

{ Application }

*for 200 Hour Yoga Teacher Training Program/ Roots to Yoga / Sanibel Dance,
Pilates & Yoga*



Are you ready to take your practice to a whole new level? Our Yoga Alliance Credentialed 200 Hr YTT Training will prepare you for the role of Yoga Instructor. Maybe you are more interested in deepening your personal practice.

Acceptance to this program will be contingent upon Sanibel Dance Pilates & Yoga receiving the application and the \$100 application nonrefundable deposit. We also require a signed Liability Agreement and Enrollment Agreement.

Personal Information

NAME:

ADDRESS:

PHONE/EMAIL:

OCCUPATION:

EMERGENCY CONTACT INFORMATION:

LIST ALL INJURIES, PAST AND PRESENT:

DESCRIBE YOUR FAMILY... MARRIED, CHILDREN?

MAJOR COMMITMENTS:

HOW DID YOU HEAR ABOUT THIS PROGRAM?

Your Practice

HOW LONG HAVE YOU BEEN TAKING YOGA CLASSES OR PRACTICING?

WHY DO YOU WANT TO TAKE THIS TEACHER TRAINING PROGRAM?

DO YOU PLAN ON TEACHING YOGA AFTER THE PROGRAM ENDS?

DO YOU HAVE A HOME PRACTICE?

{ Enrollment Agreement }



This document explains the various aspects of the program and its requirements.

Admission Requirements

1. Submit application
2. Sign Agreement to Expectation of Program
3. Sign Enrollment Agreement
4. Include \$100 Application nonrefundable deposit.

Course Description

There are 12 main modules to this curriculum. This is a general yoga curriculum. Upon completing this program, Trainees will understand the 8 Limbs of Yoga, how to develop an effective and safe class, understand what it means to be a Yoga Teacher, have exposure to Ayurveda and Chakras, and much more!

The program is a 200 Yoga Alliance approved curriculum. It is designed as a 5 week intensive style program. Each class includes mediation and pranayama practices. Weekends includes an opening Asana practice. This in time will be the timeslot for Trainees to practice teaching. This curriculum allows for Trainees to get in front of the class very quickly, to start vocalizing and hearing their voice as a teacher. This will include rotating thru students, leading meditation, pranayama and asana.

Trainees start building a Toolbox of meditations and sequences throughout the program. When they leave the program, they will feel comfortable leading a class through Asana, Meditation and Pranayamas. They will also practice hands on adjustments and cueing throughout the program.

Module 1. Yoga History

- Who was Patanjali?
- Explore what is meant by classical yoga and the timeline of Yoga in history and masters of Contemporary yoga
- What are the origins of Yoga
- Introduction to the studies of the Yoga Sutras and how they relate to the 8 Limbs of Yoga
- Trainees will read Desikachar and Iyengar's texts to gain a deeper understanding of the philosophy and history. As this module can be studied for years to gain true understanding, the text books are an important support to the lead teachers!

Module 2. Yoga Philosophy

- What are the different types of yoga: Hatha, Raja, Bhakti, Jhana and Karma
- Western vs Classical Yoga
- What are the 8 Limbs of Yoga
- What are the various forms of Hatha Yoga? Ashtanga, Bikram, Partner, Iyengar, Kundalini, Kripalu, Sivananda, Vinyasa, are discussed yet not an all-inclusive list as that list keeps growing each year with the popularity of Yoga in the U.S.!
- Understanding the Teacher-Students Relationship and what it is to be a Yoga Teacher

Module 3. Meditation

- We will learn and practice meditation
- There are many forms of meditation: breath, mantra, movement, prayer, mindfulness, guided imagery, and creative visualization.
- What is the difference between meditation and relaxation and how it effects the brain/mind.
- Learn various styles- it's not just a blank mind!! Thank goodness
- What are mala beads and mudras used for?

