. The following curriculum will be covered in order to comply with Yoga Alliance:

### **TRAINING AND TECHNIQUES:**

(100 hours) You will learn the techniques and the proper alignment to teach asana, pranayama, meditation and other yoga techniques. Under the guidance of experienced teachers you will learn how to teach and you will practice teach as the techniques are taught to you. You will also practice the sequences you are learning to teach.

### **TEACHING METHODOLOGY:**

(25 hours) As well as learning basic yoga techniques, you will learn and practice teaching assists and correcting, the observation skills of a yoga teacher and how to demonstrate to the students techniques you are teaching. You will also learn the business and marketing of the business aspect of yoga.

### **ANATOMY AND PHYSIOLOGY:**

(20 hours) In the class room environment, you will learn about the anatomy and physiology of the human body, including the bones, joints, muscles, and bodily systems. You will learn the application of this knowledge to teach yoga asana. You will also learn the anatomy of the subtle body.

### **YOGA PHILOSOPHY, LIFESTYLES, ETHICS:**

(30 hours) You will learn the history of yoga and you will study the eight fold-path of yoga known as Ashtanga as taught by Patanjali. You will study and practice the lifestyle of the yogi and basic Sanskrit. You will learn the basics of a meditation practice and ethics of a yoga teacher.

### **PRACTICUM:**

(10 hours) Under the observation of accomplished yoga teachers, you will be evaluated and given feedback on your delivery of basic yoga techniques.

### **ELECTIVES:**

(15 hours) These hours will be divided among the above categories and will involved research, practice, study and assignments.



A student manual that will serve as a study guide will be given at the beginning of the first and fifth weekends. The curriculum for each weekend will be emailed prior to the beginning of the each weekend's session. Books that are required reading should be brought as directed in the manual. The student manual will be the property of the student for future reference.

## **GRADUATION**

*In order to graduate, students must complete all requirements.* Grading criteria includes practice teaching, attendance, and timely completion of quizzes, homework, and final exam. Students receiving below 75% passing on pass/fail work and tests/quizzes may be placed on probation as stated in the ACADEMIC REQUIREMENTS AND STANDARDS OF PROGRESS section. These items must be completed in order to graduate. Students who receive below a 75% on the final exam will have two chances to retake the test as also stated in the ACADEMIC REQUIREMENT AND STANDARDS OF PROGRESS SECTION. You are responsible to make arrangements with the director of teacher training to reschedule retakes of the final examination. Students must complete all individual practice teaching before graduation is considered. Final approval is at the discretion of the director of teacher training and/or owner of Inner Fire Yoga. If the student is not ready to teach yoga, he/she will not graduate from the program until the skills necessary to be a professional yoga teacher are displayed.

Students will be eligible to apply for Yoga Alliance's 200 hour registry upon culmination of the program. Any fees applicable for the Yoga Alliance 200 hour registry must be paid for by the student and are not included in tuition fees.

## **STUDENT RECORDS**

A copy of the graduation certificate will be kept on file for seven years and will be available to the student at a \$25 replacement fee. All student records are confidential and will not be released without the student's written permission.



## **TRAINING SCHEDULE AND CALENDAR**

### WINTER/SPRING 2012 CLASS:

8 weekends:

Jan. 20-22, Feb. 10-12, March 2-4, March 23-25, April 13-15, May 4-6, May 25-27, Jun 15-17

#### WEEKEND PROGRAM SCHEDULED TIMES:

Fridays 5:00 – 9:00 pm

Saturdays 8:00am – 7:30 pm

Sundays 8:30am – 5:30pm

### SUMMER INTENSIVE 2012 CLASS:

4 weeks:

Jun 25<sup>th</sup> to July 21<sup>st</sup> (4<sup>th</sup> of July will be a holiday day-off, 2 Saturdays will be extended to 5:00pm to accommodate the lost holiday hours.)

