



YOGI WAY 200 HR TEACHER TRAINING

YOGA ALLIANCE 200 RYT CERTIFICATION

January 2009 - May 2009

Program Instructor: *Katerina Wen*

Adjunct Faculty: *Nicholas Corrin, Chiara Guerrieri, Kathryn Payne & Gina Sala*

January 2009 - May 2009

Tuition:

\$2,450 (Before Oct 15, 2008)

\$2,750 (After Oct 15, 2008)

Full payment is due by Jan 15, 2009. A \$500 deposit is required to hold your space. There is a \$55 non-refundable admin fee. Please see website for more details & payment policy. All trainees will get free Yogi Way classes during the training program.

Registration Form

(All applicants must complete the attached questionnaire.)

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Payment Amount \$ _____

Cash Check Credit Online

Card No. _____

Expiration Date _____ Security Code _____

Signature _____

O f f i c e U s e O n l y

Omsoft Entry By _____ Date _____

Reg Letter Mailed By _____ Date _____

Email Confirmation _____ Date _____

This 200 hour, Yoga Alliance certified, Teacher Training program is suitable for yoga practitioners, teachers and those who wish to become yoga teachers. Our program is based on the most comprehensive synthesis of information available today. Anyone seeking to upgrade their abilities & knowledge will benefit considerably from our unique training.

In this course, you will experience a thorough study of both Western and Eastern anatomy, philosophy & history along with Yogi Way's signature training in innovative sequencing. Our creative vinyasa style breaks new ground in contemporary yoga practice and our teacher training is an opportunity to study these methods in-depth. Through this program, students will gain the precise knowledge that will enable them to teach safely and with confidence, using state-of-the-art techniques distilled from authentic, ancient yogic tradition. Whether you seek to advance your personal practice or upgrade your yoga teaching skills, the Yogi Way Teacher Training will bring rapid results.

Topics Covered (complies with Yoga Alliance 200 RYT standards)

Techniques, Training & Practice: Asanas, pranayamas, kriyas, mantra, meditation, and other traditional yoga techniques.

Teaching Methodology: Demonstration, observation & different teaching styles. Kids, teen & specialized yoga and the business of teaching.

Anatomy & Physiology: Human physical and energetic anatomy and physiology, adjustments & working with injuries.

Yoga Philosophy/Lifestyle and Ethics: Philosophies, Ayurvedic principles, lifestyle, holistic self care and teaching ethics.

Practicum: Practice teaching, critiques, reviews, feedback & observation.

Schedule and Requirements

This program will be held in 5 weekend intensives (Fri, Sat & Sun), meeting once a month from January 2009 through May 2009. See website for schedule details. In addition to weekend group intensives, trainees will also be required to:

- Attend 2-3 weekly asana classes in addition to training classes.
- Complete all homework, reading assignments & outside coursework.
- Complete a research & thesis project.
- Must achieve passing grade on all tests & exams.
- Participate in teaching practicum, with critiques & reviews.

Application Process

Please complete the 3 page Teacher Training registration form/questionnaire and return to Yogi Way studio along with a \$500 deposit to hold your space. A one-on-one interview with the director will be scheduled with all applicants.

Email info@yogiway.com for questions & additional information.

Yogi Way 2009 Teacher Training Application

Yoga Alliance 200 RYT

Namaste and thank you for your interest in the 2009 Teacher Training Program! All personal information is strictly confidential and will be seen only by the program director. We look forward to meeting you!

Personal Information

Name _____
Address _____
Email _____
Cell Phone _____
Other Phone _____
Date of Birth _____
Occupation _____
Emergency Contact _____
Relationship & Phone _____

Teacher Training Application Questionnaire

Please respond on a separate sheet of paper

- 1) How did you hear about the Yogi Way Teacher Training program?
- 2) Are you looking to becoming a certified yoga teacher? Or do you wish to attend this program to deepen your practice understanding of yoga?
- 3) How long have you practiced yoga? How often do you practice?
- 4) Why do you wish to participate in the Yogi Way Teacher Training program as opposed to other local or national trainings?
- 5) Do you currently teach yoga? If yes, where, to whom and what style?
- 6) What is, or will be, your purpose as a yoga teacher?
- 7) What goals do you hope to achieve from this training?
- 8) What is your educational background?
- 9) Yoga background:
 - a. What style(s) of yoga have you practiced?
 - b. Which studio(s) do you visit on a regular basis?
 - c. Who are your main yoga teachers (if any)?

Yogi Way 2009 Teacher Training Application

Yoga Alliance 200 RYT

- 10) Do you have a meditation practice? If yes, please describe.
- 11) Have you had any experience with chanting? If yes, please describe.
- 12) Do you have a background in any Healing Arts? If yes, please describe.
- 13) What books (if any) on yoga asana, yoga philosophy, yogic wisdom, or Indian mythology have most influenced you, and why?
- 14) Do you have experience teaching? If so, what age and subjects have you taught?
- 15) What other form of exercise do you do?
- 16) Please give a general description of your lifestyle (diet & nutrition, sleeping habits, ways to cope with stress, etc)
- 17) Besides yoga, what other holistic practices are part of your lifestyle?
- 18) Please describe if you have any physical limitations, health related issues, pregnancy or injuries that may effect your study and practice during this program.
- 19) Do you take any medications on a regular basis? If so, please list them.
- 20) Any additional information that you would like us to know about you?
- 21) Any questions that you have for us?

The goal of Yogi Way Teacher Training is to inspire yoga teachers and practitioners to develop a holistic way of living. Due to the intensive & challenging nature of this program, we advise that you organize your schedule so you can fully commit to the study without stress. Also, during these 5 months, and especially on the weekends of the teacher training, we ask you to keep a nutritious dietary regimen, get adequate sleep, drink plenty of water and avoid use of drugs, alcohol & other stimulants. We look forward to learning & growing with you on this journey! Namaste!

An individual interview will be scheduled once the application is received. Please return completed applications, with a \$500 deposit, to the studio address below. (There is a \$55 non-refundable admin processing fee for all applications)

1421 N. 34th St, Seattle WA 98103 info@yogiyway.com 206-925-YOGA