Module 4. Pranayama

- Discussion on the importance knowing how to use your breath in effective ways
- Self Quiz: How do you breathe?
- What are common breathing patterns?
- Explore the 10 different exercises of breath control
- What is the Darth Vader Breath?
- How do yogis make their stomach move in a wave????!
- What are Nadis and how do they relate to breath work?
- What are bandhas? How are they integrated into a yoga practice? Why are they used?

Module 5. Asana

- The study of the poses (over 100 poses)
- Vinyasa
- What makes up a pose?
- Adjustments vs. assists
- Cueing – specific cueing skills are so important
- Be aware of contraindications of poses
- Category of poses
- Alignment is essential to keep poses safe
- Asana manual includes Independent Worksheet on the breakdown of poses such as benefits, description, directions, counterpose, contraindications, cautions, etc. The Group Worksheet is to be completed as a class during the Workshop of poses.
- Creating Sanskrit Posters and can be posted up upon completion of pose.
- Pose exercises to facilitate learning such as “Name the Pose” game and “Talk Thru Poses” exercise.

Module 6. Teaching the Poses

- Learn the different kinds of poses that make up a rounded sequence
- There are many components of a pose...learn what makes up a pose
- How do I use cues to help direct a pose?
- What is the objective of my pose?
- What is the focal point of a pose?
- How do I create a level 1 versus level 2 class?
- How do you prepare the class for more challenging poses?
- Variations and modifications are essential for mixed classes
- Adjustments- learn how and know when!
- Includes Worksheets and exercises such as: Focal Point, Level of Pose, Objective of Pose and Category Sort Pose game.

Module 7. Class Creation

- Sequencing and Construction of Poses
- How do I think about the Progression of a Class?
- What are the 3 Elements of a Pose?
- Why do creative transitions make a better class?

- How to develop a class
- How to create a style that is an expression of you?
- What, there is a logic to the sequence of a class??
- How do you build a class to a “peak pose”?
- Excite your class by creating theme classes
- Let’s develop opening and closing sequences!
- You will have a Toolbox of various sequences upon completion of program

Module 8. Qualities of a Yoga Teacher

- What qualities make a good yoga teacher?
- Boundaries in the classroom
- Discuss Code of Ethics
- What are your Personal Parameters on Your Teaching?
- Teacher/Student Relationship
- Your role as teacher
- Role play Questions & Answers you may get as a Teacher
- Private sessions and how to prepare for them
- Agreement and liability Release for your Students

Module 10. Anatomy

The Anatomy Coloring book is a very effective way to expose Trainees to Anatomy. The process of coloring gives them time to look at the layers and origins/insertions of muscles. This anatomy coloring book includes the study of bones, muscles, nerves, etc. It is an effective learning tool!

I also encourage the use of Ray Long’s various books to help support the Lead Teacher in the presentation of poses. Long is an orthopedic surgeon who spent a few years in India studying with Iyengar. He loves yoga and found that many yoga teachers were speaking/cueing/sequencing without a true understanding of anatomy.

Cues that we often learn to use often do not make anatomical sense. Or teacher ask students to do things with their body without giving them effective directions...how does one root through their feet? How does a new yoga practitioner even understand what that means?

Why do teachers cue you to soften your hip flexors when folding forward? We need the hip flexors to help fold us forward. That is their job! Open your hip in triangle...we need to cue them to tighten their top gluteal muscles to help make that happen...otherwise the cueing means nothing. He makes you understand how to use your muscles to help get you into the pose.

Having these books while talking through the Group Pose work during the Workshop, can help Lead Teachers discuss the poses more effectively. True integration of Anatomy and Pose.

Module 11. Wellness

As yoga teachers, we exemplify to our students health, balance and wellness. This can be a hard role to live up to. We need to be able to enter a studio grounded and calm, no matter what is going on in our personal life. If we are able to maintain a flowing level of balance, this comes more easily. You will have them Trainees fill out the Wellness Wheel and assess what things are or are not in balance in their lives. A discussion will follow on the various aspects of the wheel.

