

Application Questions

Please submit your answers electronically using email or Word document to info@pacificyoga.com. In addition mail a hard copy with your check to the address on the other page.

1. How long have you studied yoga? Indicate styles and influential teachers. Do you practice head and shoulder stand?
2. Do you practice pranayama (breath control)? Describe.
3. Describe your anatomy background.
4. Do you teach? If so, for how long and how often?
5. What is your age and occupation?
6. List all physical limitations and injuries. This includes any pre-existing conditions, old injuries, and current problems.
7. List prescription medications you are taking for physical or psychological reasons. Indicate the reasons for their usage.
8. What do you hope to gain from this training?
9. How did you find out about this training?

Required Materials

The following are required books for this course.

Choose one or more of the following for an asana reference:

- “Light on Yoga,” B.K.S. Iyengar
- “30 Essential Yoga Poses,” Judith Lasater
- “Dancing the Body of Light” by Dona Holleman
- “Awakening the Inner Body,” Donald Moyer

“The Anatomy Coloring Book,” 3rd Edition, Wyn Kapit and Lawrence Elson

“The Yoga Sutra Workbook,” Vyaas Houston

“The Essence of Yoga,” Berrnard Bouanchaud

“The Language of Yoga,” Nicolai Bachman

“Light on Pranayama,” B.K.S. Iyengar

The following books are *recommended, but not required*:

“Spinal Stabilization: The New Science of Back Pain,” 2nd Edition, Rick Jemmett

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

“Key Muscles of Hatha Yoga,” Ray Long & Chris MacIvor

Certificate of Completion

The Certificate of Completion (200) hours is awarded when the Series is completed and the requirements listed below are fulfilled by October 2010.

Attend all ten weekends of the Pacific Yoga Teacher Training

Complete all homework assignments on time and turn in a completed course notebook

Maintain a regular home practice

Complete all quizzes, exams and anatomy presentation

Summary of Training Hours & Fees

10 Weekends of study \$3300

Pacific Yoga Description of Hours

Contact Hours:

Technique, teaching methods, 180 hours
philosophy, anatomy & practicum

Non-Contact Hours:

Teaching Exchanges 6 hours
Homework 16 hours

Total: 202 Hours \$3300*

* Fee may be distributed over payments totaling \$3500. Make-up fees not included.

PACIFIC  YOGA

Application Teacher Training & Advanced Studies Program

Name _____ Date ____/____/____
Address _____ City _____ State ____ Zip _____
Email _____ Phone Day/Eve _____/_____

Please check the payment plan option. Answer the questions on the reverse side of this form. Submit with your payment to Pacific Yoga, attn: T. Elliott, 9250 14th Ave. NW #2, Seattle, WA 98117.

Note: Applications are accepted on a first come basis. *The Series has filled in previous years, please register early.*

TEACHER TRAINING SERIES February 2010 - October 2010 (deadline for application is January 15, 2010).

___ **OPTION 1:** \$3300 paid in full at the time of application.

___ **OPTION 2:** \$3500 paid in 5 installments. A \$1,500 payment is due at the time of application along with four \$500 checks dated March 1, April 1, May 1 and June 1. Checks will be deposited on the date indicated. *Important* — If you miss a weekend you are still responsible for the payment.

Dates

February 19-21, March 12-14, April 16 – 18, May 7 – 9, June 4 – 6, June 25 – 27, July 16 – 18, Sept 10 – 12, Oct 2 – 3 (Saturday and Sunday only), Oct 22 – 24 (schedule TBA). All weekends except in October run on the following schedule: Fri: 10 am - 5 pm, Sat: 10 am - 7:30 pm, Sun: 10 am - 5 pm. There is a one-hour lunch break each day, and on Saturdays a thirty minute dinner break. *The schedule is subject to change up to one hour, plan accordingly.*

Make-Up Policy

Students must make-up all missed hours. A schedule of make-up time must be approved by an advisor 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. A copy of this agreement will be mailed to you along with the homework assignment for the first session.

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

Applicant's Signature

Date

Co-Director of Teacher Training
Theresa Elliott

Date