

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.

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 (Applications are kept strictly confidential)

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 your hobbies and interests.

What are you passionate about?

What are you grateful for?

What 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 of therapy, length of time; eating disorders, bouts of depression, addictive behavior, etc.)
Note: Understand that any difficult times you have gone through will enhance your ability to teach and support others.

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 18 months of the start of WHY Power Teacher Training)

- 100% attendance at 6 Weekend Modules led by Barbara Ruzansky
- Attendance at the following WHY workshops: Yogic Philosophy and Pranayama.
- Anatomy Workshop with Ellen Heed. Must be taken at WHY.
- 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 Class

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 2012 training:

Module 1	January 20 – January 22
Module 2	February 17 – February 19
Module 3	March 16 – March 18
Module 4	April 27 – April 29
Module 5	May 18 – May 20
Module 6	June 22 – June 24

Weekend Module Tentative Schedule:

Fridays	5:00 – 10:30 pm
Saturdays	1:00 – 10:00 pm
Sundays	Noon – 9:00 pm

WHY Workshop Dates

Pranayama	Saturday, TBD, 1 – 4:30 pm
Yogic Wisdom	Saturday, March 31, 1 – 4 pm

Functional Anatomy for Yoga Teachers:

Friday – Sunday, June 2012, dates TBD

Tuition for the **WHY Power Yoga Teacher Training** is \$3,000. This includes the six weekend modules*, two WHY Workshops, and one whole foods meal.

*Cost for the 6 weekend modules alone is \$2,500

Tuition Payment Options

Pay-In-Full Options:

10% discount if paid in full by December 15, 2011

5% discount if paid in full by January 19, 2012

OR

Payment Plan Option:

Nonrefundable deposit of \$1,500 due by December 31, 2011 and

6 payments of \$250 per month from January 1 – June 1, 2012

**2 valid credit cards must be provided for automatic payment processing and a payment agreement must be signed.

Please contact Kristen Wold at kristen@westhartfordyoga.com for more details.

Tuition does not include the cost of the anatomy workshop or independent study materials. An estimate of these expenses is:

- Anatomy Workshop \$360
- Independent Study Materials** \$50 to \$200

A \$500 ***non-refundable*** deposit is required along with a completed application to reserve your space in this year's training.

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 cancellations **after December 20, 2011.** 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