Module 12. Bonus Workshop- Ayurveda and Chakras

- **A full day with four yoga sessions and lunch (Saturday & Sunday)**
- 4 Yoga classes centered around the Chakras, building from Root to Crown.
- Ayurveda / Plant based diet / essential oils/ herbs/ environmental conversations.
 - What is this form of Medicine?
 - What type am I? Trainees will be asked to fill the questionnaire out before class to determine their predominant Ayurvedic Dosha Type
 - Students will be asked to watch 4 health food related documentaries and must write essays about films.

- Chakras
 - What are Chakras?
 - How can we use our yoga practice to balance our chakras
 - Through the yoga sequences, the emotional and physical manifestations of imbalances will be explored.

Bonus: Jeopardy Game

A very fun game to help review and prepare prior to the Certification Exam. 11 Modules plus Sanskrit categories are included. This gives you a glimpse of the types of questions that might be on the Certification Exam.

Agreement to Expectations of Program

- ✓ **Class time is Monday-Friday 5:30-9:30pm. Week 1 and 5 only (Total hours 40)**
- ✓ **Class time is Tuesday, Wednesday, Thursday 5:30-9:30pm Week 2, 3, 4 (Total hours 60)**
- ✓ **Weekends are 9:00am -5:00pm 5 weekends only. Last weekend is graduation. (Total hours 80)**
- ✓ **Outside time commitment no contact will be 3 hours a week and 5 Karma hours. (Total hours 20)**
- ✓ **Studio Classes –** Attend studio classes. Your teacher trainers will recommend what classes to attend during the training.
- ✓ **Daily Meditation and/or Journaling/**
- ✓ **2 Weekend Workshop –**This gives them experience of an intensive emersion. Your teacher trainer will host them for you to attend. The public or local community can attend.
- ✓ **5 Karma Hours:** Break down below.
- ✓ **3 Assisting Classes –** this can be assisting/or just observing a class at your studio. Very important learning experience to observe a class. Student will need to write down what they learned, how things progressed and educational notes on how to lead their own classes.
- ✓ **1 Teaching Class –** This can be done during the class time slots for group yoga classes. You can also do a Free Community class at your studio where your Trainees can teach.
- ✓ **1 Private Session –** These both can be done with you or another Senior Teacher in your studio. Trainee needs to do the prep intake at time of set up – asking goals, contraindications, experience, etc. Then a one-on-one yoga session that can last 60-90 minutes. This is to be a mock-private session giving them experiences of the difference between a group class environment and a private session.
- ✓ **No more than 2 absences are permitted.** Trainee needs to read all contents to the lectures out of the Student Manual and meet with Lead Teacher if necessary and gather missed materials.

ACADEMIC REQUIREMENTS

GRADING SYSTEM

This is a pass/fail program. Attendance, assignments, tests, quizzes, outside requirements, practical hours are all required to pass and gain certification. In the event the student is not able to maintain the required PASS standing, the student will meet with the Studio Lead Teacher to discuss the circumstances that prevented them from maintaining satisfactory expectations. If the Trainee does not meet the agreed requirements, they will have the opportunity to repeat the Training and be charged a repeat fee.

Academic Probation

If you fail to turn in homework, have 3 or more excused absences; 5 or more unexcused absences, or chronically late, Trainee will be put on academic probation. Once Trainee has turned in homework, made up all required work and tests, Trainee will meet with the Lead Teacher. They can be removed from probation upon approval by Lead Teacher.

Termination

If a Trainee is to be terminated due to failing to meet requirements and not rectifying the situation, they can be terminated by the Studio, in writing.

Graduation Requirements

To obtain your Certification you must meet all requirements below.

1. Must have passing grades in homework assignments, tests and quizzes.
2. Completed Assisting, Teaching, Private Session and Workshop Requirement
3. Paid for Program in FULL

Attendance Policy

Illness: Must contact Studio at least 60 minutes before class begins.

Excused absences are legitimate issues such as illness, work conflict, family issues. 1 excused absence does not require a make-up session. 2 -4 require a meeting with Lead Teacher. After 5 Trainee will be put on probation. There are no refunds due to extended absences. After 3 unexcused absences, trainee will be put onto academic probation. There are no refunds under these circumstances.

