

Yoga to the People™

200-HOUR TEACHER TRAINING APPLICATION

Summer 2010

10 Weekends

June 11th ~ August 21st

Teacher Training Details

The training will not meet over the weekend of July 4th

Weekend training hours generally are as follows:

Friday Evenings: 6pm to 9pm

Saturdays & Sundays: 10am to 5pm

The Yoga to the People Teacher Training is a Yoga Alliance Registered program that will cover all requirements listed by Yoga Alliance for a 200-hour certification program.

There will be an emphasis on:

- Asanas/Poses
- Teaching a Class/Sequencing
- Yoga Philosophy/History
- Anatomy of Yoga
- Adjustments/Alignment
- Breathing Techniques
- Overview of Other Kinds of Yoga

Aside from the work done with the YTTP Teacher Training Staff, participants will be expected to:

- Take a minimum of 3 YTTP classes per week.
- Be fully present and participate actively in the training.
- Practice teaching with other participants in the group.
- Complete all research and written homework assignments.
- Observe at minimum 5 classes throughout the training.
- Demonstrate the ability to teach a complete class.

Application Process

Return completed applications by **email** to: yttp.tt8@gmail.com
or by **fax** ~ ATTN: NYC Teacher Training to: [1-866-309-3013](tel:1-866-309-3013)

Acceptance is on a first come basis. You may submit your deposit by check, cash or credit card. Please make checks payable to: Yoga to the People. Deposits are processed *upon acceptance* into the training.*

If you are not making your deposit via credit card, please deliver cash or check deposit to the St. Marks studio, in a sealed envelope - ATTN: YTTP Teacher Training.

**Applications will not be reviewed until deposit is received.*

Acceptance Notification

Applicants who have been accepted into the YTTP Teacher Training program will be notified via e-mail within 7-10 days of receipt of their application. **All accepted applicants must confirm their registration via e-mail.** If an applicant fails to confirm, his/her spot may be offered to another applicant.

**Those not accepted into the program will have their deposit returned within three business days.*

PART I - Personal Information:

First Name _____ Last Name _____

Gender: Female Male

Address _____ Apt # _____

City _____ State _____ ZIP _____

Day Phone _____ Evening Phone _____

Email Address _____

Current Occupation _____

Emergency Contact _____

Phone _____ Relationship _____

How did you hear about our program?

- In Class Announcement YTTP Website
- Friend Teacher – Where? _____
- Other _____

PART II – Questionnaire:

Please respond thoroughly to the following questions, use additional space as needed.

1. How do you define or explain yoga when asked by someone who has never taken a yoga class?

2. What role does yoga have in your life on a personal level?

3. How long have you been practicing yoga?

4. How often do you practice? How many times have you practiced at YTTP?

5. What styles of yoga do you practice or have you explored?

6. What aspects of yoga do you practice? Asana Pranayama
 Meditation Chanting Restorative Other _____

7. Are you currently teaching yoga? If so, where and how often?

8. Please describe any experiences you feel will be relevant to your training and teaching.

9. Why are you interested in a yoga teacher training? Why do you want to teach?

10. What do you feel is the role of a yoga teacher? What prerequisites do you believe are necessary to qualify as a yoga teacher?

11. What do you hope to accomplish and realize out of participating in this training?

12. What aspects or styles of yoga are you most interested in learning more about?

13. Do you have any pre-existing injuries that may affect your ability to participate in this course?

14. Please share 4 poems or inspirational stories that move you.

15. If you were to encourage someone to read a couple of books (2), which would they be?

16. And lastly, is there anything else that you would like to share about this journey, about your motivation, your expectations or your experience?

PART III – Payment Information:

Payment Schedule

Total Tuition:

- **Early Registration: \$2,450**
If we receive your application on or before May 14th, 2010
- **Regular Registration: \$2,650**
If we receive your application after May 14th, 2010

Deposit: \$500 Deposit due with application

Balance: Remaining tuition balance due by June 7th, 2010

Billing Information

Full Name _____

Billing Address:

Street _____

City, State, ZIP _____

Phone _____

Credit Card # _____ Expires: _____ Code: _____

Credit Card Type: American Express Visa MasterCard Discover

By signing, I acknowledge and agree to the payment schedule above and understand that, once accepted into the program, any payment is non-refundable. I further understand that if payment is not received by the stated deadline, my space in the program and deposit will be forfeited and I waive any and all rights to a refund.

I authorize Yoga to the People to initiate credit card debit entries for tuition payments according to the schedule above.

Signature

Date

Agreement to the Terms of the Yoga to the People 200-hour Teacher Training

I understand that, upon fulfilling all requirements of the Yoga to the People Teacher Training, I will be eligible to receive my 200-Hour Teacher Certification and that Yoga to the People's curriculum follows the criteria established by the Yoga Alliance for certification at the 200-Hour level.

I understand that, upon acceptance into the Yoga to the People Teacher Training, my deposit and any tuition paid are non-refundable should I, at any time, chose not to continue or complete the program.

If unusual circumstances prevent me from completing my training or satisfying my requirements, I *may* be permitted to complete or "retake" missed parts of the program during make-up sessions. Requests for make-up sessions must be made in writing, and approved by the director. I understand that three or more missed sessions may result in my not graduating the training.

I understand that Yoga to the People will not release my certificate until all requirements are completed, and that completing the Yoga Alliance certification requirements does not guarantee *graduation* of the Yoga to the People training program. Graduation from the Yoga to the People Teacher Training is based upon my ability to show proficiency in the requirements stated in the application above.

I understand that Yoga to the People reserves the right to ask me to leave the program at any point if my behavior is destructive, inappropriate, unethical, or violates the Yoga Alliance ethical guidelines. In these circumstances, I understand that all tuition paid will not be refunded.

I understand that all Yoga to the People Teacher Training materials, written or electronic, created by Yoga to the People and provided to me during the course of this program are not to be copied, reproduced, or distributed, in whole or in part, or by any means without express written consent of Yoga to the People.

I understand and agree to the above.

Print Name

Signature

Date