



SPRING 2012 HYFL Teacher Training Application

Read all information carefully

Fill out the form entirely and submit before deadline

Enjoy the journey!



Application deadline: Feb 19, 2012

Email application to: info@hotyogaforlife.com

Training location: Beaverton HYFL Training Facility: 4021 SW 117th Avenue, Beaverton OR 97005

Program Schedule – Select the Program You are Applying for

200-Hour Hot Hatha Yoga Teacher Training: Mar 02 to Apr 15, 2012

Schedule: 6 weekends and 1 full week.

Weekends: Mar 2-4, Mar 9-11, Mar 16-18, Mar 23-25, Mar 30-Apr 1, Apr 6-8.

Fridays: 6 to 9PM, Saturdays and Sundays: 9AM to 6PM with breaks

Full week: Mar 12-16.

Each day: 9AM to 6PM with breaks

Graduation: Apr 15.

200-Hour Power Vinyasa Yoga Teacher Training: Mar 02 to Apr 15, 2012

Schedule: 6 weekends and 1 full week.

Weekends: Mar 2-4, Mar 9-11, Mar 16-18, Mar 23-25, Mar 30-Apr 1, Apr 6-8.

Fridays: 6 to 9PM, Saturdays and Sundays: 9AM to 6PM with breaks

Full week: Apr 2-6.

Each day: 9AM to 6PM with breaks

Graduation: Apr 15.

300-Hour Combined Yoga Teacher Training: Mar 02 to Apr 15, 2012

Schedule: 7 weekends and 2 full weeks.

Weekends: Mar 2-4, Mar 9-11, Mar 16-18, Mar 23-25, Mar 30-Apr 1, Apr 6-8, Apr 13-15.

Fridays: 6 to 9PM, Saturdays and Sundays: 9AM to 6PM with breaks

Full week: Mar 12-16 and Apr 2-6.

Each day: 9AM to 6PM with breaks

Graduation: Apr 15.

Tuition

\$2400 for 200-hour program.

\$3400 for 300-hour program.

\$500 non-refundable fee is due upon acceptance to program. Payment is due in full by March 01, 2012. Installment payment options are available based on financial conditions. **\$100 discount is offered for early registration by January 31st, 2012.**

Requirements

The Hot Yoga for Life 2012 Teacher Training program covers all of the requirements listed by Yoga Alliance. Upon successful course completion, you will receive a 200-hour yoga training certificate from Hot Yoga for Life which will allow you to apply for Yoga Alliance Certification.

You will learn:

- Asanas/Postures and Proper Adjustments/Alignment, and *Chakras* and *Bandhas*
- Philosophy/History/Ethics/Lifestyle/Types of Yoga
- Functional Anatomy for Yoga Teachers
- Meditation and Breath
- To teach classes with students of varying skill levels

In addition to the curriculum covered in Teacher Training, participants will be required to:

- Take a minimum of two additional classes per week at the Hot Yoga for Life studio.
- Be fully present and participate actively in each training session.
- Practice teaching with other participants in the group.
- Observe at minimum two classes throughout the training.
- Tandem teach a minimum of two classes with a Senior Teacher (two Hatha and two Power Vinyasa classes).
- Complete written class-observation reports.
- Demonstrate the ability to teach a complete Hot Hatha class and a complete Power Vinyasa class.
- Pass all homework assignments, as well as written/verbal exams.
- Maintain a healthy diet and stay well hydrated.

Reading materials

The following reading materials are included with the teacher training:

- All manuals, dialogs and anatomical references for teaching Hot Hatha and Power Vinyasa sequences
- Reading materials for Ellen Heed's Functional Anatomy coursework

You are **required** to have your own copy of the following (**not included** in the cost of the program) books:

- *The Inner Tradition of Yoga* by Michael Stone (Please bring this book on your first day)
- *Journey into Power*, Baron Baptiste (for Power and Combined programs only)
- *Surya Namaskara – A technique of Solar Vitalization* by Swami Satyananda Saraswati

The following reference books are strongly recommended:

- *Hot Yoga* by Marilyn Barnett **-or-** *Yoga Challenge 1* by Tony Sanchez
- *Yoga Anatomy*, Leslie Kaminoff **-or-** *The Key Muscles of Yoga* by Ray Long, MD.

Application process

Acceptance is on a first-come, first-served basis upon review of application.

Step 1: Complete this application form. Incomplete application will be rejected.

Step 2: Submit this application form with a \$500 deposit. Applications without deposit will not be reviewed.

Step 3: You will be notified within one week of Step 2 if you have been accepted. If accepted, your deposit will be cashed. If not accepted, you will receive a refund of your full deposit.

Step 4: The balance for your tuition is due before the start of the teacher training program.

You may submit your deposit and/or tuition by check, cash, or credit card along with the application form. Please make checks payable to: **Hot Yoga for Life**.

If accepted into the program, deposits are NON-REFUNDABLE and processed upon acceptance into the training.

Depending on individual financial circumstances, you may qualify for monthly installment payment plan. Additional documentation and contract is required and offer of this program is entirely at the discretion of Hot Yoga for Life, Inc.

Hot Yoga for Life, Inc. reserves the right to cancel the *Spring2012 Teacher Training*, at its sole discretion based on the number of qualified and accepted applicants. If *Spring 2012 Teacher Training* is cancelled, all deposits and tuition will be refunded to applicants in full within thirty days of announcement for cancellation.

Application: Part 1 – PERSONAL INFORMATION

First name: _____ Last name: _____

Female Male

Address: _____ Apt # _____

City: _____ State _____ ZIP _____

Day phone: _____ Evening phone: _____

Email address: _____

Current occupation: _____

Emergency contact name: _____

Emergency Phone: _____ Relationship: _____

How did you hear about our program?

In-class announcement, teacher's name _____ Hot Yoga for Life website

Friend Teacher _____, where? _____

Other _____

Application: Part 2 – QUESTIONNAIRE

Please respond to the following questions. Use additional space or sheets as needed.

1. How long have you been practicing Hot Hatha and/or Power Vinyasa Yoga? How long at HYFL?

2. What other styles of yoga do you practice or have you explored?

3. How frequently do you practice? Please list studios where you have practiced.

4. Submit a short essay on how you have witnessed the power of yoga in your (or someone close to you) life? Or, write an essay on a life-changing experience you have had in the past. Max. 300 words.

5. Are you currently teaching yoga? If so, where? How often? Please list any prior certification(s).

6. Why are you interested in this yoga teacher training?

7. Do you have any pre-existing injuries that may affect your ability to participate in this course?

8. Are you healthy and physically able to participate in this course? *(All students are required to sign a medical waiver.)*

By providing my signature below and submitting this application to Hot Yoga for Life, I agree that I understand the financial commitments and the time-commitments required if accepted to participate in this program. I also agree that all information provided above is true and accurate to the best of my knowledge, and am fully willing to commit to the rigorous physical and educational experience for the entire duration of the curriculum.

Applicant Signature: _____

Date: _____

Print Name: _____