



# Live Your Yoga & Teacher Training Program

September 2017-April 2018

*with Optional Yoga Warriors for PTSD Certification in May*

Yoga Garden of Pittsboro is pleased to announce our first annual Live Your Yoga & Teacher Training Program for 2017! Whether you want to become a yoga teacher, or if you are looking to delve deeper into your own personal practice, you do not have to be an advanced practitioner to enroll. Outlined below is basic information regarding the program, including dates, tuition and application. Our program will certify graduates at a level exceeding the Yoga Alliance 200 Hour Teacher Training requirements, and is offered to anyone, with at least 6 months of formal yoga practice with a qualified teacher, who wants to formalize their study of yoga in order to Live Your Yoga. Registration is strictly limited and space fills quickly. Please email [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com) if you have any questions, or need assistance in any way.

*Om Shanti, Peace.*

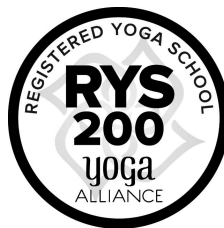
## **2017-2018 Weekend Times & Dates:**

**Dates:** September 9-10, October 7-8, November 4-5, December 2-3, January 6-7, February 3-4, March 3-4, April 14-15, (Optional Yoga Warrior Certification May 5-6)

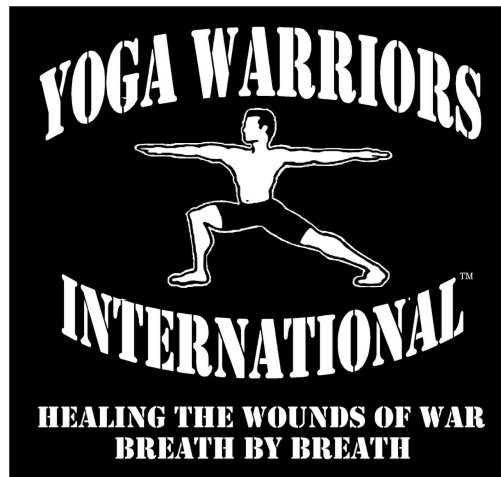
Need a place to stay? Contact Lexie at [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com). We highly recommend this Airbnb: <https://www.airbnb.com/rooms/16905201>. Tami & Lyle are friends of Yoga Garden PBO and will take good care of you!

**Days/Times:** Saturdays & Sundays, 8:00am-6:00pm (Daily times may vary)

**100% Attendance is mandatory.** If you have any scheduling conflicts, please email [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com). It is not recommended, but under extenuating circumstances if any dates are missed, we will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$100-\$200/hr), while upholding the integrity of our program.



Yoga Garden \* 184 East Street \* Pittsboro \* NC \* 27502 \* 919-449-6120  
[www.yogagardenpbo.com](http://www.yogagardenpbo.com) \* [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com)



Optional YWI Certification in conjunction with RYT200 for \$425 (Regularly \$495).

Yoga Warriors Teaching Mission: To alleviate symptoms of combat stress (COSR), post-traumatic stress disorder (PTSD) and increase the resilience of critical task performers working in high stress environments, including affected caregivers and family members by providing evidence-based yoga and mindfulness practices.

Classes are taught to active duty military, veterans, first responders and their families, caregivers and others who have experienced PTSD, anxiety, depression or high stress. Yoga Warrior classes are held throughout the United States, Canada, and to deployed military.

This program is open to certified Yoga Teachers or anyone who is inspired to facilitate healing to those with PTSD or Combat Stress Disorder including professionals who work with (or would like to work with) active-duty military personnel or veterans. To receive a Yoga Warriors International™ teacher certificate, you must be a yoga teacher certified at the 200 or 500 hour level.

For further details on the Yoga Warrior method, please visit [www.yogawarriors.com](http://www.yogawarriors.com).



### **Requirements & Other Considerations:**

- ❖ 20-Class Pass is included in tuition and weekly class participation is required
- ❖ Punctuality. 100% Attendance is Mandatory. *Preapproved* makeup hours will be billed at an hourly rate (\$100/hr) in correspondence to any hours missed.
- ❖ Daily Asana, Pranayama & Meditation Practice (home study or in class setting)
- ❖ 7 required textbooks (not included in tuition; see Required Reading List attached)
- ❖ Attendance in a weekly class at Yoga Garden or other approved RYT facility if out of town (minimum)
- ❖ Multiple research papers and class reviews
- ❖ Karma Yoga – 9 hours minimum Volunteer Service (does not have to be ‘yoga’ related)
- ❖ 10 Hours of Student Teaching towards the end of program
- ❖ 10% Off Any class pass & retail items through the end of the program with Yoga Garden
- ❖ Yoga Warrior Certification Option additional \$425 (Regularly \$495)

