



200-Hour Basic Yoga Teacher Training Catalog

January 2019 – June 2019

Our program:

The Lotus Yoga 200-Hour Basic Yoga Teacher Training offers an intimate, personalized learning experience with ample time to explore your interests as you deepen your knowledge of yoga. This training is perfect for those who feel called to teach yoga to others, as well as for those who are interested in deepening their personal practice and understanding of yoga. Our training is heavily rooted in the ancient wisdom of yoga asana and yoga philosophy and is based on a mentorship-style approach to learning, with a maximum number of 8 participants.

Our program focuses on yoga as a comprehensive practice that honors the individual. Our focus is not on asana (yoga postures) alone, but rather on yoga as holistic practice that nourishes us on many levels. Because of this, we feel that this training is accessible to persons of all ages and abilities, and we seek to train our teachers in a way that honors each participants' unique experiences, limitations, needs and interests.

Our philosophy is based on personal inquiry as the heart of yoga and yoga teaching. We believe that compassionate, non-judgmental investigation into the experience of the present moment is the foundation for teaching and practicing yoga from our deepest wisdom. As participants progress along their path, they gather intellectual knowledge about yoga philosophy, anatomy and kinesiology; they master this information, refine this knowledge and then must integrate it with awareness and discernment within the wisdom of the present moment. The skills and knowledge that participants acquire and refine in our training program provide a repertoire for the participant to draw from in service to their deeper knowing: this is what makes yoga practice truly rich and rewarding and what differentiates a good yoga teacher from a great yoga teacher, and this is what we emphasize in our program.

Our program consists of a five-day retreat-style intensive, and six weekend modules with Megan Carroll, our teacher for the Lotus Yoga 200-Hour Basic Yoga Teacher Training. Over the course of the training, participants will have the opportunity to deepen their multi-faceted understanding of yoga history, philosophy and practice, collect new, powerful teaching tools and move forward on the path of deepening their personal practice and becoming an excellent yoga teacher. The training offers its participants the tools to skillfully and confidently teach yoga classes to people of all ages and abilities.

We work very closely with each of our students to help them achieve their personal best in the field of yoga. In order to maintain this high standard, we limit the program to a maximum of 8 participants. Once you successfully complete our teacher training, you will earn a graduation certificate from Lotus Yoga School and you are eligible for a 200-hour certification from the Yoga Alliance (RYT 200), should you wish to register for one. This certification is considered the standard in the industry and allows you to teach yoga classes, offer private yoga lessons, and/or integrate yoga into other work that you may be doing. We also offer a separate advanced training: the 300-Hour Advanced Teacher Training. Once you have completed this program, you will have the option to continue your education by applying to our 300-hour advanced yoga teacher program with the option, after you complete the 300-hour program, to register for a 500-hour designation from Yoga Alliance (RYT 500)!

Lotus Yoga | 4860 Rainier Ave. South Seattle, WA 98118 | maia@lotusyoga.biz | 206-760-1917

What students can expect:

A very strong foundation in anatomy and kinesiology and a system for applying that foundation to create optimal alignment in asana.

- Techniques for teaching all manner of postures, from seated poses to standing poses, and for creating maximally safe, beneficial and enjoyable sequences of those postures.
- Tools for observing, and artfully assisting, yoga students in finding their optimal alignment.
- Lessons on the anatomy of respiration and the tools for teaching pranayama

A strong foundation in the anatomy of the subtle, or energetic body, including an in-depth exploration of chakras (energy centers), the koshas (layers of being) and the basics of Ayurveda.

- Tools for teaching classes that work powerfully with the chakras and other energetic systems of the body.
- A basic understanding of Ayurveda and the Ayurvedic lifestyle.

A very strong foundation in yoga philosophy, and an in-depth exploration of classical yoga texts such as the Yoga Sutras of Patanjali and The Hatha Yoga Pradipika.

- An understanding of the history of yoga and the evolution of the practice as we know it today.
- Tools for teaching yoga philosophy in a non-judgmental, meaningful and approachable way.

Guidance and support as you find and refine your own unique voice as a teacher.

