



# Southtown Yoga

## 2009 200-Hour Teacher Training Program Application

Southtown Yoga is proud to offer its first teacher training program beginning July 2009. This teacher training intensive is taught by highly reknowned senior instructor **Mitchel Bleier** and is designed for serious students interested in becoming teachers; current teachers wishing to refine their craft; or students wanting to expand their practice and understanding of all aspects of the practice of yoga. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga, empower you to live to your highest potential and lead you to share this profound practice with others.

Students can choose to take the course in two parts:

**Part I -The Yoga Experience**-100+ hours of study into the core teachings of Hatha Yoga including; asana, alignment, pranayama (breath), meditation, yoga philosophy, theory and history.

**Part II -Teacher Training**-100+ hours includes anatomy and biomechanics, pranayama (breath), meditation, and the Art of Teaching (class composition and sequencing, use of voice, observation and hands-on adjustments, themes and demonstrations).

### Program Schedule:

Part I	Part 2
July 27 – August 2 (45 hours)	September 11 – 13 (18 hours)
August 14 – 16 (15 hours)	October 2 – 4 (18 hours)
	November 6 – 8 (18 hours)

Included in your tuition is unlimited yoga classes to be used during the course to help with the mandatory class time requirements. There will be weekly required homework, quizzes and a take home final exam. At the end of the program, all students who have completed the training hours, all of their required homework and passed the final exam will receive a certificate of completion from Southtown Yoga and will be eligible for Yoga Alliance registration at the RYT200 hour level.

### Days/Times:

Monday, July 27 – Friday, August 1: 9:00 am – 5:00 pm (with 2 hour break)

Weekend of August 14 – 16: Friday, 6:00–9:00 pm, Saturday, 12 noon – 6:00 pm, Sunday, 9:00 am - 3:00 pm

Part 2 Weekends

Fridays, 5:00 pm – 9:00 pm, Saturdays & Sundays, 9:00 am – 6:00 pm

**Reading:** A required reading list will be given to you once you are accepted into the program. Books must be purchased separately.

### Program Tuition:

\$2495 if paid in full by June 30<sup>th</sup>, 2009; \$2700 after. Tuition must be paid in full by the start of training. A \$500 non-refundable deposit is required. For those students who qualify to participate in only one, but not both parts, tuition is as follows: Part I \$1400-includes 1-month unlimited yoga; Part II \$1400 includes 2-months unlimited yoga. Payment plans and financial aid available upon request.

Thank you for your interest in our training program. We look forward to being a part of your journey.

3719 n. kingshighway st.louis, mo 63109

ph: 314.353.1004 | [www.southtownyoga.com](http://www.southtownyoga.com) | [info@southtownyoga.com](mailto:info@southtownyoga.com)



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### Personal Information:

Name \_\_\_\_\_

Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

Please answer the following questions:

Is this your first training? If no, list prior training. \_\_\_\_\_

How long have you been practicing Hatha yoga? \_\_\_\_\_

Who are the main teachers you have studied with? \_\_\_\_\_

Do you have any injuries or physical limitations or medical conditions (diabetes, epilepsy, pregnancy)? Please list.

In your opinion, what qualities embody a good yoga teacher? Why?

Why do you want to take Southtown Yoga's Teacher Training?

What personal qualities or attributes do you feel you possess that will help you in teaching yoga and contribute to this training?



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### Payment Information:

A \$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount, **full payment is required on or before June 30th, 2009.** Otherwise all tuition is due no later than the start of the program, July 27th, 2009.

#### I am paying by check

If paying by check, please drop completed application and check to a member of the desk staff. You can also mail the check with your application to:

Southtown Yoga  
3719 N. Kingshighway  
St. Louis, MO 63109  
ATTN: Teacher Training

**\*Please include driver's license number, state and expiration date on the front of your check.**

#### I am paying by credit card. MasterCard \_\_\_\_\_ Visa \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Sec Code \_\_\_\_\_

Name as it appears on the card \_\_\_\_\_

Zip Code \_\_\_\_\_

**Is your billing information the same as your mailing address?** Yes No

My billing address is \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**I hereby authorize the above payment of \$ \_\_\_\_\_ Please initial \_\_\_\_\_**

I understand that if I fulfill all the requirements of the Southtown Yoga Teacher Training Program, including in-class hours, mentorship, homework, quizzes and final exam, I will receive a certificate of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200-hour Teacher Training program.

