

WHY Power Yoga Teacher Training: A Foundation for Holistic Living

The yoga teacher training that will help you become an extraordinary teacher and live a healthier life.

WHY's 200 hour Yoga Alliance certified teacher training is designed to guide you in becoming a dynamic, passionate, intuitive teacher. A unique training, encompassing a variety of yogic traditions, this course will include both daily meditation and challenging asana practices. Learn to read and feel the energy of others, strengthen your intuition, and support your students' spiritual growth. Develop healthier eating practices using food to create a strong body and clear mind. A 20 hour anatomy study will be offered with nationally – renowned instructor, Ellen Heed. A minimum of 24 hours of participation in a National Yoga Teacher Training, of your choosing, is a required component of WHY's training.

Learn how to live and teach from a space of compassion and integrity while establishing a strong foundation in intelligent vinyasa flow practice. WHY's experiential Teacher Training will transform your practice, your teaching, and your life.

APPLICANT PROFILE

Application for (please check one):

200 hour WHY Power Teacher Training

6 weekend modules only

Name _____

Address _____

Home Phone _____ ***Cell Phone:*** _____

Birthdate _____ ***Gender*** _____

E-mail _____

Emergency Contact Information

Name _____ ***Phone #*** _____

*Please answer these questions as honestly and thoroughly as you can.
All of your answers will remain confidential.*

How long have you practiced yoga? Where? What styles?

How often do you practice (# of times per week and how long)?

What effect has yoga had on your life?

Why are you interested in this particular teacher training?

What are your expectations of this training? What do you hope to learn? How do you hope the training will help you grow both personally and as a teacher?

Please list any other training or experience you have had that you think is relevant.

Please list any other activities, hobbies or interests.

What in your life are you passionate about?

What in your life are you grateful for?

What in your life would you like to unburden yourself from?

How did you hear about the WHY Power Yoga Teacher Training? (please circle)

Website

Brochure/Flyer

WHY studio

Workshops

Friend

Other: _____

Tell us about your physical health (major illnesses, surgeries, any injuries or conditions we should know about?)

Tell us about your emotional and mental health (previous or current therapy, type, length of time, eating disorders, bouts of depression, addictive behavior, etc.)

Note: Please understand that any difficult times you have gone through will be a bonus to your students who are experiencing their own difficult times.

Do you have any medical condition that may prevent you from participating in or completing the TT program?

Are you currently taking any medications? If yes, please describe.

Tell us about your diet, health and exercise practices and beliefs.

List any other interesting things we should know about you.

Requirements for Certification (must be completed within 24 months of the start of WHY Power Teacher Training)

- 100% attendance at 6 Weekend Modules led by Barbara Ruzansky
- Completion of a National Teacher Training with an approved instructor (minimum of 24 hours of instruction). Must be taken at WHY.
- Attendance at the following WHY workshops: Yogic Philosophy with Dr. Peter Meadow, and Pranayama with Shankara.
- Anatomy Workshop, minimum 20 hours. Must be taken at WHY.
- Attendance at 1 WHY Whole Foods Cooking class.
- Completion of independent study materials.

In order to obtain certification full participation and attendance at all components of the WHY Power Yoga Teacher Training is required.

Certification may be jeopardized by tardiness and/or early departures.

Weekend Modules and Whole Foods Cooking Classes

Training will consist of daily meditation and a strong asana practice, followed by an exploration of the principles of WHY Power Yoga, including: practice teaching, adjusting, teaching to multiple levels, sequencing, working with injuries, and nutritional guidance.

6 Weekend Module Dates for 2010 training:

Module 1	January 8 – January 10
Module 2	February 5 – February 7
Module 3	March 19 – March 21
Module 4	April 23 – April 25
Module 5	May 21 – May 23
Module 6	June 25 – June 27

Weekend Module Tentative Schedule:

Fridays	5:00 – 10:30 pm
Saturdays	1:00 – 10:00 pm
Sundays	Noon – 8:30 pm

Whole Foods Cooking Class:

Date TBD

Functional Anatomy for Yoga Teachers:

Friday, June 4	7:45 – 11:45 am & 1:00 – 4:15 pm
Saturday, June 5	1:00 – 5:00 pm & 6:15 – 9:30 pm
Sunday, June 6	10:30 am – 1:00 pm & 2:15 – 7:00 pm

Tuition for the **WHY Power Yoga Teacher Training** is \$2,400. This includes the six weekend modules*, two WHY Workshops, one WHY Cooking class (meal included) and one additional whole foods meal.

* Cost for the 6 weekend modules alone is \$2,000

Tuition does not include the cost of the required 24 hour national teacher training, anatomy workshop, or independent study materials. An estimate of these expenses is:

- National TT \$525 to \$900
- Anatomy Workshop \$340
- Independent Study Materials** \$50 to \$200

A \$500 **non-refundable** deposit is required along with a completed application. The balance of the tuition (\$1,900) must be paid in full within 30 days from the date of the first weekend module.

Please include a recent photo with your completed application.

With your commitment to the WHY Power Teacher Training you are making an investment in becoming an exceptional yoga teacher ... and in changing the quality of your life.

A refund will be issued for cancellations made at least 30 days prior to the start date of the program for tuition paid **less the \$500 non-refundable deposit**.

NO refunds, credits or transfers are available for cancellation within **30 days** prior to the start date of the program. Please understand our cancellation policy is firm and we cannot make exceptions.

By signing below, I acknowledge that I have read, understood and agree to all of the terms, conditions and requirements of the WHY Power Yoga Teacher Training and that the information provided in this application is accurate and complete.

Signature

Applicant Name (please print)

Date