



# 2012 City Yoga 200 Hour Teacher Training Program

## Application

City Yoga is excited to offer our renowned teacher training program beginning **February 3, 2012**. This 8 weekend intensive, led by senior instructors Anthony and Rebecca Benenati and a faculty of experienced teachers, 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.

The course curriculum contains the following:

**Yoga Immersions** - study into the core teachings of Hatha Yoga including; asana (postures), alignment, anatomy and biomechanics, pranayama (breath), meditation, yoga philosophy, theory and history.

**The Art of Teaching**- practice teaching, class composition and sequencing, use of voice, the art of observation and hands-on adjustments, themes and demonstrations, and yoga therapeutics.

### Program Schedule:

February 3-5; 10-12; 24-26

March 2-4; 9-11; 16-18

April 13-15; 20-22

Included in your tuition is **unlimited yoga classes** to be used during the course. This is to help you 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, completed all of their required homework and passed the final exam and fulfilled post training requirements will receive a certificate of completion from City Yoga and will be eligible for Yoga Alliance registration at the RYT 200 hour level.

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

Books must be purchased separately and City Yoga offers a 15% discount to trainees.

**Days/Times:**      Fridays 4:00-7:00 pm  
                         Saturdays 11:00-5:00 pm  
                         Sundays 12:30-5:30 pm

### Program Tuition:

\$2975 if paid **in full** by January 3rd, 2012; \$3250 after. There is a \$500 *non-refundable* deposit required (after acceptance).

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



# Teacher Training Program Application

## 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(s). \_\_\_\_\_

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 a City Yoga 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

\$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 January 3rd, 2012.** All tuition is due no later than the start of the program.

### 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:

City Yoga  
7904 Santa Monica Blvd. #214  
West Hollywood, CA 90046  
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 American Express Discover

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 City 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 City Yoga reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or City 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 City 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: \_\_\_\_\_ \*(Please INITIAL)



# Teacher Training Program Application

## Frequently Asked Questions:

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

Students who are accepted into the training will receive a Training Manual included in your tuition. An additional book list will be provided for the training. These books are not covered in the cost of the training, however trainees will receive 15% off their books if purchased at City Yoga. All other printed materials handed out during the training are included.

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

As part of your tuition, you will receive 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 City Yoga Teacher Training program includes rigorous asana practice. We strongly recommend that applicants have one year of consistent asana practice and are relatively comfortable practicing handstand and urdhva dhanurasana. If you are new to yoga, this would not necessarily disqualify you from being accepted into the program. If you are looking for a deeper understanding of the practice and history of yoga, it's 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 or a weekend?*

To obtain a certificate of completion you must complete 100% of the assigned work to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised a set of guidelines if you must miss group time. If you anticipate missing more than 1 weekend, please do not apply. Missing more than 1 weekend is not allowed. See Absentee Policy on the next page.

### *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.



# Teacher Training Program Application

## *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.

## *Where can I stay?*

We do not offer any accommodations for our program, but contact Craig's List ([www.craigslist.com](http://www.craigslist.com)) or VRBO. These are great sources for finding short-term housing.

## **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 1-3 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 one-hour private session equates to 2.5 hours of training. The cost of a private session is \$150 per hour. Please contact the Training Assistant to schedule the make-up session.

**If you miss 3 or more days:** You will need to retake the program, at a discounted price, subject to space availability.

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