



Body & Soul

YOGA TEACHER TRAINING *Application Form*

April – December

One weekend a month for 9 months & 3 additional days

Application Requirements - Applicants must submit a completed application form and 2 current letters of recommendation (one from a yoga teacher and one from a non-family member e.g. mentor, employer). Letters of recommendation should describe your suitability to participate in this program. All applicants will be required to attend an interview.

Physical Requirements - Applicants must have a consistent yoga practice of at least one year.

How did you find out about the program? (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Body & Soul Email | <input type="checkbox"/> Friend _____ |
| <input type="checkbox"/> Yellow Pages | <input type="checkbox"/> Yoga Teacher _____ |
| <input type="checkbox"/> Flyer | <input type="checkbox"/> Other _____ |

Please provide the following information and answer the four questions below on a separate sheet of paper (typed).

Name _____

Address _____

City / State / Zip _____

Home phone _____ **Work phone** _____

Cell phone _____ **Email address** _____

Fax number _____ **Date of Birth** _____

1. What is your experience in yoga? How many years have you been practicing? Please list teachers, styles and length of time with each teacher/style.
2. What is your educational and professional background outside of yoga?
3. What inspires you to take this program? What positive attributes or special qualities would you bring to this yoga training?
4. Please describe any special medical concerns you have. Are you currently taking any medication?

Payment Options:

Choose a payment option that best suits your needs. A non-refundable application fee of \$100 is due at registration (two weeks before the program begins).

1. Tuition Fee: Single Payment Option: \$2550

Single Payment of \$2450 is to be paid in full at registration (a savings of \$150). **Your total payment = \$2550** (\$2450 tuition fee + \$100 application fee)

2. Tuition Fee: Multiple Payment Option: \$2700

Tuition Deposit of \$400 is to be paid at registration (includes the \$100 application fee) and 8 monthly payments of \$287.50 due on the 1st of each month, beginning May 1 through December 1. **Your total payment = \$2700** (\$2600 + \$100 application fee).

▪ **\$100 application fee made by:** Check Credit Card Cash **TOTAL _____**

Please note: your tuition includes free participation in yoga classes at Body & Soul during the length of study (excluding any special workshops or events). A \$540 value.

Payment

Check# _____ Cash (in person only) Visa Mastercard Discover

Note method of payment and write the total amount paid below. Complete credit card information, if applicable.

Name on Card _____ Signature _____

Card Number _____ Expiration Date _____

3 Digit VIN code _____

TOTAL PAID: \$

Authorization for Automatic Bill Payment

I authorize Body & Soul to charge \$287.50 per month, on the 1st day of each month, for 8 consecutive months beginning May 1st through December 1st. This charge will be made from the account identified above. I have the right to stop the charge by notifying Body & Soul at least seven (7) business days prior to the first date of training. My authorization will remain in effect until revoked by me, my financial institution, or Body & Soul. I understand that if I revoke the authorization for the credit card or Electronic Funds Transfer payment, I will not be able to attend the training.

Signature:

Date:

Please read and sign before returning registration:

Print Name: _____

Refund Policy

A student will receive a refund of all tuition monies paid if tuition is collected in advance of the first day of the program, and if the student does not enter the program. The school will retain the \$100 application fee.

A student who withdraws or is dismissed after attending at least one class, but before completing 6 weekends of instruction, is entitled to a pro rata refund as follows:

After completion of:	Refund:
First weekend	80%
Second weekend	70%
Third weekend	60%
Fourth weekend	50%
Fifth weekend	40%
After fifth weekend	No Refund

As part of this policy, Body & Soul will retain a one-time application fee of \$100. The student will receive the refund within 40 days of the termination date.

Waiver of Liability – By signing this agreement I understand the risks inherent in practicing Yoga and hereby assume all risks incident to such activity and waive any claim or right of action against Body & Soul and it’s officers, employees, contractors and agents for loss, expenses, liabilities, damages or legal fees incurred on account of any loss or injury incurred in connection with and/or as a result of my attendance at classes conducted by Body & Soul and/or use of Body & Souls facilities.

Signature: _____ Date _____

Date received:	Payment entered:	Accepted:	Confirmation sent:	Initials:
----------------	------------------	-----------	--------------------	-----------

Required Reading: “Anatomy and Asana: Preventing Yoga Injuries” by Susi Hatley Aldous, “The Secret Power of Yoga” by Nischala Joy Devi and “Living Your Yoga” by Judith Lasater

Suggested Reading: “Autobiography of a Yogi” by Paramahansa Yogananda, “Yoga Body, Buddha Mind” by Cyndi Lee, “Yoga Mind, Body & Spirit” by Donna Farhi **and** “The Bhagavad Gita”

Yoga Alliance Code of Conduct

PREAMBLE TO CODE OF CONDUCT

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behavior by which all Registered Yoga Teachers (RYT) and Registered Yoga Schools (RYS) agree to conduct the teaching and business of Yoga. The Code is not intended to supersede the Code of Conduct/Ethics of any school or tradition, but is intended to be a basis for yoga ethics.

CODE OF CONDUCT

As a Registrant of Yoga Alliance and as a Registered Yoga Teacher (RYT) or representative of a Registered Yoga School (RYS), I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

Student Assessment Process

Students will be assessed throughout the program for their developing knowledge, attitude and skills. Assessment will be based on class participation and on the following assignments:

1. **Review five yoga classes/teachers outside of Body & Soul using the Class Assessment Criteria. Provide evidence of analysis and discernment in your comments.**

2. **Teach a minimum of 5 classes of at least one hour in length. Complete a self-evaluation for each of these classes. At least one of those classes will be assessed by Julia (Program Leader).**

3. **Undertake an In-Depth Study of a specific area of yoga. This is an opportunity for you to explore an area of interest that you will perhaps incorporate in your future teaching (e.g. restorative yoga, kids yoga, yoga in hospital environments, pranayama and asthma management, yoga and pain management, etc). The study will include the categories of Techniques, Teaching Methodology, Anatomy & Physiology, and Yoga Philosophy (see below). Write a minimum 2000 word paper (maximum 3000 words) in the following format:**
 - a. **Brief introduction to the topic and why you chose it (15%)**
 - b. **Main Body: Describe the main concepts involved in the area of study. Evidence of reading from at least 4 sources citing references. Describe the relevance and/or relationship to the categories of Techniques, Teaching Methodology, Anatomy & Physiology, and Yoga Philosophy. Note any discrepancies from your sources (70%)**
 - c. **Conclusions: How do you see this study informing or enriching your yoga practice and teaching (15%)**

70% pass is required.

Techniques includes asana foundation & alignment; asana techniques; breath & movement; pranayama; meditation.

Teaching Methodology includes language of teaching; sequencing; teaching mixed level classes, relevance to teaching.

Anatomy & Physiology includes anatomy of movement & class structure.

Yoga Philosophy includes ethics; yoga sutras; diet & nutrition; yogic anatomy.