### **Course Topics Overview**

Classical Hatha & Vinyasa Training with Concentrations in Restorative & Yin Yoga \* Beginning & Advanced Sequences \* Yoga Philosophy & Lifestyle \* Ethical Guidelines \* Styles & Types of Yoga \* Karma Yoga & Selfless Service \* Purification \* Yama & Niyama and the 8-Limbed Path of Patanjali’s Yoga Sutras \* Cleansing \* Mantra \* Pranayama & Concentration Techniques \* Postures & Sequencing \* Yoga Nidra & Relaxation \* Yin Yoga \* Restorative Yoga \* Yogic Nutrition \* Ayurvedic Principles \* Chakras \* Business of Yoga \* Teaching Circles \* Continued Education Recommendations \* Ancient Texts & Scriptural Studies \* Yoga Therapy \* Teaching & Assisting Practicum \* Anatomy & Physiology \* Adjustments & Modifications \* Intro to Prenatal Yoga \* Yoga for PTSD, Anxiety & Depression \* History \* Student Assisting & Teaching \* Developing a Daily Practice & Practice Journal \* Homework, Essays and Practice Assignments

### **Required Reading List**

Tree of Yoga – BKS Iyengar

Yoga - The Spirit & Practice of Moving Into Stillness – Erich Schiffmann

The Heart of Yoga: Developing a Personal Practice- T. K. V. Desikachar

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

The Living Gita – Sri Swami Satchidananda

Yoga Anatomy – Leslie Kaminoff

Yoga Posture, Adjustments and Assisting – Stephanie Pappas

### **Recommended but NOT Required**

Back Care Basics by Mary Pullig Schatz, M.D.

The Miracle of Mindfulness by Thich Nhat Hanh

Light On Yoga – BKS Iyengar

The Key Muscles of Hatha Yoga – Ray Long

The Key Poses of Hatha Yoga – Ray Long



# Live Your Yoga & Teacher Training Program Application

*September 2017 – April 2018*

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Investment Options (please check all that apply)**

\_\_\_\_\_ **Option 1:** \$2800 Paid in Full by July 15, 2017 (\$250 is non-refundable/non-transferrable) with Application.

\_\_\_\_\_ **Option 2:** \$500 Deposit (\$250 is non-refundable/non-transferrable) with Application prior to July 15, 2017, and 5 auto-payments of \$520/ea due the 1<sup>st</sup> of each month prior to each of the first 5 training weekends.

\_\_\_\_\_ **Option 3:** After July 15, 2017, \$3100 Paid In Full (\$300 is non-refundable/non-transferrable) with Application

\_\_\_\_\_ **Option 4:** After July 15, 2017, \$800 Deposit (\$300 is non-refundable/non-transferrable) with Application; and 5 auto-payments of \$520 due the 1<sup>st</sup> of each month prior to each of the first 5 weekends

\_\_\_\_\_ **Optional: Yoga Warrior Certification** \$425 auto-drafted on April 1, 2018.

**\*Auto Pay Debit Information (Complete only if choosing Investment Option 2 or 4, Yoga Warrior Certification, or if paying-in-full on bank card):**

Circle One: Visa    MasterCard    Debit Card

Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_ CCV#: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature of Acceptance of Terms Above: \_\_\_\_\_

Please initial: \_\_\_\_\_ I have read and accept the Cancellation & 100% Attendance Policy



**Cancellation & Attendance Policy – NO EXCEPTIONS:**

Withdrawals up to 90 days before the start of the program: All payments will be refunded minus non-refundable deposit.  
Withdrawals 60-0 days prior to start of the program: All payments are non-refundable unless a replacement student is found.

Once you begin the program, all payments are non-refundable. Non-attendance is non-refundable. See Attendance policy below.

Withdrawals from the program must be made in writing or email.

Yoga Garden reserves the right to postpone or cancel the training if the required minimum of registrants is not met, with full refund.

**100% Attendance is mandatory.** If you have any scheduling conflicts, please email [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com) . We will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$100-\$200/hr), while upholding the integrity of our program.

We want to make sure that those who are dedicated to attending are able to. If you have any question as to the time and commitment required or the scheduled dates for the program, please email us at [info@yogagardenpbo.com](mailto:info@yogagardenpbo.com) with any questions or concerns before enrolling in the program.

I have read and accept the Cancellation & Attendance Policy:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name



What is your profession?

What is your current state of health? List all health ailments, if any.

Do you have any injuries? Please describe.

Are you currently on any medications? If so which ones and what for?

Do you currently see a therapist?

Describe your yoga experience and current practice? Include how long you have been practicing, with who, and any teaching experience.

What is your intention for applying for this program?

How will you make the time for a daily practice?



What are your biggest challenges in life?

How will you meet the financial requirements?

How is your diet and how do you feel about it?

Is there anything else you would like to share, or any further questions or concerns?



**Allow 5-7 business days to process application and receive confirmation email.**

**Please email (photo of or scan signature page), mail, or hand-deliver original Application & Payment to:**

***Yoga Garden \* 184 East Street \* Pittsboro \* NC \*27502 \* 919-449-6120***  
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