

## YOGA NINE TEACHER TRAINING APPLICATION

Thank you for your interest in Yoga Nine's Teacher Training program! This program is a 250-hour certification program that is recognized by the Yoga Alliance (200 RYT). After completing this 250-hour training, you will receive a certificate (CYT) making you eligible to register for national certification with the Yoga Alliance (RYT). Upon completion of the course and depending on your own practice, you will be prepared to teach beginner to intermediate level classes.

This program will begin September 24 2016 and continue through May 10, 2017. Students may take the summer to complete non-contact hour requirements. This will entail both observation and teaching practicum, under the assistance of an RYT at the studio, a karma project, and a final exam. All requirements must be completed by September 1, 2017. Classroom time will be most Saturdays from 12:00-5:00 pm, Sundays from 1:00-6:00 pm We will also meet occasionally for special segments with master teachers. (See Schedule). Time is given off during major holidays.

The program costs \$3,000 (paid in full) or \$3,200 paid in three installments. This includes unlimited regularly scheduled classes at the studio, along with the very special opportunity to study with some Guest Presenters (workshops & master classes) who are true masters in their field. You are encouraged to attend as many open classes at Yoga Nine as you like. Payments can be made as follows: A non-refundable deposit of \$200 is required upon acceptance into the program. The remaining \$2,800 can be paid by September 25th, or in three payments: \$950 by January 1st, \$950 by March 1st, and \$900 by April 1st. (Please see Laurie for other payment options). Although perfect attendance is required, you will be allowed to make up course work at a cost of \$25.00/hour. 20 hour maximum.

You will be required to practice at least two times a week in studio classes or at home (either here or elsewhere). You will be able to document your practice sessions & sadhana in your journal. There are books to read, responses to write, three written exams, a karma yoga project and plenty of homework! In addition to this application, please submit a letter of recommendation from one of your yoga teachers.

In order to have your application considered, you must take a class with Laurie. You must also have studied and practiced yoga for a minimum of one year. Experience in other disciplines/trainings will be considered as credit toward this certification if this is appropriate.

### **REQUIRED MEETING DATES: Class Schedule 2016-2017**

Sept 24th (12-5pm), 25th (1-6pm), Oct '8th (12-5pm), 9th (1-6pm), 22nd (12- 5pm), 23rd (1-6pm) Nov 5th (12-5pm) 6th (1-6pm), 19th (12-5pm) 20 (1-6pm), Dec 3rd (12-5pm), 4th (1-6pm), 10<sup>th</sup> (12-5) 11<sup>th</sup> (1-6); Jan 21st (12-5pm), 22nd (1-6pm) 28th (12-5pm), 29th (1-6pm) Feb 11th (12-5pm), 12th (1-6pm), 25th (12-5pm), 26th (1-6pm) Mar 4th (12-5pm), 5th (1-6pm), 25th (12-5pm), 26th (1- 6pm) ( 20 hours) Apr 8th (12-5pm), 9th (1-6pm), 22th (12-5pm), 23rd (1- 6pm) May: 6th (12-5pm), 7th (1-6pm )

**Additional**

Teach: 3 classes (5 hours)/Practicum Assist: 15 hours

Karma project: 15 hours Personal

Practice: 5 hours Week Minimum

Final Exam (Take Home)

\*Changes will ONLY be made to accommodate visiting teachers when need be.

**Upon acceptance, please buy the books**

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

Yoga Body: by Judith Lasiter

Language of Yoga by Bachman

Baghavat Gita by Graham Schweig

Yoga Body by Mark Singleton

Hatha Yoga Pradipika (any copy)

Yoga Nine Handbook of Postures & Yoga History (Xerox)- Get a loose-leaf binder

Thank you and Namaste! (keep this page for reference).

**APPLICATION**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone(S) \_\_\_\_\_ email \_\_\_\_\_

How long have you been practicing Yoga? How often to you practice/week?

Who have been your teachers?

Previous YTT/Related Training taken in the past 2 years. Please list if any (with dates).

Occupation (If you are not currently employed, your vocation, training, or profession)

Do you meditate? If so, what technique(s)? How often?

Do you have any scheduling conflicts? Please list. (20 HOURS MAXIMUM)

What does it mean to be a student (of yoga, of a teacher training program)?

What does it mean to be a teacher? What are your hopes/expectations of the program?

What has been the most rigorous, demanding undertaking you have been engaged in, and how did you navigate the difficulties?

How do you plan on using your Yoga Teacher Training/Certification?