#### INTENSIVE PROGRAM SCHEDULED TIMES:

Monday-Thursday 8:30am-7:30pm

Friday 8:30am-4:00pm

Saturday 9:00 am-12:00pm

## **REQUIRED TEXTBOOKS**

Textbooks under required reading must be purchased and the costs are not included in tuition or fee payments. The required books may either be purchased through the studio or from an outside source. The suggested reading books may be purchased at the discretion of the student. Some of the subject matter may be discussed in the classroom.

Required reading:

Yoga Sutras of Patanjali – As commented by Swami Satchidananda

The Key Muscles of Yoga: Scientific Keys, Volume 1 Ray Long

The Key Poses of Yoga: Scientific Keys, Volume 2 Ray Long

The approximate costs of the required books is 60\$ and is not included in the tuition. The books may be purchased at Inner Fire Yoga Center or the student may purchase them on their own.

Recommended reading:

The Living Gita: The Complete Bhagavad Gita – Sr S. Satchidananda

Prakriti: Your Ayurvedic Constitution – Robert Svoboda

Bikram Yoga – Bikram Choudbury

Autobiography of a Yogi – Paramahansa Yogananda

The Heart of Yoga – T.K.V. Desikachar



The approximate costs of the books listed on the recommended reading list are 65\$. These books may be purchased outside of the studio at the discretion of the student. Some of the material in the course study will relate to the topics on this list.

## **ITEMS TO BRING**

In addition to books for required reading, please bring your own mat, a yoga strap, a yoga block, water, extra towels, and a change of clothes for yoga practice. The student should have pens, pencils, and a notebook for taking notes or personal journaling. There will be personal journaling exercises during several of the sessions. Food will not be provided. It is suggested you bring your own food or extra snacks for break times.

Inner Fire Yoga is a Registered Yoga School (“RYS”) with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)).

Inner Fire Yoga is licensed by the Wisconsin Educational Approval Board, 30 West Mifflin Street, 9th Floor, P.O. Box 8696, Madison, WI 53708. Any comments, questions, or concerns about this school’s license should be directed to <http://eab.state.wi.us/> or (608) 266-1996.



## ADDENDUM A



# INNER FIRE YOGA TEACHER TRAINING APPLICATION

Tuition: \$3500

### **Application Process**

Submit your application (Addendum A and Addendum C with initials in three places) along with a \$100 application fee and a \$250 deposit. The application can be faxed to 608-661-0168, emailed to [joan@innerfireyoga.com](mailto:joan@innerfireyoga.com) or mail to:

Inner Fire Yoga Teacher Training  
Inner Fire Yoga  
5003 University Ave.  
Madison, WI 53705

The application must be received by two weeks prior to the beginning of training program in order to be considered for the session. Should the training program be filled, a waiting list will be taken.

After receipt of the application you will be contacted for a brief interview, either by the phone or in person.

### **Acceptance Notification**

Applicants who have been accepted into the Inner Fire Yoga Teacher Training program will be notified via e-mail within two weeks of receipt of their application. All accepted applicants must confirm their registration via e-mail within one week of receiving notification of acceptance. If an applicant fails to confirm, his/her spot may be offered to another applicant.



**PART 1 - Personal Information**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender:  Female  Male (NOT REQUIRED)

Date of Birth: \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Current Occupation \_\_\_\_\_

Emergency Contact Name and Relationship: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

How did you hear about our program?

- In Class Announcement  Inner Fire Yoga Website
- Friend  Teacher – Where? \_\_\_\_\_
- Other \_\_\_\_\_

**PART 2 – Recommendation**

In order to participate in Inner Fire Yoga’s Teacher Training program, you must have a regular committed practice and provide a letter of recommendation from a yoga teacher whom you practice with regularly, by email to [joan@innerfireyoga.com](mailto:joan@innerfireyoga.com). Your teacher should qualify whether he/she believes you are ready and able to attend a rigorous 200 hour yoga teacher training program. S(h)e should include his/her name and where he/she currently teaches yoga.



