

# YOGASOURCE

## Foundational 100/200 hour Teacher Training

### Application Form

#### CONTACT INFO

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip  
\_\_\_\_\_

Cell Ph. (\_\_\_\_) \_\_\_\_\_ Other Phone (\_\_\_\_) \_\_\_\_\_

Email address (please print clearly)

\_\_\_\_\_@\_\_\_\_\_.

#### OTHER INFO

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Occupation \_\_\_\_\_ Employer \_\_\_\_\_

How did you find out about our program?

A yoga teacher recommended it: \_\_\_\_\_

Friend: \_\_\_\_\_

Advertisement: \_\_\_\_\_

Website

Brochure

Other: \_\_\_\_\_

#### MEDICAL INFO

Please write a detailed list of injuries, past surgeries, and other conditions that affect your yoga practice. Continue on separate page if necessary.

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Emergency Contact: \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_



15. Why do you want to take a YogaSource Teacher Training program?

16. What are your expectations for this training? What do you hope to achieve at the completion of the program?

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## DEPOSITS AND PAYMENTS

Check here if you are currently on a monthly auto renew or use a class package at YogaSource Los Gatos and need it to be placed on hold for the duration of the training

Select one or both modules:

### The 100 Hour Level 1 Training

Dates and location of next 100 Hour Module - Level 1: July 1-7<sup>th</sup> 2009 (ALL DAY) in LOS GATOS!

Tuition: \$1045 Includes manual and unlimited attendance to classes at YogaSource, of which  
-Non-Refundable Deposit: \$250 due with this Application (if taking both modules, the deposit required now is \$500)  
-Balance after Deposit: \$795 due before start of the program (if taking both modules, the balance due is \$1590)

The 100-hour Foundations Training is the first step of our training program. It is presented during an intense week of all-day training which will change your life and practice forever!

Whilst we cover topics from all the Yoga Alliance categories, our focus during this first week is on anatomy. It is our firm belief that students should walk out of a yoga class healthier than they walked in and that the very first thing teachers must learn is how to read bodies and assist the students in creating a safe practice. It is on this solid basis grounded in anatomy that we build the break-down of poses, breath work, and sequencing. Every day involves hours of practice-teaching under the Director's involved supervision designed to "get your feet wet" within the safe environment of the program and smoothly bridge your transition into real-life teaching.

At the end of this week, you will have gained intimate familiarity with the basic poses of Flow Yoga, you will have a good framework for reading bodies and assisting with injuries and you will have experienced teaching a full 90 minute class from beginning to end! A 20-hour Individual Project is required to complete the 100 hours and can take the form of a research paper or a specialty workshop on a topic approved by the Director. You will be awarded a certificate of completion (more than what most yoga employers require today) and you may also apply these 100 hours towards our 200 or 500 hour teacher training down the road.

### The 100 Hour Level 2 Training

Dates and location of next 100 Hour Module - Level 2 Module: Saturdays and Sundays, 7/11th&12th, 7/18th&19th, 7/25th&26th, 8/1<sup>st</sup>&2<sup>nd</sup>, and 8/8<sup>th</sup>&9<sup>th</sup> ALL DAY in Los Gatos

Tuition: \$1045 Includes manual and unlimited attendance to classes at YogaSource, of which  
-Non-Refundable Deposit: \$250 due with this Application (if taking both modules, the deposit required now is \$500)  
-Balance after Deposit: \$795 due before start of the program (if taking both modules, the balance due is \$1590)

The Level 2 Module is the second building block of our Foundational teacher training program.\* It is designed to unlock your creative potential through the most thorough study of sequencing strategy provided in any yoga training in the US and a deep yet practical exposé of the philosophical movements that have shaped the practice.

