

# 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 next page and EMAIL to [info@pacificyoga.com](mailto:info@pacificyoga.com). Send payment and THIS page signed with option 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 May 4th 2012 - December 16th 2012** (deadline for application is April 10th, 2012).

\_\_\_ **OPTION 1:** \$3495 paid in full at the time of application.

\_\_\_ **OPTION 2:** \$3695 paid in 7 installments. A \$1,595 payment is due at the time of application along with six \$350 checks dated Jun 1, Jul 1, Aug 1, Sep 1, Oct 1 and Nov 1. Checks are deposited on the date indicated.  
*Important* — If you miss a weekend you are still responsible for the payment.

## Dates

May 4-6, June 1-3, June 29-July 1, July 27-29, Sept 7-9, Sept 28-30, Oct 19-21, Nov 9-11, Dec 1-2, Dec 14-16. May through Dec the schedule is: Fri: 10 am - 5 pm, Sat: 10 am - 7:30 pm, Sun: 10 am - 5 pm. In Dec 1-2 the schedule is the same except we do not meet on Friday. There is a 45-60 minute lunch break each day, and on Saturdays a 15-30 minute dinner break. Each day also includes short breaks during three-hour sessions. *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

## Application Questions

Please submit your answers electronically using email or Word document to [info@pacificyoga.com](mailto:info@pacificyoga.com).

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 Flame of Life” by Dona Holleman

“Awakening the Inner Body,” Donald Moyer

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

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

The Anatomy of Exercise & Movement for the Study of Dance, Pilates, Sports & Yoga by JoAnn Staugaard-Jones

“The Yoga Sutra Workbook,” Vyaas Houston

“The Essence of Yoga,” Bernard Bouanchaud or “The Yoga Sutras of Patanjali,” Edwin Bryant

“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

## Certificate of Completion

The Certificate of Completion (200) hours is awarded when the Series is completed and the requirements listed below are fulfilled by December 2012

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

Pass a 30 - 45 minute teaching presentation with advisor present

### Summary of Training Hours & Fees\*

10 Weekends of study		\$3495
<b>Pacific Yoga Description of Hours</b>		
<b>Contact Hours:</b>		
Technique, teaching methods, philosophy, anatomy & practicum	180 hours	
<b>Non-Contact Hours:</b>		
Teaching Exchanges	6 hours	
Homework	16 hours	
Total:	202 Hours	\$3495*

\* Fee may be distributed over payments totaling \$3695. Make-up fees not included.