

Atma Bodha Yoga
500hr 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: 13 Intensive Weekends

We will be meeting from 5:30pm-9:30pm on each Friday evening and from 10am-5pm on each Saturday and Sunday.

2011:

January 21-23

February 4-6 & 18-20

March 4-6 & 18-20

April 1-3 & 15-17

May 6-8 & 20-22

June 10-12 & 24-26

July 8-10 & 22-24

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 500hr Teacher Training.

Areas of Focus for the 500 Hour Teacher Training

Performing Hands on Adjustments and Assists

Incorporating Themes into Class

Leading Guided Meditation

How Fasting and Diet Can Enhance One's Yoga Practice, Flexibility, and Health

Timing Through Counting Breaths

Yoga's History and Relationship to Eastern Religions

Finding One's Own Teaching Style

*Some advanced postures will be covered but performance of advanced poses is not necessary to take the teacher training.

Tuition:

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

-\$3,380 tuition (\$3,480 total) or a signed payment plan due by January 15th, 2011.

Payment Options:

Full Tuition Paid by December 1, 2010 (\$250 discount) \$3,230 total

Full Tuition Paid by January 1, 2011 (\$150 discount) \$3,330 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 \$3,480 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 will 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

Light on Yoga by BKS Iyengar

The Yoga Sutras of Patanjali translation by Swami Satchidananda

Bhagavad Gita translation by Eknath Easwaran

Hatha Yoga Pradipika (any translation)

Integral Yoga Kirtan (Compact Disc)

Integral Yoga Kirtan Chant Booklet

Anatomy of Hatha Yoga by Coulter

Required Book List Continued

Eat to Live by Dr. Joel Fuhrman

Fasting and Eating for Health by Dr. Joel Fuhrman

The Yoga Tradition by Georg Feuerstein

Yoga & Vegetarianism by Sharon Gannon

The Healthy Vegetarian by Swami Satchidananda

The China Study by Campbell

Autobiography of a Yogi by Paramahansa Yogananda

Jivamukti Yoga by Sharon Gannon and David Life

Total cost for books at retail price should be around \$230.

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 assigned homework and an essay of at least 1000 words.

-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 (at least 20 minutes daily).

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

-Pass two written examinations.

-Perform adjustments for an entire class and receive feedback.

- Lead and receive feedback for a guided meditation practice.

-Teach and receive feedback for a 1.25 hr intermediate vinyasa class (Students will receive an audio recording of this class).

-Teach and receive feedback for a themed class with teacher trainee's choice of class level and sequencing.

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 guidance in their personal practice of meditation and pranayama. Students will be required to have a daily home meditation practice of at least 20 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. For the 500 hour training, students will receive optional dietary suggestions for improving flexibility.

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 20 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 Essay

Please write an essay of a minimum of 1000 words answering following questions.

What has your experience been with yoga so far?

If not at ABY, where was your first teacher training?

Why do you practice and teach yoga?

What do you hope to get out of a 500 hour teacher training?

With completion of the program, participants will have the ability to register with the Yoga Alliance as a 500 hr Registered Yoga Teacher. 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: _____