



NAME:

ADDRESS:

CELL /HOME PHONE:

EMAIL:

DATE OF BIRTH:

Years of Practice and where do you practice/style of practice/general info:

Reasons and inspiration for interest in becoming a yoga teacher:

*Please enclose a non-refundable \$100 deposit check with your application.

*The total cost of the training is \$2800, must be paid in full by September 24, 2017. If you are accepted into the program the \$100 deposit will be deducted from your payment of \$2800.

We also offer a monthly payment option of an automatic charge to your credit card of \$500/month for the 6 months of the course, total cost \$3000 with a contract agreement. A payment of \$500 is required on or before September 23, 2017 to secure your placement in the program.

Withdrawal from the course:

A request made in writing/email received on or after October 21, 2017 and prior to October 29, 2016 - refund \$2,333.

A request made in writing/email received on or after October 28, 2017 and prior to December 16, 2017 - refund \$1,400.

On or after December 16, 2017 - NO REFUNDS will be issued.

To graduate from Yoga on 45th you must meet the following requirements:

Complete all homework/study projects.

Demonstrate a knowledge and understanding of yoga, and ALL of its aspects listed in the training program.

Competently lead a one hour class of mixed level students and include pranayama and relaxation techniques.

Attend regular classes at Yoga on 45th. (Minimum classes needed to graduate is 40, this does not include the classes needed for observation, see below)

Teach at least 1 class to the general public.

Observe a minimum of 8 classes at Yoga on 45th (at least four with either Allison, Cheryl or Loriann and observe every level of yoga instructed.)

Have fun learning and love what you're doing.

Books Required: (not included in the cost of the program)

- * Light On Yoga by B.K.S Iyengar
- * Yoga Beyond Belief by Ganga White
- * True Yoga by Jennie Lee
- * The Key Muscles of Yoga: Scientific Keys Volume One
- * The Yoga Sutras Of Patanjali by Sri Swami Satchidananda
- * The Light in Oneself, True Meditation by J. Krishnamurti
- * Loving What Is by Byron Katie

October dates:

Saturday, October 7, 12:30pm - 4/5:30pm
Saturday, October 14, 12:30pm - 4/5:30pm
Saturday, October 21, 12:30pm - 4/5:30pm
Sunday, October 22, 12:30 - 3/4:30pm
Saturday, October 28, 12:30 - 4/5:30pm

November dates:

Saturday, 5 November, 12:30pm - 4/5:30pm
Saturday, 12 November, 12:30pm - 4/5:30pm
Saturday, 19 November, 12:30pm - 4/5:30pm
Sunday, 20 November, 12:30pm - 3:30pm

December dates:

Saturday, December 3, 12:30pm - 4/5:30pm
Saturday, December 10, 12:30pm - 4/5:30pm
Saturday, December 17, 12:30pm - 4/5:30pm

2018 dates will follow a similar format, resuming on January 6, 2018.

Finalized dates for 2018 will be available in November 2017, ending on March 30, 2018. If you have not completed your class attendance hours or observations by March 30, you will be charged as a regular student for the classes needed to graduate.

Absences:

Three unexcused absences are allowed during the 6 month training. Please select someone to take notes for you. If you are absent for more than 3 classes, you are required to make up a session at an additional cost to you. The additional cost will be determined by the instructor and the classes missed.

Please confirm that you have received and understood the above conditions of graduation from Yoga on 45th's Teacher Training Program, whereby you will receive a 200 hours certificate approved by Yoga Alliance, pending approval from Yoga on 45th. Please sign below.

Signature of trainee: _____

Date: _____

***\$100 deposit is required with this application**

Please copy this application for your records.

YOGA ON 45TH TEACHER TRAINING COURSE 2017/2018

