

Application for February 2015 Teacher Training 200-Hour Certification RYS Yoga Alliance

Please be sure to read and fill out all 3 pages of the application.

Weekends to meet for teacher training 2015:

February 6-8	June 5-7
March 6-8	July 10-11
April 10-12	July 31-Aug 2
May 1-3	September 11-13
	September 25-26

(Fridays 6-9pm, Saturdays 9am-6pm, and Sundays 10am-6pm)

Tuition and Payment Options

A: \$2200 paid in full by January 11, 2014. \$200 deposit (non-refundable/non transferable) with application. Must be received **5 weeks** prior to January 6.

B: \$2400: \$200 deposit non-refundable/non transferable) with application to be paid **4 weeks** prior to start date and 4 payments of \$550 to be paid 1 week prior to each of the 1st four weekends. (Payment must be in full prior to 4th weekend).

Cancellation Policy

Cancellation must be in writing/email 3 weeks prior to start date. Refund up to 3 weeks prior to start date minus \$200 deposit. No refunds once the program has commenced unless a replacement can be found that is approved by The Yoga Connection. Once the program has begun, any replacement will have no refund option.

Space is limited to 10 participants so we want to be sure that those attending are truly dedicated to completing the course. We have make up available at customary per hour fee. If you have any questions regarding the program contact Martha Catz 919-971-1431 or yogaconnectionnc@gmail.com.

Curriculum and Requirements

Journal with minimum of three entries per week

Eight texts required reading (recommended reading is supplemental and not mandatory)

Asana, meditation, pranayama in personal practice and in class room setting

Three tests on anatomy

Three 1-3 page papers

Classroom practicum mandatory (time will be made within each weekend for these times)

Mandatory of five classes outside of The Yoga Connection and any place that is normally attended

Community service (Does not have to be yoga-related.)

You must be present for all weekends (Private make-up available at additional cost)

There will be some online interaction through email

Course Topics to be Covered

Primary postures, Static and dynamic (flow) asana sequencing, Use of props in asana, Pranayama, Meditation, Mayas/5 dimensions of the human body, Chakra, Bandhas, Gunas, Kryias, Chanting, Mantras, Restorative and Prenatal yoga, Anatomy & Physiology, 8 limbs of Yoga (Patanjali), Upanishads (selected texts), Bhagavad Gita, Yin Yoga, Yoga for Seniors, Philosophy and lifestyle, Teaching methods, Movement and counter-indications, Business and marketing, Ethics.

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Name

Address

Email

Phone Cell Home Work

Best way to reach you:

I have read, understand and accept the cancellation policy. Check and initial.

Medical Waiver

Please list any ailments or medical conditions. (We respect your right to privacy and this information will not be shared.)

Are there any medications you are presently taking? (We will not share this information.)

Is there anything we need to know about you to help you through this certification? (We are on the 2nd floor of a walk-up and have no handicap access.)

I am voluntarily participating in a program of progressive physical exercise. I do not have any known physical conditions or disability that would prohibit my participation or preclude a yoga teacher training program. I understand if I am injured and unable to complete this training I will not be refunded any tuition due to the injury.

Print Name

Signature (or initial to sign electronically) Date

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Yoga Background - A Little About Yourself

Do you have an active yoga practice? If yes, where are you presently taking classes and how often?

Briefly describe your experience with yoga.

Why are you seeking a teacher certification with us?

What are your expectations from this program?

What are your intentions once you finish?

Payment Option

- In full of \$2,200 - includes \$200 deposit (\$200 non-refundable, see above terms)
- Payment plan of \$2,400 - includes \$200 deposit (\$200 non-refundable, see above terms)

Payment Method

- Check
- Pay online through our website

Mail to The Yoga Connection at PO Box 2204, Smithfield, NC 27577 or bring to the studio during regular class hours. Application closes 4 weeks prior to start date.