



200 HOUR

TEACHER TRAINING PROGRAM



200 Hour Yoga Alliance Certification
Vinyasa Yoga Teacher Training Application
Fall 2023 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: _____

Any medical conditions or disabilities you'd care to share: _____

3. YOGA PRACTICE INFORMATION

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

*How often do you practice?

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

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

Our Fall/winter 200 Hour (Vinyasa focused) Yoga Alliance Verified Teacher Training course as targeted to kick off in October of 2023 and anticipated to finish in March of 2024. Official meeting dates and schedule is set at the start of the program.

To attain the 200 hours, those enrolled in the course will have to meet for instructional time, which we plan to schedule on certain weekday afternoons during the summer months then switch to some Saturday and Sunday afternoons in the fall. There may be a couple of special exceptions where to accommodate schedules of all participants and course contributors. In addition to this time, those enrolled are to take 3 regular schedule classes during the week and the trainee can chose the best time from the schedule that works for them. Trainees will be able to take unlimited classes at the studio during their training and they can be taken online or in person.

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. There will be course assignments and criteria that participants must complete in order to receive a Yoga Alliance accredited teaching certificate. The lead trainer must adhere to these standards and approved curriculum and is not to certify any participant who does not meet the course requirements.

At the end of the course a Seva Class (benefit Class) will be organized and put on by the group. 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 are finalizing our brand-new training manual for which a 3-ring binder may be needed, but we'll confirm this at the start. Note taking material such as pencils, highlighter, & something to write in will be beneficial. Yoga Matt is essential. Blocks and maybe Straps are highly recommended although not required (we have them in studio). 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. Yoga Anatomy by Leslie Kaminoff (2nd edition)
4. Anatomy of Yoga by Abigail Ellsworth
5. The Heart of Yoga by T.K.V. Desikachar

*Recommended but not required:

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

Amazon is typically the best resource for ordering your books. If you have means to borrow a book (a library or a friend/teacher who has), that's of course fine.

5. PAYMENT

If you commit to pay **in full** with the submission of your application, before August 31st, 2023, the cost of the certification is **\$3,400**, otherwise the cost will be \$ 3,600.

If you choose our **monthly payment plan**, then the cost is **\$3,600**. You will pay a **\$300** non-refundable deposit with the submission of your application, each week you are anticipated to make a payment of \$ 330 until the course balance is cleared up. We will not solicit or invoice payments. If by the midway point of the program, payments haven't been made the card will be charged to clear up to 50% of the remaining balance. Same if by the final payment date, the participant has missed incremental payments, the remaining balance will be automatically charged to the card.

You may pay by **Cash, Check, any credit card, apple pay, PayPal, or Venmo** (Please make check payable to "**GV Brands, LLC.**"), however a credit card must be provided in the instance payments become delinquent.

Name on Credit Card: _____

Card Number: _____

Expiration Date: _____ Security Code: _____

Check and initial the box below if you choose to pay in installments. You will pay a **\$300** non-refundable deposit by the course sign up date (TBD) with the submission of your application. You acknowledge that you will be responsible to pay the remaining balance of the course and authorize Good Vibes Yoga to charge the card provided above in the case incremental payments are delinquent at the midway portion and again by the final payment date.

Check here: Initial here: _____

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 \$ 3,300 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