



Teacher Training Application **200 Hour**

Name _____

Address _____

City _____ State _____

Phone _____ Cell Phone _____

Email _____

Birthdate _____

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:

- *1 year yoga experience or 6 months dedicated personal practice or by teachers discretion
- *Sincere desire to learn, grow, be coached, and to help others
- *Acceptance is based upon requirement approval and application

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 meet full payment contract terms, 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 basic mechanics of primary asana
- *Pass basic teaching evaluations
- *Pass written tests and exams and papers
- *Pay all fee's and balances
- *Full attendance and participation
- *Complete your teaching internship

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: \$2,850

Special Early Bird price: \$2,500

(application and \$450 deposit must be received by 7/1)

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

***All Payment plan options include processing fee*

*Early Bird payment plan: \$190/ month for 11 months

*Full Tuition payment plan: \$225/ month for 11 months

Refund Policy:

We take your commitment to attend this training seriously. Refunds on application deposits, or full payments made in advance of start date, can only be given up to TWO DAYS after date of payment received. No refunds can be given after the TWO DAY period. Once training program has begun, there are no refunds on any payments. If deposit or full payment is made and you are unable to attend the program year, you can defer your deposit or payment for a maximum of one year, only if a future training is held.

Application Essay:

Please write a short essay (3-5 paragraphs) addressing the following questions.

- 1) Please describe your previous yoga experience, including past workshops, classes, trainings (if any), styles you have practiced and teachers you study with.
- 2) Why do you want to take this program and what do you hope to gain?
- 3) Describe your current personal yoga practice.
- 4) How did you hear about this training?
- 5) What does it mean to be a yoga teacher? What do you think it entails?

Note on our training philosophy:

Yoga is much more than physical movement and learning postures. Yoga Teachers must understand the history, culture, and philosophical context of the development of yoga over the centuries, as well as its current role in our modern lives. Myriad Yoga Teacher Training places important focus on all of these aspects of yoga.

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

Congratulations on your decision to enroll in this 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 teach others this healing practice, as well as enabling yourself to grow into a more accomplished practitioner.

Benefits of Myriad Yoga Teacher Training Program:

- *Find you authentic Voice
- *Teach with confidence and clarity
- *Learn elegant alignment and flow
- *How to adjust and assist safely
- *Teach with inspirational themes
- *Learn basic anatomy and kinesiology
- *Energetic Anatomy (chakra's, koshas, nadi's)
- *Overview of Ayurveda and its application to Yoga
- *Guiding Relaxations and Meditations
- *Study of Yoga Philosophy and ancient texts, Yoga Sutras, Bhagavad Gita, Mantra Sadhana, and more
- *Develop Communication skills
- *Learn the Business of Yoga, professional practices, ethics, and your personal niche