



# 300 Hour Teacher Training Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

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

Email \_\_\_\_\_

Birthdate \_\_\_\_\_

Gender \_\_\_\_\_

Occupation \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

**Brief Medical History: Please include physical health conditions, recent surgeries, chronic conditions or other information you think we should know about:**

## **Program Details**

### **Student Requirements:**

- \* Previous 200 Hour Yoga Teacher Training Program Certification.** Any Certified program will be taken into consideration. Preference is given to a 200 RYS.
- \* Sincere desire to advance one's teaching and to learn, grow, be coached, and to help others**
- \* 6 months teaching experience.** Exceptions may be made on individual cases. Inquire for more information.
- \* Acceptance is based upon requirement approval and application.**

### **Certificate Requirements:**

**Certification is based on performance and demonstration of your teaching ability and satisfactory completion of all assignments and examinations. To receive your teaching certificate you must turn in all assignments, and demonstrate understanding and integration of the asana practice, yoga philosophy and teaching methodologies. In order to receive your Yoga Teacher Certificate you must:**

- \* Demonstrate teaching ability in a workshop setting**
- \* Pass teaching evaluations**
- \* Commit to weekly practice schedule**
- \* Pay all fee's and balances**
- \* Full attendance and participation**
- \* Complete your teaching responsibilities and assessments**



**Yoga Teacher Certification can not be granted if there are outstanding assignments, tests, and/or exams, incomplete homework or incomplete teaching internship or an incomplete payment balance.**

## **FEES**

Full Tuition: \$3,400

Special Early Bird price: \$3,150  
(application and \$450 deposit must be received by July 1st)

Deposit: \$450, due with application to reserve your space (includes paypal processing fee)

All Payment plan options include small processing fees.

Early Bird payment plan: \$ 185/month for 15 months

Full Tuition payment plan: \$205/ month for 15 months

**Refunds can only be given before the start of the Teacher Training Program.**

**\*Up to three weeks before the start of the program, full refund, minus \$50 processing fee**

**\* Three weeks to the day before training: Full refund minus \$100 processing fee**

**\* No refunds can be granted after the start of the Training Program.**

\* Application Questions:

Please answer the following

- 1) Why do you want to take this program? What do you hope to gain and how do you hope it will help your yoga teaching?
- 2) Please describe your previous yoga experiences, including past trainings, classes, workshops, styles you have practiced and teachers you study with.
- 3) What did you like the best about your previous Yoga Teacher Training?
- 4) Describe your personal yoga practice.
- 5) How many classes are you currently teaching? What one yoga teaching skill do you hope to improve?
- 6) How did you hear about this training?
- 7) What led you to practice yoga? How long ago and where did you begin? Please give details.
- 8) What have you gained from the yoga practice?
- 9) Please Describe your personal yoga philosophy and what you think it means to become a masterful yoga teacher.



Application must include a \$450 deposit, and/or full payment. Payment plans are available. Send deposit and please make payment arrangements if needed.

Congratulations on your decision to enroll in this Advanced Yoga Teacher Training! Your application will be reviewed and an interview will be scheduled, both to help you answer any questions and for us to meet in person. In this program, you will learn the necessary skills to grow deeper into the role of a teacher, how to constantly grow and evolve your teaching style to fully meet the needs of your student, and to advance your own practice of yoga and meditation.

**\*Benefits of the 300 Hour Advanced Myriad Yoga Teacher Training Program**

Guiding and cueing advanced asana in all categories of poses

Anatomy and Therapeutics of the Shoulder, Hip, Pelvic Floor, and Spine

Core cues for guiding a deeper yoga experience

Specialty focus on Prenatal Yoga

Ayurvedic specialty focus on Kapha, digestion and metabolism

Ayurvedic specialty focus on Vata-Pshychology and the Mind

Ayurvedic specialty focus on Pitta and restoring the nervous system through restorative Yoga and Yoga Nidra

Mantra Sadhana- The Healing practice of Sound, Mantra, & Kirtan

The Divine Feminine and The Goddess Practices

Tantra and Meditation

Weekly focus on Advancing your personal practice through Asana, Pranayama, Mantra, and Meditation

5 Year Business Plan Counseling