



200 HOUR

TEACHER TRAINING PROGRAM



**200 Hour Yoga Alliance Certification**  
**Vinyasa Yoga Teacher Training Application**  
**Fall 2020 Program**

**1. PERSONAL INFORMATION**

First Name \_\_\_\_\_

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

Home Phone: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

**2. EMERGENCY CONTACT (EC) INFORMATION**

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

EC Phone: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

### 3. YOGA PRACTICE INFORMATION

\*Approximately how long have you been practicing yoga? Please describe.

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\*How often do you practice?

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\*What style(s) of yoga do you practice regularly?

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\*What about yoga has intrigued you into furthering your training with this course?

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We are taking our 200 Hour (Vinyasa focused) Yoga Alliance Verified Teacher Training course for the Spring & summer of 2020 in a virtual format, assuming the studio doesn't re-open earlier.

To attain the 200 hours, those enrolled in the course will receive 5-8 hours of instruction time via a zoom (or google hangouts) conference, which will be scheduled as a collective group. In addition to this time, those enrolled are to take a minimum of 3 virtual classes a week, one of which must be with the lead instructor, geared towards materials learned from previous lessons. We will be having at least 3 sessions with guest presenters during the course.

The combined instructional time with lead instructor + classes taken + non-contact hours for reading, studying, and assignments will add up to the total 200 hours needed to complete the course.

At the end of the course a Seva Class (benefit Class) will be organized and put on by the group. If studio is not opened we will try to do it in a virtual format or eventually plan to do it when possible. At the conclusion of the program trainees must complete guiding a minimum of 3 volunteer community classes before being able to be able to teach independently.

#### 4. **WHAT YOU'LL NEED:**

We recommend having thick 3 ring binder for the handouts and material we'll send you throughout the program.

Yoga Matt is essential. Blocks and maybe Straps are highly recommended although not required. We have a wholesale account with Manduka, Yoloha, & Prana if you are interested in discounted gear.

Below is a list of required books:

1. The Yoga Sutras of Patanjali translated by Sri Swami Satchidananda
2. Light on Yoga by B.K.S Iyengar
3. Eastern Body Western Mind by Anodea Judith
4. Anatomy of Yoga by Abigail Ellsworth
5. Yoga Anatomy by Leslie Kaminoff (2nd edition)

\*Recommended but not required:

6. The Bhagavad Gita translation by Eknath Easwaran
7. The Ramayana retold by William Buck
8. Paths to God by Ram Das
9. Your Body, Your Yoga by Book by Bernie Clark
10. Accessible Yoga by Jivana Heyman
11. Where are You Going? A Guide to the Spiritual Journey by Muktananda

*Amazon is typically the best resource for ordering your books, especially during COVID-19 restrictions. However if you have means to borrow a book (a library or a friend/teacher who has), that's of course fine.*

#### 5. **PAYMENT**

**Normal YTT Pricing: \$ 3,600      COVID-19 VIRTUAL PROGRAM Pricing: \$ 1,800**

If you choose to pay in installments. You will pay a **\$300** non-refundable deposit with the submission of your application and be responsible to pay the remaining balance by the end of the course to receive the completion certificate.

#### 6. **REFUND POLICY**

I understand and agree that if I choose the payment plan a **\$300 deposit** is due with the submission of this application – AND - **that the remaining \$ 1,500 must be paid before the end of the program.**

I understand that the deposit and any payments toward my training are **NON-REFUNDABLE**. Once the training begins, if I decide not to continue, **NO** refund, or credit will be given. **There are no exceptions.**

#### **7. DECLARATION OF DISCLOSURE AND ACCEPTANCE OF TERMS**

I hereby declare that the above information is true to the best of my knowledge. By signing this application, I acknowledge that I am physically able to perform in this program and that **Good Vibes Yoga** and Kombucha Bar are **not** responsible for any injuries resulting from my participating in any activities at **Good Vibes Yoga** and Kombucha Bar. I understand that misrepresentation of this information constitutes grounds for rejecting this application, expulsion from the program, or revocation of certification. I have read and I do accept these terms. I understand that I am entitled to **NO** refunds, credits, or adjustments resulting from my failure to uphold any of these conditions.

#### **7. SIGNATURE**

**By applying to this training program you agree to comply with these terms. Your signature below acknowledges your agreement with this policy.**

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

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

*“Words can’t convey the value of yoga, it has to be experienced.”*  
**-B.K.S Iyengar**