Sequencing is by far the most challenging aspect of teaching a Flow Yoga class. Each class, students expect you to pull something new out of the hat and still make it safe, accessible and harmonious. That is why one of our main goals with this training is to break down the art of sequencing so that you will walk out of it an artist yourself, whether your intention is to teach to others or develop your own self-practice. We examine how sequencing strategy differs across the

major schools, from Krishnamacharya's direct legacy of Ashtanga, Iyengar and Viniyoga to the more modern offshoots of Anusara, Power, and Forrest Yoga. Along the way, you will build your own sequencing philosophy and learn many tools to help nurture your creativity with asanas, kriyas, pranayamas, vinyasas and larger sequences. Everybody will experience designing and teaching a real 90 minute class to a group under the Director's involved supervision, designed to "get your feet wet" within the safe environment of the program and smoothly bridge your transition into real-life teaching.

Parallel to this undertaking, you will also delve into the philosophy of Yoga spanning a history of over 5000 years. We begin with the ancient Vedas and Upanishads and track the refinement of their ideas in the Baghavad Gita and later in Patanjali's Yoga Sutras. We then examine the non-dualist counter-current brought by Vedanta and Tantra. Following this, we go back chronologically to catch up with the birth of Buddhism and study the development of the different approaches of Theravada, Mahayana, Zen, Tibetan and American. We also look at how modern Western psychology has been influenced by the Eastern model. Rather than dry, academic monologues, this vibrant material is presented through captivating stories and lively discussions, revealing how these philosophical principles apply to you as an individual, a teacher, and a modern yogi with a family, a mortgage and a thirst for meaning. Combined with Level 1, this training leads to the full 200 hour Certification, eligible for registry with the Yoga Alliance, the nation's leading accreditation authority.

\*If your schedule prohibits you from completing the Level 1 training prior to enrolling in the Level 2 training, you must get prior authorization from the Director of the program. Please check here if you've already addressed that:

Please enclose

cash

check

VISA/MC Number \_\_\_\_\_ Exp. Date: \_\_\_/\_\_\_

For the deposit amount of  \$250 OR  \$500

Check here if you'd like us to use the same credit card to charge for the balance a week prior to the training start.

#### CANCELLATION POLICY

In the event of cancellation:

- 30 days or more prior to the training: \$50 of your deposit is retained as a processing fee. The balance of your deposit may be transferred towards a future Foundational Training Module. Any payments above your deposit will be fully refunded.
- 29 days or less: the full amount of your deposit is retained as a processing fee. Any payments above your deposit will be fully refunded.

No refunds or credits are made after the training starts! No exceptions.

#### TRAINING CHANGES

YogaSource reserves the right to cancel any training up to 2 weeks prior to start, in which case any payment you have made to YogaSource will be refunded in full. You will not be entitled to make any further claims for compensation or damages, for any loss, consequential damage, expenses, loss of time or inconvenience which may result from such cancellation. Payment of deposit is taken as acknowledgment of and agreement to the above items.

#### LIABILITY WAIVER

In signing below, you agree that you are solely responsible for your own health and safety at all times during the YogaSource Teacher Training. Neither the teacher(s) nor the studio shall be held liable for any injury related to this training. You agree to assume all risks associated with the program in any way. Furthermore, you agree to inform the teacher(s) of any movements which you cannot safely perform and you agree that you will not perform any activity or movement which you feel is likely to cause you to injure yourself. You agree to inform the teacher(s) of any limitations or medical conditions that may affect your practice and understand that you can stop and rest at any time.

**NON COMPETITION CLAUSE**

A competing studio is any facility within a 10 mile radius offering one of the main styles of yoga taught at YogaSource (currently Bikram and Flow-type yoga). If you have the intention to teach for a competing studio, please take another program. By signing below, you agree not teach for, or take ownership in a competing studio. While we cannot guarantee anyone a teaching position at YogaSource, we will do everything we can and use all our connections and resources to help you achieve your dreams. We hope that the practice of yoga will eventually make such clauses unnecessary.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

mail to:

YogaSource Teacher Training 15545C Los Gatos Blvd Los Gatos, CA 95032  
or fax to 408.978.3964  
or email as an attachment to linda@yogasource.com

Please keep a copy of this form for your records.