TUITION AND FEES

Roots to YOGA ---- Sanibel Dance, Pilates & Yoga 200hr YTT with yoga alliance

Payment of Tuition

Payments may be made by credit card, checks or cash. Payment arrangements must be made ahead of time, prior to the start of the Training. If paying by check, there is a \$35 NSF should that happen. Checks payable to SANIBEL DANCE PILATES & YOGA or pay online at www.sanibelpilatesyoga.com Mind n Body- Sanibel Dance

Tuition includes:

- ✓ Student and Asana Manuals
- ✓ All Teacher Training classes
- ✓ Ayurveda, Chakra, Essential Oil and Health Workshops.
- ✓ Business Plan Workshop and more.

Tuition does NOT include:

- ✓ Weekly yoga classes at the Studio/ Classes may be included depending on location
- ✓ Additional textbooks that are required reading. 3 books are required.
- ✓ Journaling book
- ✓ Additional Workshop requirement
- ✓ Props (mats, straps and blocks)
- ✓ Required books! You can order on Amazon. Listed below
- ✓ -The Language of Yoga --- Nicolai Bachman
- ✓ -Yoga Teachers Toolbox Ring Bound --- Joseph Le Page and Lilan Le Page
- ✓ - The Yoga Anatomy coloring book --- Kelly Solloway

Full Tuition Price - \$2550.00

60 Days before start date receive - \$500 OFF: \$2050.00

30 Days before start date receive - \$300 OFF: \$2250.00

Save money!!! Sign up in advance. YTT trainings fill quickly secure your spot. **Include \$100 Nonrefundable Application deposit.**

Notice of Disclaimer

Studio reserves the right to change, edit, amend, add and delete requirements, subjects, programs and policies with or without prior notice. Classes and programs can be canceled due to low enrollment and refunds will be issued. I have read and accepted the terms and conditions of the Expectations of the Program and the Enrollment Agreement. Yes _____
No _____

LIABILITY RELEASE, ACKNOWLEDGMENT & ACCEPTANCE

Voluntary Participation

Before participating in this or any other exercise program, individuals should consult with a physician. I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the yoga class, workshop, event, or activity sponsored by Sanibel Dance Pilates & Yoga.

Release

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Sanibel Dance Pilates & Yoga, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity.

Agreement

I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Sanibel Dance Pilates & Yoga and all such hosts, instructors, organizers, and participants.

Acknowledgment

I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities. I hereby acknowledge receipt of Sanibel Dance Pilates & Yoga Roots to Yoga 200hr intensive yoga teacher training enrollment agreement which contains information describing the program offered, and equipment/supplies provided. Also, I have carefully read and received an exact copy of this enrollment agreement. I understand that the School may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the Roots to Yoga 200hr intensive Yoga Teacher Training Program. While enrolled in the Sanibel Dance Pilates & Yoga Roots to Yoga Teacher Training Program, I understand that I must maintain Satisfactory Academic Progress as described in the Roots to Yoga 200hr YTT Teacher Training program catalog and that my financial obligation to Sanibel Dance Pilates & Yoga must be paid in full before a certificate may be awarded. I also understand that this institution does not guarantee job placement to graduates upon program/course completion or upon graduation.

Contract Acceptance

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the director of the Sanibel Dance Pilates & Yoga Teacher Training Program. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by Sanibel Dance Pilates & Yoga 200hr Roots to yoga intensive yoga teacher training. My signature below signifies that I have read and understand all aspects of this agreement and do recognize my legal responsibilities in regard to this contract.

Please sign and date this Enrollment, Liability and Release Agreement. This includes your application.

NAME OF PROGRAM:

[_____]

STUDENT SIGNATURE / DATE

START DATE OF PROGRAM:

[_____]

STUDIO OWNER SIGNATURE / DATE

[
PRINTED NAME OF STUDENT
]

]

[
PRINTED NAME OF STUDIO OWNER
]

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