

AIM HIGHER...GROW STRONGER
Yoga Teacher Training Application Form
RYT 200 Training/Immersion

**Pat Ray E-RYT 500, Brenda O'Donnell RYT 500,
Melissa Smith RYT 500, Mellony Ritchey RYT 500 & Erin McNaughton RYT 500**

Name _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Cell phone _____

Email _____

Age _____ Male Female (circle one)

Occupation _____

Emergency contact _____

Emergency contact phone _____

Please list any previous yoga experience.

Please list any other training that you think would be relevant.

Why are you interested in Teacher Training?

What are your expectations for this training? What do you hope to gain, learn or work on?

Tell us about your physical health (major illnesses, surgeries, injuries or physical conditions we should know about. Indicate if your conditions may result in early withdrawals from this course.

Are you currently taking any medications? If yes, please describe.

Describe your diet, health, exercise practices and beliefs.

List other interesting things you think we should know about you.

How did you hear about this yoga teacher training?

Yoga Teacher Training Commitment

_____ (initial) **All tuition fees must be paid in a timely manner in accordance with the deadlines specified:**

- \$500 deposit due upon registration (by November 1st)
- Remaining balance due by:

Early Bird: \$2100 if paid by December 1, 2018
\$2300 due in full by January 2, 2019

** No refunds, credits or transfers are available for cancellation. We reserve the right to amend this policy at our discretion.

_____ (initial) Adherence to punctuality is one of the primary factors in the success of the program. By initialing here, I accept responsibility for being on time and to attend all program sessions. If there are dates that you know you cannot attend, please list them:

_____ (initial) If one session is missed, a make up session or assignment is included with the program. If more than one session is missed, a \$100 fee will be charged for a make up session.

RYT 200 Yoga Alliance Certification

**Please send application, commitment, code of conduct and deposit/
payment to:**

**Brenda O'Donnell
115 112th Ave NE, #109
St. Petersburg, FL 33716**

Questions?

Email: Brenda@InspiredLivingByBrenda.com

Phone:(727) 644-3222

CODE OF CONDUCT

- 1. Uphold the integrity of my yoga practice by conducting myself in a professional and conscientious manner.**
- 2. Maintain a safe, clean and comfortable environment for the practice of yoga.**
- 3. Actively encourage diversity by respecting all participants in the program regardless of age, ethnicity, gender, physical limitations or religion affiliations.**
- 4. Respect the rights, dignity and privacy of all participants of the program.**
- 6. Refrain from any behavior that would be determined to be discriminatory, harassing, or unprofessional to include both verbal and written personal statements, and to conduct myself in a professional and conscientious manner.**
- 8. Maintain and respect the confidentiality and dignity of all participants in the program**
- 9. Develop, foster, and live the inherent integrity of the yogic principles in every aspect of my life, and to make the practice of yoga in all its forms an integral part of my experience.**
- 10. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.**

Student

Signature

Course Details

TIME: SATURDAYS 9am-5pm

SESSION 1 (64 CEU's)

January 5, 12, 19 & 26

February 2, 9, 16 & 23

March 3

Content: 47 hours Teaching Techniques and practice, teaching methodology(Level 1 class for Beginner's). 7 hours Anatomy-Body Systems and organs, stretching anatomy. 10 hours Philosophy-yamas, niyamas, sutras and yoga history.

SESSION 2 (64 CEU's)

March 9 & 23

April 6 & 20

May 4 & 11

June 1

Content: 47 hours Teaching Techniques and practice, methodology(Level 2 class). Chanting, Mantras, sequencing, planning and assisting a Level 2 class. 7 hours-Anatomy-Chakra, nadis, Eastern Anatomy and health. 10 hours Philosophy-yoga lifestyle-diet and principles(ahimsa, dharma, karma).

SESSION 3 (52 CEU's)

June 15, 20 & 29

July 6, 13 & 27

Content: 35 hours Teaching Techniques, practice, methodology(Advanced). Asanas, meditation, yoga business, yin yoga. 7 hours Alignment and Healthy movement, medical issues, benefits and contraindications. 10 hours Philosophy and Ethics. Yoga as a service, qualities of a teacher and teacher ethics.

Required Reading:

- 1) *Yoga Anatomy* (Leslie Kaminoff)
- 2) *Yoga Teachers' Toolbox, Integrative Yoga Therapy* (Joseph & Lillian Le Page)
- 3) *The Untethered Soul* (Michael A. Singer)
- 4) *Meditations from the Mat* (Rolf Gates)
- 5) *Quantum Wellness Cleanse* (Kathy Freston)
- 6) Teacher Training Manual (included in program)

Required Viewing: (we do have a copy of these that you can borrow, so no purchase is necessary)

- 1) *Anatomy of Yoga* (Paul Grilley)
- 2) *Forks Over Knives*

Additional Suggested Reading:

- 1) *Bhagavad Gita* (translated by Eknath Easwaran)
- 2) *How Yoga Works* (Geshe Michael Roach and Christie McNally)
- 3) *Man's Search for Meaning* (Viktor Frankl)
- 4) *The Four Agreements* (Don Miguel Ruiz)
- 6) *Yin Yoga - A Quiet Practice* (Paul Grilley)
- 7) *Stretching Anatomy* (Jouko Kokkonen & Arnold Nelson)
- 8) *Insight Yoga* (Sarah Powers)