

Application for
Just Practice Yoga
200 Hour Yoga Teacher Training Program

Please read all pages (1 thru 6). Mail completed application with \$25 application fee to:

Just Practice Yoga
PO Box 11454
St Louis, MO 63105

Call or e-mail questions to Pam Schulte, RYT at 314-650-9433 or pam@justpracticeyoga.com

First Name _____ Last Name _____ Birth Date _____

Mailing address _____

City _____ State _____ Zip _____

E-mail address _____ Occupation _____

Home phone _____ Work phone _____ Cell Phone _____

Emergency Contact Information

First Name _____ Last Name _____

Relationship to applicant _____ Phone number _____

Health Information

Do you have any current or past injuries or physical issues that might be relevant to your safe participation in asana or pranayama practice? (Vision, hearing, balance, back, neck or knee problems, high blood pressure, asthma, diabetes, etc.)

Please list any current medications you are taking, including what they are for.

Please answer the following questions. Keep in mind that there is no right or wrong answer to these questions; these are strictly for informational purposes, and to assist in determining if you meet the requirements for acceptance into the program.

What initially drew you to yoga practice?

How long and how often have you been practicing yoga? i.e. 7 years twice a week

Do you currently attend group yoga classes? If so, what style(s) and how often.

Briefly describe your personal practice. Personal practice refers to practicing on your own; this does not include attending group yoga classes. Please include **how often you practice, how long you practice** (i.e. 60 minutes), **what style(s) you practice**, and whether or not your practice includes **pranayama and/or meditation**. **If you usually practice with the aid of dvd's please list the titles of the dvd's.**

List name(s) of teachers with whom you have studied, include style of yoga practiced.

Have you ever taught yoga? If yes, where, when, for how long and what style?

Why do you want to take this teacher training program?

Yoga Teacher Training Application

Describe your familiarity with yoga philosophy. For example, have you read the Bhagavad Gita or Yoga Sutra of Patanjali? Do you know the eight limbs of yoga?

Please list a few of your favorite yoga books.

If there is anything else you feel I need to know please include that here. Attach additional sheet(s) if necessary.

Course description:

The 200 credit hour yoga teacher training program (YTT200) at ***Just Practice Yoga*** uses curriculum established by Yoga Alliance, a national registering organization for yoga teachers and yoga teacher training schools. The program is divided into two segments referred to as module 1 and module 2. Each module is 100 credit hours and includes 4 weekend intensives along with assigned reading, homework, and observation hour requirements. Module 1 is held from February to May and Module 2 is held from August to November. Students may enter the program at the beginning of either module. Both modules must be taken to receive the YTT200 certificate of completion. This is a comprehensive program designed to give students a depth of knowledge in yoga techniques, philosophy, anatomy and teaching methodology in order to go forth and share their love of yoga with others. Upon successful completion of the YTT200 program, students will be awarded a Certificate of Completion and be eligible for registration with Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200 hour level.

Admission Requirements

Prospective students must:

- be at least 18 years of age
- have a minimum of 1 – 2 years recent yoga experience
- have a regular personal yoga practice of at least 2 – 3 times per week
- be committed to the weekend intensive dates and other course requirements
- submit a signed application with \$25 fee
- demonstrate an ability to pay and make satisfactory arrangements for payment of tuition
- attend at least one yoga class taught by the Program Director
- schedule an admission interview, by telephone or in person, with the Program Director to determine eligibility and appropriateness of participation in the program. Upon acceptance into the program, a Letter of Admission will be sent to the student.

Students will not be discriminated against based on race, ethnicity, gender, age, sexual orientation, religion, or physical ability.

Program Schedule

The YTT200 program consists of two 100 hour modules (Module 1 and Module 2). Module 1 begins in February and ends in May. Module 2 begins in August and ends in November. Each module includes four weekend intensives. Students may enter the YTT200 program at the start of either module. Each weekend consists of 18.5 credit hours of classroom study. Attendance at the first weekend intensive is mandatory. The weekend schedule is:

Friday 5:30 to 9:00 pm	3.5 credit hours
Saturday 8:00 am to 5:00 pm	8 credit hours
Sunday 8:00 am to 4:00 pm	7 credit hours
Total weekend hours 8 x 18.5	148 credit hours

2010 dates for the eight weekend intensives are:

February 5 – 7, March 5 – 7, April 9 – 11, April 30 to May 2, August 6 – 8, September 10 – 12, October 8 – 10, November 5 – 7

Dates for the weekend intensives will vary each session. Module 1 meets one weekend a month from February to May and Module 2 meets one weekend a month from August to November. Visit www.justpracticeyoga.com for the current schedule, or call 314-650-9433 to speak with the Program Director.

Other Program Requirements

- Completion of assigned reading and homework
- Observe/assist a minimum of 16 classes (24 credit hours) taught by the Program Director during the time frame of the course *. (These observations should be spread out evenly during the course for consistency and learning purposes.)
- Attend a minimum of 8 group classes (12 credit hours) taught by the Program Director during the time frame of the course *.

*Further details on this requirement will be given upon acceptance into the program.

Below is a list of books required for the course:

1. *Power Yoga* by Beryl Bender Birch (asana, teaching methodology)
Cost: \$17 new and about \$12 used
2. *Beyond Power Yoga* by Beryl Bender Birch (eight limbs, chakras and asana)
Cost: \$20 new and about \$16 used
3. *Yoga Sutras of Patanjali* by Sri Swami Satchidananda (philosophy book)
Cost: \$18 new and about \$12 used
4. *Bhagavad Gita: A New Translation* by Stephen Mitchell (philosophy book)
Cost: \$14 new and about \$11 used
5. *The Key Muscles of Hatha Yoga* by Ray Long MD FRCSC (anatomy book)
Cost: \$55 new
6. *Teaching Yoga* by Donna Farhi (ethics book)
Cost: \$17 new and about \$12 used

Total cost of required books is around \$150 if purchasing new books and \$125 used.

Course Fees

Fee for the **200-hour** course is \$1,900 and does not include cost of required reading materials listed above. Students enrolled in the teacher training receive unlimited yoga classes with the Director of the program from February 5 to May 2 and August 6 to November 7

We strongly encourage applicants to consider the time and resource investments required on the path to becoming a yoga teacher.

Applicants are required to schedule an in-person or phone interview with the Program Director as a part of the application process. The Program Director will contact you upon receipt of your application to schedule the interview. You will be notified via phone or e-mail of your acceptance or denial into the program within two weeks of receipt of application and completion of admission interview. Upon acceptance applicants will be mailed a Course Catalog and Enrollment Agreement.

\$25 application fee received **Date:** _____

Application accepted

Application denied

Reason(s) for denial:

Signature of Program Director

Date

It is recommended to keep a copy of your application.