- Plenty of practice teaching with supportive, constructive and transformative feedback.

Individual and group support, direction and inspiration as you take the next step on your path.

- Deep growth and evolution both in your personal yoga practice and as a teacher. Most find that they experience tremendous personal growth as well.

The benefits of a very small class size:

- The curriculum is adjusted to meet your unique needs, concerns and desires.
- Ample one-on-one time with the instructor.

What previous graduates have said about our program:

"I was extremely satisfied with my experience in Lotus Yoga Teacher Training. Megan is an amazing teacher and guide, who offered us an extremely cohesive and well thought-out curriculum. The material and training were all so interesting, challenging, and relevant, not only to my teacher training, but toward enhancing my life. And this exponential personal and professional growth all felt manageable in the space that the teacher created and held for us students."

"The director of the school, lead teacher and all staff and employees of Lotus Yoga with whom I had contact were professional, reliable, friendly, helpful and supportive throughout the training... The depth and knowledge of the lead teacher were exceptional and the training provided an extensive background that was beyond any expectations I had. A thoroughly wonderful experience."

"Definitely exceeded my expectations by being a deeper and richly textured curriculum"

"This training is one of the most significant things I have ever done and will stay with me forever"

"Lotus Yoga is an exceptional Yoga school... Megan Carroll is an incredible teacher... The class size was small and therefore there was a lot of individual attention. She (Megan) creates an open, safe, and comforting space for learning and growing. I recommend this program to anyone that wants to teach (or already teaches) Yoga or to anyone that wants to deepen their practice."

"The Lotus Yoga teacher training program was exceptional. It was focused on what I call "big picture yoga" or the 8 limbs, and not just on teaching a good mat-based workout. We learned about... what it means to be a yoga teacher (and what it doesn't mean), and about how to develop and good, well-rounded, safe and fun class. I am so very happy I chose to take my training through Lotus Yoga! I can't say enough about the experience.... I hope to be able to continue my yoga education with their 300-hour training in another year or two."

Training Dates for 2019:

All modules and the intensive are required.

- Intensive: January 15th – 19th 2019
 - o The intensive is on Whidbey Island, within a 2.5-hour drive / ferry ride of Seattle.
 - o Transportation to the intensive is not included in tuition.
 - o Food and accommodations are included in tuition.
- Weekend module 1: February 8th – 10th, 2019
- Weekend module 2: March 1st – 3rd, 2019
- Weekend module 3: March 22nd – 24th, 2019
- Weekend module 4: April 5th – 7th, 2019
- Weekend module 5: April 26th - 28th, 2019
- Weekend module 6: May 17th - 19th, 2019

- Contingency Weekend: May 31st - June 2nd, 2019

Please know that you will be committing to be available all these weekends although only the intensive and 6 module weekends will be included in the training. Make sure that you keep this weekend free in case of any unforeseen events or emergencies.

Weekend Module Training Schedule:

- Friday: 2:00 PM – 7:30 PM (a half-hour break and short stretch breaks) **5 training hours**
 - Saturday: 9:00 AM – 6:00 PM (1 hour break for lunch and short stretch breaks) **8 training hours**
 - Sunday: 9:00 AM – 4:00 PM (1 hour break for lunch and short stretch breaks) **6 training hours**
- 19 hours per module**

Program Requirements:

- 6 required training weekend modules as scheduled above. **114 training hours (w/ lead teacher)**
 - A five-day intensive training as scheduled above. **43 training hours (w/ lead teacher)**
 - At least 4 classes a month at Lotus during the program (This is a total of 19 classes from January – May) **23 training hours (w/ Lotus teachers)**
 - 20 hours of homework over the course of the program. **20 training hours (individual work)**
- The training is a total of 200 hours**

Prerequisites for the program:

- A deep interest in yoga.
- We highly recommend that you take at least 3 previous classes at Lotus Yoga:
 - o Please make sure that at least 2 of these classes are with Megan to ensure her teaching resonates with you!
 - o If you cannot complete 2 classes with Megan, please contact us for other options.
- A regular yoga practice.
- A high school diploma or GED.

