



## 200-hour Program Details for Spring 2012

The program begins in March 2012 for 9 select weekends, Saturdays 9AM-6PM, Sundays 12:00-7:00 with select Friday evening classes 7:00-9:00PM. You are also required to both practice and observe classes at the studio.

### **TEACHER TRAINING SCHEDULE**

Weekend	Friday	Saturday	Sunday
1	March 2nd	March 3rd	March 4th
2	No Class	March 10 <sup>th</sup>	March 11 <sup>th</sup>
3	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>
4	April 20 <sup>th</sup>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
5	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
6	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
7	May 18 <sup>th</sup>	May 19 <sup>th</sup>	May 20 <sup>th</sup>
8	No Class	June 2 <sup>nd</sup>	No Class
9	June 8 <sup>th</sup>	June 9th – Final	No Class

#### **Class Requirements During Training**

- 20 hours (13 classes) of Practice (with Teachers in the program)
- 12 hours (8 classes) of Observations (with Teachers in the program)
- 6 In Class Privates (Give 3 and receive 3)

- **20 hours of Non-Contact**

This is time for working on your assignments, study groups and practicing teaching.

#### **Requisites**

Because Yoga People's Teacher Training is an intense study of the physical, mental, and spiritual bodies; it is not designed for students with less than one year of yoga practice. To ensure that students are prepared for the depth of practice and inquiry that the course entails, we generally require that incoming trainees satisfy the following;

- One year of yoga practice.
- One letter of recommendation from a yoga teacher where you practice.

#### **Application Process**

Please take your time to look over the entire application before filling it out. Respond to each question thoughtfully and completely. Incomplete applications will not be considered. Please be aware that acceptance is given on a rolling basis and that no spot can be guaranteed until payment is received. You may submit your deposit by check, cash, money order, or credit card. Please make checks out to Yoga People.

**Acceptance Notification**

Applicants who have been accepted into the Yoga People Teacher Training program will be notified via phone within five days of receipt of your application.



## 200-HOUR TEACHER TRAINING APPLICATION

Please complete this application and submit it with appropriate payment according to the payment schedule on the next page. Please be advised that enrollment is limited and will be assigned on a first-come first-served basis.

### Personal Information

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

Birth Date \_\_\_\_\_ 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?

- Yoga People Website  Other website  Friend  Yoga People studio  
 Other \_\_\_\_\_

Please mail completed application to:

Yoga People

Attn: Teacher Training Program

160 Montague, 2<sup>nd</sup> Floor Brooklyn, NY 11201

Applications may also be submitted via e-mail to [info@yoga-people.com](mailto:info@yoga-people.com).

Credit card payments accepted online at [www.yoga-people.com](http://www.yoga-people.com). By clicking on the Register Now tab on the left side of your screen and creating a username. Then click on the Teacher Training tab on the top of your screen.



## 200-HOUR TEACHER TRAINING APPLICATION

### **Questionnaire** *[please attach a separate pages]*

1. What is Yoga to you? Why do you practice Yoga? (1 typed, double spaced page)
2. What do you hope to gain from completing the teacher training program? (1 typed, double spaced page)
3. What do you feel is the role of a yoga teacher? What prerequisites do you believe are necessary to qualify as a yoga teacher?
4. How long have you been practicing yoga?
5. How often do you practice? How many times per week and for what duration?
6. Do you practice at home? How often?
7. What is your Yoga background? (Asana Pranayama, Meditation, Chanting, Philosophy etc.)
8. What type of yoga are you practicing now?
9. If you meditate, for how long and over how many years? Which technique do you practice?
10. Please list your most influential yoga teachers and styles. How often and for how long have you studied with them?
11. What schooling or training have you had that would provide a useful background or would be an asset to you in your teacher training? (e.g. massage or other bodywork, other movement studies, medical/anatomical study or training, teaching in other disciplines, university degrees, etc.)
12. If you teach now, tell us about your teaching history.
13. Do you have any pre-existing injuries that may affect your ability to participate in this course?
14. What is your current career?



**200-HOUR TEACHER TRAINING APPLICATION**  
**Payment Schedule**

<b>Application Deadline</b>	<b>Total Tuition</b>	<b>Payment Schedule</b>
Early Early Bird Jan. 1st	\$2850	Pay in full with Application
Early Bird Feb. 1st	\$2950	Pay in full with Application
Regular Price	\$3200	Pay in full with Application
Payment Plan	\$3400	First Payment with Application
Barter Program	\$1799	Pay in full with Application <i>Barter program is limited and a separate contract applies.</i>

**Payment Plan** 4 payments of \$850 with the first payment due with application, and subsequent three payments due each consecutive month thereafter. All payments must be completed 30 days after training begins. Those participating in the payment plan must have a credit card on file with the studio.

No Refunds if you are not able to complete the program

Full Name \_\_\_\_\_

Street \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Credit Card \_\_\_\_\_ Expiration \_\_\_\_\_ V-Code \_\_\_\_\_

Please review and read application thoroughly concerning obligations and contract policies before registering for the Teacher Training Program. Note there are **No Refunds or modifications to the program.**

By signing, I acknowledge and agree to the payment schedule above and understand that, once accepted into the program, each payment is non-refundable. I further understand that if any payment is received after the dates established a late charge may be incurred. I have provided a valid credit card number to be placed on file. I acknowledge that I am responsible for the full payment even if I am unable to complete the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**200-HOUR TEACHER TRAINING APPLICATION**

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

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

I further understand that, should I fail to meet all of the requirements for the certification for any reason, I may be permitted to “retake” the missed elements of the program at an additional cost.

I understand that Yoga People will not release my certificate until all requirements are completed.

I understand that Yoga 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 amounts paid will not be refunded.

I understand that all Yoga People Teacher Training materials, written or electronic, created by Yoga 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 People.

I understand and agree to the above.

\_\_\_\_\_

*Print Name*

\_\_\_\_\_

*Signature*

\_\_\_\_\_

*Date*