

## HOT YOGA FOR LIFE 2011 Spring 300-hour Teacher Training Application Form

Email as attachment to: [info@hotyogaforlife.com](mailto:info@hotyogaforlife.com) Or deliver to: 714 N Fremont St, Portland OR 97227

All questions: 206-992-9031

**DEADLINE for Application: February 21, 2011**



Registered Yoga School



**Number of spaces is limited for 300-hour Teacher Training for Hot Hatha and Power Vinyasa in 13 weekends\***

### Schedule

**Training start date: Friday, March 4, 2011. Training graduation date: Sunday, May 29, 2011.**

Duration: 13 weekends.\*

Fridays: 6PM to 9PM; Saturdays: 8AM to 5PM; Sunday 8AM to 5PM.

\*Requires additional time commitments during the weekdays. For full details, see "Requirements" section below.

**APPLICATION DEADLINE: February 21, 2011**

**Early Registration Deadline: January 15, 2011**

### Cost

Early-registration by January 15th, 2011: **\$3,100** (\$500 non-refundable deposit required for application processing)

After January 30<sup>th</sup>, 2011: **\$3,300** (\$500 non-refundable deposit required for application processing)

For full payment details, see "Application Process" section below.

### Requirements

The Hot Yoga for Life 2011 Teacher Training program covers all of the requirements listed by Yoga Alliance. Upon successful course completion, you will receive a 300-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
- Philosophy/Ethics/Lifestyle/Types of Yoga
- Functional Anatomy for Yoga Teachers
- Meditation and Breath
- To teach and sequence a Power Vinyasa yoga class and to teach the Hot Hatha sequence

In addition to the weekend curriculum done 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 four classes throughout the training.
- Tandem teach a minimum of four classes with a Senior Teacher (two Hatha and two Power Vinyasa classes).
- 1:1 work with teacher/mentor with minimum of two classes to give and receive adjustments and feedback.
- 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 Functional Anatomy coursework
- Reading material and references for First Aid and CPR coursework

**The following books are required and not provided with the teacher training:**

- Hot Yoga by Marilyn Barnett -or- Yoga Challenge I by Tony Sanchez
- Yoga Anatomy, Leslie Kaminoff -or- The Key Muscles of Yoga by Ray Long, MD.
- Journey into Power, Baron Baptiste
- Philosophy Book TBD.

**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 on or before the first class on March 4, 2011.

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 *Spring 2011 Teacher Training*, at its sole discretion based on the number of qualified and accepted applicants. If *Spring 2011 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 your initial below and submitting this application to Hot Yoga for Life, you agree that you understand the financial commitments and the time-commitments required from you if accepted to participate in this program. You also agree that all information provided above is true and accurate to the best of your knowledge.

**Applicant Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_