Applications:

- Applications will be accepted until December 15th, 2018 or until the program fills, whichever comes first.
- **We do expect this small program to fill.** Applications will be reviewed on a first come, first served basis.
- Applications are available at the studio, on-line on our web site under teacher trainings -or- email us to receive an application.

Required Reading:

There will be a list of required reading as a part of the training, and required for graduation.

Specific reading assignments will be given throughout the program and the actual book list will be sent to registered participants December 1st, 2018 or before. **Please note this is a previous year's book list to give you a sense of the reading that will be required. The actual book list for 2019 is subject to changes and participants will be given a final reading list by December 1st 2018.**

- *Yoga Body; The Origins of Modern Posture Practice* By Mark Singelton
- *The Deeper Dimensions of Yoga* By Georg Feuerstein
- *Yoga and The Quest for the True Self* By Stephen Cope
- *The Yoga Sutras of Patanjali* Various translations
- *Yoga Anatomy (check the booklist upon program acceptance for edition number)* By Leslie Kaminoff
- *Trail Guide to the Body (check the booklist upon program acceptance for edition number)* By Andrew Biel
- *The Key Muscles of Hatha Yoga* By Dr. Ray Long
- *30 Essential Yoga Poses* By Judith Lasater
- *Yoga for the Core; Finding Stability in an Unstable Environment* By Suzette O'Byrne
- *The Yoga of Sound: Tapping the Hidden Power of Music and Chant* By Russil Paul
- *The Breathing Book* By Donna Farhi
- *Eastern Body, Western Mind* By Anodea Judith
- *Hatha Yoga Pradipika - translation **with commentary** (check the booklist upon program acceptance for recommended translations)*
- *Ayurveda; The Science of Self-Healing* By Dr. Vasant Lad
- *Turning the Mind Into an Ally* By Sakyong Mipham

Our Teacher:

Program Teacher: Megan Carroll, E-RYT 500, C-IAYT

Megan has been working in the field of yoga for over a decade. Her work as a yoga instructor, yoga therapist and yoga teacher trainer reflects a deep connection to Spirit as well as a comprehensive understanding of the human body that have been developed through her studies in Yoga, Buddhism, dance, anatomy and kinesiology.

In addition to her yoga instructor certification, Megan is a certified yoga therapist, and holds a bachelor's degree in exercise physiology from Bastyr University. She is currently seeking to evolve her practice through both formal and informal studies in Ayurvedic and herbal medicine, energy work and Eastern psychology.

Megan feels incredibly blessed to have the opportunity to transmit the powerful and transformative teachings of yoga to others. She brings joy, humor, compassion and a sense of unconditional acceptance to all of her work.

Small Program Size:

We work very closely with each of our students to help achieve their personal best in the field of yoga. In order to maintain this high standard, we limit this program to a maximum number of 8 participants. Teacher to student ratio: 1 to 8.

Questions?

- If you have questions about the program, please contact us: 206-760-1918
- Maia Laverty – Training administrator: maia@lotusyoga.biz
- Megan Carroll – Teacher, 200 Hour Program: megan_carroll@hotmail.com

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Training Tuition:

Please note: Unlimited yoga at Lotus Yoga is included in the program (January 1st, 2019 – June 2nd, 2019)		
You have two options:	Upfront Payment	Payment Plan
Application fee: (non-refundable for the work we do in processing your application)	\$50 Due at the time of application	\$50 Due at the time of application
Registration Fee: (refundable per the terms of the detailed refund policy*)	\$50 Due within 10 days of program acceptance or by 12/15/2018 whichever is first.	\$50 Due within 10 days of program acceptance or by 12/15/2018 whichever is first.
Intensive Lodging & Food (Pre-payment for lodging and food for the 5-day intensive retreat-style training that begins the teacher training.) (Fully refundable up to 3-weeks prior to training start. NON-refundable within 3 weeks of training start. Per the terms of the detailed refund policy*)	\$1085 Due within 30 days of program acceptance or by 12/15/2018 whichever is first.	\$1085 Due within 30 days of program acceptance or by 12/15/2018 whichever is first.
Intensive Tuition Payment (43 educational hours): (refundable per the terms of the detailed refund policy*)	\$571 Due by 12/1/2018	\$571 Due by 12/1/2018
Payment Plan: (6 payments) (refundable per the terms of the detailed refund policy*)		\$2,152 total PLEASE NOTE: The payment plan to be paid on the following schedule: 6 payments of \$358 Each payment is due before the start of the corresponding module. Late payments are subject to a fee of \$20.
Upfront payment: (refundable per the terms of the detailed refund policy*)	\$1,994 Due in full by: 12/1/2018	
Total Payments:	\$3750	\$3908