I understand that Southtown Yoga reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or Southtown Yoga ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future Teacher Training and my remaining balance will be refunded. If I cancel within 14 days of the start of the training, I will forfeit my \$500 deposit but my remaining balance will be refunded. Once the program begins, tuition is non refundable and non-transferable. I understand that all Southtown Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

**I have read and accept the above terms and requirements: Yes No**



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### Frequently Asked Questions:

#### **Are books and materials included in the price of the training?**

Students who are accepted into the training will receive a book list for the training. These are not covered in the cost of the training. All other printed materials handed out during the training are included.

#### **When will my unlimited yoga classes begin?**

As part of your tuition, you are eligible for unlimited yoga. Yours will begin on the program start date after we have officially accepted you into the program and your payment has been paid in full. If you have a current series with us, it will be put on hold until the end of training. The unlimited series ends on the last day of training and any series on hold will be re-activated. No refunds or extensions will be given on unlimited yoga classes.

#### **When will I find out if I have been accepted into the program?**

After you submit your completed Teacher Training Application, you will be contacted via email or phone within 2 weeks. Your payment will be processed upon acceptance. If you are not accepted into the program, we will guide you on a path that will help you prepare for a future teacher training.

#### **How proficient in yoga do I have to be to participate in the program?**

The Southtown Yoga Teacher Training program includes rigorous asana practice. We strongly recommend that applicants have one year of consistent asana practice. If you are new to yoga, this would not necessarily disqualify you from being accepted into the program. However, if you have a regular yoga practice and are looking for a deeper understanding of the practice and history of yoga, its postures, alignment and the ability to create and convey a comprehensive, safe sequence to others – this is the program for you.

#### **What if I miss a class?**

To obtain a certificate of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class:

#### **Absentee Policy:**

To get the most out of your Teacher Training Program, it is critically important that you attend 100% of the training.

If you miss 1-2 days: You may still complete the program with your class provided that you schedule a private session (or group session) with a Designated Trainer at some point during the program. A two-hour private session equates to one full day (6 hours) of training. The cost of a private session is \$100 per hour. Please contact Southtown to schedule the make-up session. The maximum number of private make-up sessions are two.



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### Frequently Asked Questions:

#### Absentee Policy Continued:

If you miss 3 or more days you will not be able to complete the program with your class, and you will need to make up the classes in a subsequent training. You may choose to make up the first two days you miss with a private session during your training, but the additional days you will need to take in a subsequent training. The fee is \$100 per hour.

If you miss 5+ days you will need to retake the program at a discounted price, subject to space availability.

#### Do you offer scholarships or work-exchange programs?

Southtown Yoga offers a limited number of partial scholarships each training to prospective students with exceptional circumstances. To apply for a scholarship, please e-mail [info@southtownyoga.com](mailto:info@southtownyoga.com). Space is limited & not guaranteed to be available.

#### How much time should I expect to spend on homework?

Between 5 to 10 hours per week on written assignments and class observations. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for non-credit. However, if you wish to receive your Certificate of Completion for the course, you must attend all the sessions and complete all the homework assignments.

#### What is Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, either at the 200 or 500 hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently, there are no legal certification requirements to be a yoga teacher.

#### Will I be qualified to teach yoga once I complete the 200-Hour Teacher Training Program?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework and final exam, you will receive your Certificate of Completion evidencing your training at the 200-hour level. You may also register with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) at the RYT-200 level. Graduates of the 200-hour program usually begin teaching in small studios, gyms, with private clientele (friends and family), etc. Many new teachers decide to continue their Teacher Training education as a way to further solidify their skills, knowledge and style as a yoga instructor. Although it is a highly recommended path, you do not need to be registered with Yoga Alliance in order to teach yoga.

**Please submit above application to Southtown Yoga.**

**\* I agree to all above (initial) \_\_\_\_\_**