

Application Questions

Please type your answers on a *separate* piece of paper and submit with your application.

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 April 2009.

- Attend all eleven 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
- Pass a 30 - 45 minute teaching presentation with advisor present

Summary of Training Hours & Fees

11 Weekends of study \$3300

Pacific Yoga Description of Hours

Contact Hours:

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

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.



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 September 2008 - April 2009 (deadline for application is September 10th, 2008).

___ **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 Oct. 1, Nov. 1, Dec. 1 and Feb. 1. Checks will be deposited on the date indicated. *Important* — If you miss a weekend, you are still responsible for the payment.

Make-Up Policy

Students can miss up to 5 hours of the training without make-up. Beyond 5 hours students must make up classes time in the appropriate category by attending additional classes and/or private sessions. All make-up hours are at an additional cost and a schedule of make-up time must be approved by an advisor. Students can make-up hours in the 2009-2010 training at no additional cost.

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