*The refund policy for program payments is outlined in detail starting on page 10 of this catalog.

Optional / Additional Program Costs:

Required Books: \$ 300 (estimated cost) This is the estimated cost IF you choose to purchase all the required books. Lotus will have books in-stock to purchase (or purchase elsewhere) and a limited set of loaner books. Most books available at the public library.

Unavoidable Absence:
In the event that you cannot avoid an absence for a required training module, students may choose one of the following options, at their own additional expense, to make up the missed required hours and curriculum and complete the training:
<ol style="list-style-type: none"> 1. Learn missed curriculum by getting notes/information from fellow students and/or individual sessions with lead teacher. 2. Make-up missed program hours with the lead teacher in classes, individual sessions, workshops or retreats. 3. Complete all missed homework. 4. Complete integration paper demonstrating mastery of the missed curriculum to the satisfaction of the lead teacher.
Individual Mentorship time with the lead teacher to make up missed curriculum (if needed) charged at the following rate: \$125 for the 1 st hour / \$90 for each additional hour

Applications:

- Applications will be accepted until December 15th 2018 or until the program fills, whichever comes first.
- **We do expect this small program to fill.** Applications will be reviewed on a first come, first served basis.
- Applications are available at the studio, on-line on our web site under teacher trainings -or- email us to receive an application.

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- Maia Laverty – Training administrator: maia@lotusyoga.biz
- Megan Carroll – Teacher, 200 Hour Program: megan_carroll@hotmail.com

Our Studio:

Lotus Yoga has a spacious 1500 square foot main yoga studio space, a 500-square foot learning room (class room), a 200 square foot entry and bathroom facilities. We have adequate yoga props for all participants as well as a limited number of chairs for participants. Most module training hours will be sitting on the floor (with props) or doing yoga. Please let us know if you require a chair for classroom time and one will be provided for you. We are close to the Columbia City light rail station as well as several bus routes. There is street parking available in the surrounding neighborhood and we are located in the heart of the friendly Columbia City commercial district with ample access to restaurants and services.

Non-discrimination Policy:

Lotus Yoga School and Lotus Yoga does not discriminate against students or potential students on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability.

Accommodation for Students with Disabilities:

If you are a potential student with a disability, we would like to work with you to create a plan for reasonable accommodation if at all possible. Please contact Maia Laverty, Lotus Yoga studio owner and teacher training administrator, at maia@lotusyoga.biz to create a plan for reasonable accommodation.

Lotus Yoga School Ethical Yoga Teaching Guidelines:

As a student of yoga at Lotus Yoga and as a potential teacher of yoga, I recognize that it is my responsibility and privilege to support the overall welfare of anyone I teach in my teacher training or elsewhere, and to uphold the dignity and integrity of the yoga teachings. These guidelines are not intended to supersede the ethics of any school or tradition but rather are intended to be a basis for yoga principles as taught at Lotus Yoga. In recognition of the trust placed in me by my students, I agree to:

- Conduct myself in a professional and conscientious manner.
- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest a student go against a physician's advice.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Offer my services of teaching yoga to all persons regardless of age, physical limitations, race, creed, color, gender, ethnicity, national origin, sex, religion, marital status, political affiliation, veteran or military status, sexual orientation or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability.
- Respect the rights, dignity and privacy of all students.
- Show only the highest regard for my students' personal beliefs and values.
- Avoid any action that I know will conflict with the highest interests of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas from the Yoga Sutras.
- Follow all local and national laws that pertain to my yoga teaching and business.
- Avoid speaking negatively about yoga studios, teachers, styles, and/or yoga traditions other than my own.
- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.