### **PART 3 – Questionnaire**

Please respond thoroughly to the following questions:

#### WHICH SCHEDULED TRAINING CLASS DO YOU WISH TO ATTEND?

- Winter/Spring 2012 beginning Jan. 20<sup>th</sup>
- Summer Intensive 2012 beginning June 25<sup>th</sup>

1. How often do you practice yoga? Please supply a detailed description of your yoga practice over the past 3 months.
2. How long have you been practicing yoga?
3. What styles of yoga do you practice or have you explored, which do you prefer?
4. What aspects of yoga do you practice?       Asana       Pranayama  
 Meditation       Chanting       Restorative  Other \_\_\_\_\_
5. What benefits have you personally experienced as a result of regular yoga practice?
6. How do you define or explain yoga when asked by someone who has never taken a yoga class?
7. Are you currently teaching yoga? If so, where, how often?
8. What do you hope to accomplish and realize out of participating in this training?
9. Do you have any pre-existing injuries or emotional conditions that may affect your ability to participate in this course?
10. Is there anything else that you would like to share about this journey, about your motivation, your expectations, or your experience as it relates to attending Inner Fire Yoga's teacher training program.



## **ADDENDUM B**

### **YOGA ALLIANCE Code of Conduct**

The code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a Yoga Alliance RYT<sup>®</sup>, E-RYT or representative of a RYS<sup>®</sup>, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.



## ADDENDUM C (2 pages)

Please initial on the lines in the left column signifying that you have read, understand and agree to these policies outlined under the bold headings.

\_\_\_\_\_

### **TUITION, FEES, AND REFUNDS**

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Deposit: \$250 (applied to tuition)  
Application Fee: \$100 (not included in tuition)

*100% of fees are due 7 days prior to the start of training. No scholarship programs or payment plans currently exist.*

\_\_\_\_\_

### **CANCELLATION AND REFUND POLICY**

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A student who withdraws or is dismissed after the three-business-day cancellation period, but before completing 60% of the potential units of instruction in the current enrollment period, shall be entitled to a pro rata refund, as calculated below, less any amounts owed by the students for the current enrollment period, less the one-time application fee of \$100.

Pro rated refund shall be determined as the number of units remaining after the last unit completed divided by the total number of units in the enrollment period, rounded downward to the nearest ten percent. Pro rata refund is the resulting percent applied to the total tuition and other required costs paid by the student for the current enrollment period.

A 100% refund less a one-time application fee will be paid for any cancellation before attending any units of instruction.

(Continued next page.)



After completing:

<b>AT LEAST:</b>	<b>BUT LESS THAN:</b>	<b>REFUND OF TUITION:</b>
1 unit(class)	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	No	No Refund

If a student misses an entire weekend of the training, constructive notice of withdrawal will be considered and the relevant pro ration of refund stated in the policy will be complied with by Inner Fire Yoga Teacher Training.

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### **ATTENDANCE, TARDINESS, AND LEAVES**

***100% attendance is required in order to graduate from IFY teacher training.*** In the case of unforeseen emergency absences, please notify the director of teacher training immediately. The student is responsible to schedule make-up time through the director or the teacher who taught the missed class/classes. The make-up time must be completed before the next scheduled session and the trainee will be required to pay an extra \$75 for each make-up hour. Absences for certain events that are not deemed excused include: weddings, birthdays, children’s recitals (etc). If you have planned events such as these that you must attend that coincide with the training dates, please plan to attend a future training program that will not have schedule conflicts. Absences for medical disabilities or emergencies such as a death in the family are deemed unforeseen emergency absences.

The student is expected to be at each session ten minutes before the start time in order to set up and in order for the training to start at the scheduled time. Class attendance will be taken at the beginning time and attendance records will be maintained throughout the training. If the student is late more than three times, this will result in a deduction of one hour from your total contacts hours.

Due to medical disability, as verified by a medical professional in the form of a letter that states the diagnosis and recommended dismissal from the program, a leave of absence will be granted. The refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher tuition rate.

