

# Atma Bodha Yoga 200hr Teacher Training Application

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Email: \_\_\_\_\_

Home ph: \_\_\_\_\_ Cell ph: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home ph. \_\_\_\_\_ Cell ph. \_\_\_\_\_

Address (circle one): Same as above      Listed below

\_\_\_\_\_

**Meeting Dates: 10 Intensive Weekends**

We will be meeting from 5:30pm-9:30pm on each Friday evening and from 12pm-5pm on each Saturday and Sunday.

2011:

January 28-30

February 11-13 & 25-27

March 11-13 & 25-27

April 8-10

May 13-15

June 10-12

July 15-17 & 29-31

We will NOT meet on major holiday weekends.

-We are planning a mandatory overnight trip to Satchidananda Ashram- Yogaville on June 11-12, 2011. More information on this trip will be available soon.

-Missed lectures and meetings must be made up privately for an extra fee of \$60 an hour or made up at a future 200hr Teacher Training.

**Tuition:**

-\$100 non-refundable deposit due at the time of acceptance upon approval of your application.

-\$2,480 tuition (\$2,580 total) or a signed payment plan due by January 15th, 2011.

Payment Options:

Full Tuition Paid by December 1, 2010 (\$250 discount) \$2,330 total

Full Tuition Paid by January 1, 2011 (\$150 discount) \$2,430 total

Full Tuition or a signed Payment Plan should be arranged by January 15, 2011

If you are unable to pay the full amount at the beginning of the program we are happy to help make arrangements on an individual basis either through a contract payment plan or work exchange. No one will be turned away from the Teacher Training because of insufficient funds. However, the cost of the program must be paid in full prior to certification through Atma Bodha Yoga and registration with the Yoga Alliance.

- Refund Policy: Students may receive a full tuition refund up to 15 days before the start of the program. However, no deposit refunds will be made for any reason. No tuition refunds will be made after 15 days before the first Teacher Training Date. In the case of unforeseen circumstances, anyone who wishes to maintain a prorated refund may submit a written request. However, there is no guarantee that a refund will be made and the overall policy of the teacher training program is that there will be no refunds.

-Tuition total of \$2,430 includes unlimited ABYS membership for the duration of the program.

**Items and costs not included in tuition:**

Books – see book list below

Yogaville Trip – Cost of the overnight stay is about \$90. Students must also arrange for their own transportation.

Field Trips- We may be taking a couple of field trips within the Hampton Roads area during the training. Students will be responsible for their own transportation.

**Required Book List**

Yoga Mind & Body by Sivananda Yoga Vedanta Center

Yoga & Vegetarianism by Sharon Gannon or The Healthy Vegetarian by Swami Satchidananda

Light on Yoga by BKS Iyengar

The Yoga Sutras of Patanjali translation by Swami Satchidananda

Bhagavad Gita translation by Eknath Easwaran

Integral Yoga Kirtan (Compact Disc)

Integral Yoga Kirtan Chant Booklet

Eat to Live by Dr. Joel Fuhrman

Autobiography of a Yogi by Paramahansa Yogananda

Anatomy of Hatha Yoga by Coulter

Total cost for books at retail price should be around \$150.

Books can be obtained through Atma Bodha Yoga Studio or purchased on your own. Most books can be purchased through ABYS at a 25% discount off the retail price.

**Requirements for Graduation:**

-Strict adherence to a vegetarian diet for the duration of the program.

-Read all assigned books and complete 3 written book reports (1000 words) and assigned homework.

-Attend/Assist/Observe/Teach 2 classes weekly at Atma Bodha Yoga Studio during the course of the program (52 classes total, 10 of which must be Begin/Basic and 10 of which must be Beg/Int Vinyasa).

-Complete personal home practice requirements (15 minutes daily).

-Regular attendance to scheduled group meetings and mandatory Satchidananda Ashram - Yogaville trip.

-Pass two written examinations.

-Teach and receive feedback for a 1.25 hr basic class, and a 1.25 hr intermediate vinyasa class (Students will receive audio recordings of the classes they must teach).

**What makes teacher training at Atma Bodha Yoga unique?**

**Studio Membership-** Students will be able to practice at the studio during the training for no additional charge (\$560-756 value)

**Class Recordings-** Students will receive class recordings and scripts for the classes that they have to teach. This makes the process of learning to teach much easier. Many other local teacher trainings do not offer this benefit.

**Daily Meditation-** Students will receive training in meditation and pranayama. Students will be required to have a daily home meditation practice of at least 15 minutes and meditate in a group setting on each day of the training.

**Dietary Guidelines-** Students will receive guidance on how to follow a healthy, safe, and enjoyable vegetarian diet.

**Trip to a Satchidananda Ashram-** We will take an overnight trip to Yogaville, a yoga community in central Virginia.

**Application Questions:**

Please answer the following questions as completely as possible and attach a typed copy of your answers to this form. You do not have to retype the questions.

Medical Questions:

1. Do you have any medical conditions that could arise or interfere with TT?
2. Please list any serious allergies you have.
3. (Optional) Please list any relevant medications you are taking.

Course Questions:

1. Do you anticipate missing any of the scheduled meetings?
2. Do you anticipate having a problem taking 2 classes a week at the studio and practicing 15 minutes a day on your own?
3. How do you plan to pay for the course? (please let us know if you are unsure of how to pay, or need financial assistance)

Application Questions:

1. How long have you been practicing Yoga? What does your current practice consist of?
2. Do you currently have a personal meditation practice?
3. How has Yoga practice affected your life and your relationship to the world around you?
4. Why are you interested in becoming a yoga teacher?
5. Who has influenced your Yoga practice thus far, and why are you interested in studying to become a teacher with AJ at Atma Bodha Yoga Studio?
6. Are you interested in teaching, or simply furthering your personal practice?
7. What are your views on vegetarianism?

With completion of the program, participants will have the ability to register with the Yoga Alliance as a 200 hr Registered Yoga Teacher. Participants will be trained to teach a basic class for new beginners, as well as a vinyasa class for beginner/intermediate students.

Avery Jones and Atma Bodha Yoga Studio reserve the right to alter, within reason, the requirements and/or meeting dates for this program.

By signing and dating this application,

1. I insure that if accepted, I will pay for this program in full.
2. I ensure that I am in good health, and have consulted with a physician before beginning the program. During the teacher training I take full responsibility for my well being and any pain or injuries arising from participation in classes, physical exercise, and postures done on the premises and also in private or public areas where the training occurs. I will hold neither Avery Jones, Atma Bodha Yoga, or any of its instructors responsible for any injuries or disturbances that I may experience during the training.
3. I understand that in order to graduate I must attend all class sessions and complete all of the requirements for graduation listed above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_