Code of Conduct for Lotus Yoga School Students Within the Classroom:

Nothing in this policy prevents the student from contacting the Workforce Board (the state licensing agency) at 360-709-4600 at any time with a concern or a complaint.

The following conduct is unacceptable and will not be tolerated:

1. All forms of bias including race, religion, ethnicity, gender, disability, national origin, veteran status, and creed as demonstrated through verbal and/or written communication and/or physical acts.
2. Sexual harassment including creating a hostile environment and coercing an individual to perform sexual favors in return for something.
3. All types of proven dishonesty, including cheating, plagiarism, knowingly furnishing false information to the institution, forgery, and alteration or use of institution documents with intent to defraud.
4. Intentional disruption or obstruction of teaching, administration, disciplinary proceedings, public meetings and programs, or other school activities.
5. Theft or damage to the school premises or damage to the property of a member of the school community on the school premises.
6. Student acts of criminal behavior that place any person in imminent danger are prohibited on all school grounds.
7. Violation of the law on school premises. This includes, but is not limited to, the use of alcoholic beverages or controlled dangerous substances.
8. Violation of published school policies.

Standards of progress:

- All classes are pass / fail.
- Our students generally pass each module due to their tendency toward enthusiasm and commitment to this fascinating material. Should a student fail a module, they will be notified in writing within 2 weeks of the end of that module.
- If a student fails a portion of the training, they can repeat that portion of the training independently using the same guidelines as the “the unavoidable absence policy” below at their own expense.
- Unsatisfactory progress: If a student fails more than 2 sections of the training, they will be required to meet with the lead teacher and the program administrator to form a plan for improving their performance and will be placed in a probationary period. If they fail an additional section of the training, the student will be dismissed for unsatisfactory progress.

Transcripts:

- To receive transcripts from this program contact us in writing.
- Provide your full name and the date of your program completion.
- Student transcripts will be held for at least 50 years from the date of program completion.

Send transcript requests to:

Lotus Yoga
4860 Rainier Ave. South
Seattle, WA 98118

206-760-1917

maia@lotusyoga.biz

Student Absence Policy:

Unavoidable Absence:

In the event that you cannot avoid an absence for a required training module, students may choose one of the following options, at their own additional expense, to make up the missed required hours and curriculum and complete the training:

1. Learn missed curriculum by getting notes/information from fellow students and/or individual sessions with lead teacher.
2. Make-up missed program hours with the lead teacher in classes, individual sessions, workshops or retreats.
3. Complete all missed homework.
4. Complete integration paper demonstrating mastery of the missed curriculum to the satisfaction of the lead teacher.

Individual Mentorship time with the lead teacher to make up missed curriculum (if needed) charged at the following rate:

\$125 for the 1st hour / \$90 for each additional hour

Tardiness Policy:

- Please be on time for all trainings.

Conditions for Dismissal

Students may be dismissed from the school for the following reasons:

- Not adhering to the school's rules, regulations, policies, and code of conduct.
- Missing more than 20 percent of instruction time.
- Not maintaining a passing standard of progress in any two training modules / intensive.
- Not meeting financial responsibilities to the school.

The school director will notify the student in writing should it become necessary to dismiss the student. The dismissal letter will contain the date and the reason for dismissal. Prepaid tuition will be refunded according to the school's refund policy.

Re-entry Policy

Students dismissed from the school who request re-entry must put the request in writing to the school director. In cases where the student was dismissed for excessive absences (greater than 20 percent) or financial concerns, it may be possible to re-enter within the same training term. In cases where the student was dismissed due to failure to maintain a passing standard of progress, it may be possible for the student to receive private tutoring and then reenter the school in the same term. In cases where the student was dismissed due to unacceptable conduct, the student will be required to meet with the director and the lead teacher before re-entering the school in the same term. The decision of the director and lead teacher is final and the student will receive a letter within five business days stating the decision.

