

Power Yoga Of Cape Cod 200 Hr. Teacher Training Application

Name _____ Date ____/____/____

Address _____ City _____ State ____ Zip _____

Email _____ Phone (____) _____

Date of Birth ____/____/____

Emergency Contact Person (Name) _____

Emergency Contact Person's Phone Number (____) _____

Are you pregnant? Y___ N___

If yes, how many months? _____

Application Questions

How long have you been practicing yoga? _____

What style of yoga do you usually practice? _____

How many days per week do you practice yoga? _____

List all physical limitations and injuries. This includes any pre-existing conditions, old injuries, and current problems.

What is your current occupation? _____

Have you ever completed a 200 hr. TT before? Y _____ N _____

If Yes, with whom? _____

Are you currently teaching yoga? Y_____ N _____

If "Yes," for how many years have you been teaching? _____

Where do you teach? _____

What style do you teach? _____

Why are you interested in this particular training?

What would you like to accomplish out of participating in this teacher training?

What are your short term and long term goals with regards to teaching?

How did you find out about this training?

2012-2013 Dates:

2012 Dates

October 12, 13, 14

November 9, 10, 11

December 7, 8, 9

2013 Dates:

January 11, 12, 13

February 15, 16, 17

March 8, 9, 10

April 12, 13, 14

May 10, 11, 12

Schedule

Friday sessions will run from 5:30-9:00 PM.

Saturday and Sunday Sessions will run from 8:30 AM- 7:00 PM.

There will be short breaks throughout the day and one hour long lunch break each day.

Reading and Materials

The following are required books for this course.

Journey Into Power, by Baron Baptiste

40 Days To Personal Revolution, by Baron Baptiste

Loving What Is by Byron Katie

A New Earth, by Eckhart Tolle

The Anatomy Coloring Book, by Wyn Kapit and Lawrence Elson

Key Muscles of Hatha Yoga, by Ray Long & Chris MacIvor

Food and Healing, by Anne Marie Colbin

The Seven Spiritual Laws of Success, by Deepak Chopra

Insights and Distinctions, by Landmark Essays Volume 2

Recommended Reading and Resources (not required)

The Anatomy of The Spirit by Carolyn Myss

Journey To The Heart, Melody Beattie

Ayurvedic Remedies, Dr. Light Miller

Healing with Whole Foods, Paul Pitchford

Women's Bodies, Women's Wisdom, Christiane Northrop, MD

Body, Mind and Sport, John Douillard

30 Essential Yoga Poses, Judith Lasater

Living Your Yoga, Finding the Spiritual in Everyday Life, Judith Lasater

The Kind Diet, Alicia Silverstone

Yoga Sutras of Patanjali translated by Alistair Shearer

Videos:

Choose 1 or more of the following Videos to watch and write an essay on:

The Shift (feat. Wayne Dyer)

The Secret

Peaceful Warrior

Finding Joe

Food Matters

Food Inc.

Future Of Food

Supersize Me

Forks Over Knives

Crazy Sexy Cancer

Certificate of Completion

The Certificate of Completion (200) hours is awarded when the Series is completed and the requirements listed below are fulfilled by June 2012.

- Attend all 8 weekends (all sessions) of the Power Yoga Of Cape Cod Teacher Training
- Complete all homework assignments on time.
- Maintain a regular asana and meditation practice.

Code of Conduct

It is important to honor the process one will go through for any intensive training, and to respect and support each participant in their growth throughout the duration of the program. The following guidelines are requested of all participants to maintain a sacred space in which to learn.

1. Come to all sessions on time and ready to begin at the start of the class.
2. Come prepared to all sessions, with homework, materials, books, notebooks, yoga mat, change of clothes, etc.
3. Respect others space and privacy throughout the course. Given the nature of the course, intimacy and vulnerability are a natural part of our opening and growth.
4. Participants will share openly and vulnerably about their experiences throughout the training, and so we must all vow to honor and respect each other's privacy and maintain confidentiality for each participant.
5. Be in communication: Throughout the course you may have issues and concerns that come up for you, with regards to the course and course materials, or with regards to other participants. Make a vow to be in communication as soon as something comes up. Speak openly and honestly with whom there is an issue or a concern. Go directly to the person who is accountable or with whom you have a problem. Make a promise to not gossip or talk to others with regards to any matters that arise that do not concern them directly. Speak only to the person that can do something about your issue or concern.

Tuition:

Please check the payment plan option. You may pay by cash, check, money order, or credit card. Note: Applications are accepted on a first come basis. Maximum 24 participants per course.

TEACHER TRAINING SERIES

October 12, 2012 - May 12, 2013
(deadline for application is October 1st, 2012).

___ OPTION 1: \$2,550 Early Bird (paid in full by August 15)

___ OPTION 2: \$2700 paid in full at the time of application.

___ OPTION 3: \$2,850 (paid in 3 installments*)

*3 installments must be paid by 1) day of registration. 2) by October 12th 3) by November 1st, 2012

Make-Up Policy

Students must make-up all missed hours. A schedule of make-up time must be approved by Jill Abraham and may involve additional class fees.

Refund Policy

There are no cash refunds or credits on any deposited payments after the training session begins. This includes full or partial payments applied to any aspect of our program. If the program is full or your application is denied all money will be refunded.

___ **Credit Card: please enter information here:**

Type of Credit Card: (circle one) Visa Mastercard Discover

Billing Information:

Name on Card

Street

City

State

Zip Code

Credit Card Number

___/___/___ Expiration Date _____ CVC Code

_____ I have included cash, check, or money order with my application.

I have checked the payment option of my choice.
I understand in full the terms and agreements above.

Applicant's Signature Date

Date

Director of Teacher Training
Jill Abraham

Date

Please sign and send in a copy of this application to*:

Power Yoga Of Cape Cod
791 Main Street
Chatham, MA 02633

***Please include a head shot with your application.**

Housing: If you need a place to stay for weekend trainings, please contact Jill for more information on local housing/accommodations at poweryogaofcapecod@gmail.com.