

Application Questions

Please send your answers by email to info@pacificyoga.com:

1. From which school did you obtain your 200-hour certificate? If other than Pacific Yoga, please briefly describe the focus of your certificate. If possible include a brochure or website link that describes the course. If you studied independently, tell us about your teachers and process in obtaining the 200 hours that meet the requirements of the Yoga Alliance.
2. Describe your teaching experience.
3. List all physical injuries or body limitations.
4. What do you hope to learn in this course?
5. How did you hear about this course?

Required Materials*

* Please budget an additional \$75 for books and materials that will be assigned during the course.

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
- “Dancing the Flame of Life” 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 *or your preferred copy*
- “The Language of Yoga,” Nicolai Bachman
- “The Principle Upanishads,” S. Radhakrishnan (Harber Collins)
- “Pranayama - beyond the fundamentals,” Richard Rosen
- “Yoga & Ayurveda,” David Frawely

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
- “30 Essential Yoga Poses,” Judith Lasater

Certification

Certification is awarded when the Series is completed and the requirements listed below are fulfilled by December 2011.

- Attend all weekends and retreat of the Pacific Yoga Teacher Training
- Complete all homework assignments on time and turn in a completed course notebook
- Maintain a regular home practice
- Pass all quizzes, exams, anatomy and teaching presentations. Students may be asked to repeat any or all if they fail to meet the minimum standard, which may incur additional testing fees



Summary of Training Hours & Fees

12 Weekends of study & 4-day retreat \$4900*

Pacific Yoga Description of Hours

Contact Hours:

Technique, teaching methods, 270.5 hours
philosophy, anatomy & practicum

Non-Contact Hours:

Homework, teaching exchanges 31 hours

Total: 301.5 Hours**

* Fee may be distributed over payments totaling \$5400. Make-up fees not included.

** When combined with your 200-hour certificate this produces a 500-hour certificate.

500 Hour* Application Teacher Training & Advanced Studies Program

Name _____ Date ____/____/____
Address _____ City _____ State ____ Zip _____
Email _____ Phone Day/Eve _____/_____
Date of Birth: ____/____/____ Occupation: _____

* This program requires a 200-hour certificate (any program) or equivalent that meets the requirements of the Yoga Alliance. Your 200-hour certificate combined with the 300 hours from this course becomes a 500 hour credential.

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. Register early.

TEACHER TRAINING SERIES January 2011 - December 2011 (deadline for application is January 12, 2011)

___ **OPTION 1:** Early Bird Registration - \$4,900. Full payment must be received by September 31, 2010. \$1,100 is a non-refundable deposit**.

___ **OPTION 2:** After October 1, 2010 - \$5,100. Full payment must be received by December 31st, 2010. \$1,100 is a non-refundable deposit**.

___ **OPTION 3:** Payment Program - \$5,400. A \$1,100 non-refundable deposit is due by December 31st, 2010.** In addition four payments of \$1,075 are due February 1, April 1, June 1 and August 1 (in 2011). Please include 4 checks postdated with the dates listed above **at the time of application**. No cash refunds after January 12, 2011.

** \$1,100 is a non-refundable reservation fee for the retreat at the Sleeping Lady Resort.

Make-Up Policy

Students must make up hours missed in the program. This may result in more hours of apprenticeship, private lessons or attendance in coursework that is compatible with the hours missed. Each student is assigned an advisor to determine the best way to make up these hours and discuss additional fees that may be incurred. Certificates are issued when all course work is complete.

Refund Policy

There are no cash refunds or credits on the \$1,100 Sleeping Lady deposit after January 12, 2011. Those taking Option 1 or 2 are refunded a percentage of the total amount after the Sleeping Lady Deposit has been deducted. Percentages are based on written notification postmarked as follows: 70% on or before February 1st, 50% on or before April 1, 30% on or before June 1st. Those taking Option 3 receive no cash refunds but may request their postdated checks be returned before their due date. 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