Student Grievance-Complaint / Appeal Process

Nothing in this policy prevents the student from contacting the Workforce Board (the state licensing agency) at 360-709-4600 at any time with a concern or a complaint. Students who have a complaint or who would like to appeal a dismissal must request in writing an appointment for an interview with the school director. The written request should include the following information:

1. Student's full name and current address
2. A statement of the concern including dates, times, and if applicable, other students involved
3. Date of complaint letter and signature of the student
4. Three dates in which the student would be available for a meeting with the school director. These dates should be within 10 business days of the complaint.

The school director will notify the student in writing of the appointment date in which the concerns or appeal will be addressed. Every effort will be made to bring an amicable closure to the concern. Should it be necessary, the lead instructor will hear the concerns and will be asked to assist in bringing a resolution to concerns and/or appeals. The student will be notified in writing within five business days of the outcome of the meetings. Should the contract be canceled by either the student or the school the last date of attendance will be used as the date to calculate any refund in accordance with the school's refund policy.

Withdrawing from School

Students must prepare a written notification and submit it to the school director. This document must contain the student's name, address, and date. All financial obligations on the part of the school and the student will be calculated using the last recorded date of attendance.

Cancelation and Refund Policy:

Should the student’s enrollment be terminated or should the student withdraw for any reason, all refunds will be made according to the following refund schedule.

1. The school will refund all money paid if the applicant is not accepted.
 - a. This includes instances where a starting class is canceled by the school.
2. The school will refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
3. The school will retain an established registration fee equal to \$100 (application and registration fee) if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.
4. If training is terminated after the student enters classes, the school will retain the registration fee established under #3 above, plus a percentage of the total tuition as described in the following table:

If the student completes this amount of training:	The school will keep this percentage of the tuition cost:
<u>Intensive Lodging & Food Payment:</u> <u>Prior to 3-weeks before program start</u> Intensive Training lodging and food payment is fully refundable up to 3-weeks prior to training start. Written notice of student withdrawal from the program must be received by the school no later than 12-24-2018 to receive a refund for Intensive Training Lodging and Food payment.	100%
<u>Intensive Lodging & Food Payment:</u> <u>Within 3-weeks before program start</u> Intensive Training lodging and food payment is NON-refundable within 3 weeks of training start (anytime after 12-24-2018) due to the upfront costs incurred by the school to pay for lodging and food at the retreat center.	0%
7 training days or up to 10%, whichever is less	10%
7 training days or up to 10%, whichever is less but less than 25%	25%
25% but less than 50%	50%
More than 50%	100%

- When calculating refunds, the official date of a student’s termination is the last day of recorded attendance;
 - o when the school receives written notice of the student’s intention to discontinue the training program;
 - o when the student is terminated for a violation of a published school policy which provides for termination;
 - or,
 - o when a student, without notice, fails to attend classes for 30 calendar days.
- All refunds will be paid within 30 calendar days of the student’s official termination date.

Financial Aid and Job Placement Assistance:

- We regret that as a small school, we cannot offer any job placement assistance nor can we offer any financial aid.

Lotus Yoga Legal Information:

Lotus Yoga is a Corporation: Laverty Inc., dba Lotus Yoga, whose shareholders are Maia Laverty and Tim Laverty each holding 50% of the corporation. Our administrative offices are at: 4860 Rainier Ave. South – Upstairs, Seattle WA 98118. Our administrative phone number is: 206-760-1917.

Questions?

- If you have questions about the program, please contact us: 206-760-1918
- Maia Laverty – Training administrator: maia@lotusyoga.biz
- Megan Carroll – Teacher, 200 Hour Program: megan_carroll@hotmail.com

**This school is registered by:
Yoga Alliance as a Registered Yoga School**

Yoga Alliance
1701 Clarendon Boulevard, Suite 100, Arlington, VA 22209
1-888-921-YOGA (9642) or 571-482-3355

-and-

This school is licensed under Chapter 28C.10 RCW.
Inquiries or complaints regarding this private vocational school may be made to the:

Workforce Board
128 – 10th Ave. SW, Box 43105, Olympia, Washington 98504
Web: wtb.wa.gov
Phone: 360-709-4600
E-Mail Address: pvs@wtb.wa.gov