



# Application for January 2019 200-Hour Yoga Teacher Training

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

## **Weekends to meet for teacher training 2018:**

January 10-13, 2019: 4 Day Training  
February 8-10, 2019: 3 Day Training  
March 8-10, 2019: 3 Day Training  
March 22-24, 2019: 3 Day Training

April 13-14, 2019: 2 Day Training  
May 3-5, 2019: 3 Day Training  
May 31-June 2, 2019: 3 Day Training  
June 20-23, 2019: 4 Day Training

Please see website for times of each weekend training

## **Tuition and Payment Options**

### **A: Paid in Full**

\$2,400 paid in full by November 15, 2018  
\$2,600 paid in full after November 15, 2018 until start date of January 10, 2019

### **B: Payment Plan**

\$2,800: A \$200 deposit non-refundable/non-transferable with application to be paid **immediately upon application acceptance**. Followed by 4 payments of **\$650** to be paid 1 week prior to each of the 1<sup>st</sup> four weekends (Payment must be complete prior to 4<sup>th</sup> weekend)

## **Cancellation Policy**

Prior to start date, written notification must be made minimum of 3 weeks 30 days prior to start date refund is in full minus \$200; 3 week written notification up to start date refund is 50%. After the start date there is no refund.

Payment plan: No refunds after a weekend has been attended. No refunds of prior weekends attended if student fails to complete the training.

Make up policy: Any hours missed will be made up at an additional payment of \$40 per hour. No more than 20 hours can be made up privately. No certification will be given to anyone who has not fully complied with the mandatory hours of contact that meet Yoga Alliance requirements.

If you have any questions regarding the program, contact Martha Catz at 919-971-1431 or [yogaconnectionnc@gmail.com](mailto:yogaconnectionnc@gmail.com)



# Application for January 2019

## 200-Hour Yoga Teacher Training

### **Curriculum 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)
- 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**

- Introduction to the 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
- Yoga for Seniors
- Kids Yoga
- Working with common conditions
- Philosophy and lifestyle
- Teaching methods
- Movement and contra-indications
- Business, marketing, and personal statement
- Ethics

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



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Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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.)

Have you been informed by a physician or health provider you should not engage in yoga, Pilates, Tai Chi or similar practices do to health issues/conditions?

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

Signature: \_\_\_\_\_

(or initial to sign electronically)



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## 200-Hour Yoga Teacher Training

### **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?



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## Payment Options

- Paid in Full
  - \$2,400 before November 15, 2018
  - \$2,600 November 15 – January 10

- Payment plan
  - \$2,500 + \$200 non-refundable fee
  - (\$200 non-refundable; see terms above)

## Payment Method

- Check
- Pay Credit Card
- Pay Credit Card at Studio

Payments can be mailed or brought into studio during regular class hours. Or online through PayPal.

Mail To:  
The Yoga Connection  
PO Box 2204  
Smithfield, NC 27577