Are you currently teaching yoga? No \_\_\_\_\_ Yes \_\_\_\_\_ How many times per week?  
\_\_\_\_\_ Series of classes (How many weeks?) \_\_\_\_\_ Drop in Classes \_\_\_\_\_  
Substitute \_\_\_\_\_ What tradition/style(s) \_\_\_\_\_

How long have you been teaching? \_\_\_\_\_

Is there any other information or thoughts you would like to share? Questions?

By submitting this application, I, \_\_\_\_\_,  
acknowledge that this is a tremendous undertaking.

Should I be accepted, I will do everything in my power to be present and prepared for all  
scheduled classes. All information is confidential.

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(sign) (date)

Thank you very much for your time and interest! We will notify you very soon!

## Payment Contract Yoga Nine, 250 Hour Teacher Training 2016-2017

I, \_\_\_\_\_ agree to pay full tuition for 250 hour Yoga Alliance certified teacher training offered at Yoga Nine in Smithville, NJ. I chose the following option for payment:

**Option A:** \_\_\_\_\_ \$200.00 non-refundable deposit paid at the time of application. This deposit is nonrefundable, if the student is admitted into the program. If the student is NOT admitted, the deposit will be refunded in full. Balance of \$2800.00 to be paid by September 24th, 2016.

**Option B:** \_\_\_\_\_ \$200 non-refundable deposit paid at the time of application. This deposit is nonrefundable, if the student is admitted into the program. If the student is NOT admitted, the deposit will be refunded in full. Three Payments of the remaining \$3,000.00 balance, due on the following dates: \$1000.00 by January 1st, \$1000.00 by March 1st, and \$1000.00 by April 1st .

**Option C:** \_\_\_\_\_ \$200 non-refundable deposit paid at the time of application. This deposit is nonrefundable, if the student is admitted into the program. If the student is NOT admitted, the deposit will be refunded in full. Installments on the remaining \$3000.00 balance as follows (please indicate date and amount): Payment

1 _____	Payment 2 _____	Payment
3 _____	Payment 4 _____	Payment
5 _____	Payment 6 _____	

PLEASE SELECT A, B or C.

By signing below, we have agreed to the following payment plan.

Signature \_\_\_\_\_

date \_\_\_\_\_ (trainee)

Signature \_\_\_\_\_

date \_\_\_\_\_ (trainer, Yoga Nine, LLC)

## **Yoga Teachers Code of Ethics**

Yoga Teachers offer experiential programs within a safe environment; the nature of yoga (union of the body, mind, and spirit) on or off the mat is to induce non-ordinary states of consciousness, in the process of opening the body and psyche, through which profound transformation can occur. As a teacher of any program or class, we are stewards of the trust our students place in us. It is our responsibility to uphold and foster this sacred, safe environment in which to allow this work to happen. It is essential that anyone teaching has a high degree of personal integrity and maintains clear boundaries in the role of serving the students.

Holding ourselves as teachers' places us in a position of power to the students, however subtle or obvious. We become their mentors, facilitators, and helpers. Some students may idealize us or project that we are wiser or more evolved than they are.

As professionals, we must remain aware of this power dynamic and never exploit the vulnerability of a student for our personal gain or gratification. As teachers, we must follow the codes of the Yamas and Niyamas, in all our interactions with students.

In addition to awareness of the power dynamic, we ask our yoga teachers to uphold the environment of inner focus. Many students have expressed their gratitude to have a place to come where they can safely open their hearts, observe their own deeper dynamics and be free from romantic, sexual distractions, and conditioned behaviors. This is what makes the yoga experience unique. Because of this, we ask that all our yoga teacher's practice caution and selfexamination, before engaging in any sexual, romantic involvement with their students. We also advise that you keep sexual or romantic involvement outside the classroom.

### **Agreement**

Specifically, I agree to the following code of ethics while I am a Yoga Teacher:

- I agree to maintain clear, personal, and professional boundaries. I will continually be aware of my position of power and influence in relationship to my students, being specifically attentive to the non-projection of my own agendas, perceptions, and outcomes on the students. I will not seek to fulfill my needs at the students' expense (be it money, sex, power, love, truth, insight, or oneness).
- I agree that my purpose as a yoga teacher is to serve the student's personal exploration. I agree that I will avoid any activity or influence that is in conflict with the best interest of the students or is solely for my own personal gain or gratification.
- I agree to hold myself as a steward of safe and sacred space by exercising caution and applying the principles of the yamas and niyamas in romantic or sexual relationships with students in my trust. I understand that any sexual relationship or romantic relationship is potentially distracting and possibly even harmful for the student who has come to do

inner work. I will not invite, act on, respond to or allow sexual, romantic contact with a student during the time that person is in my class, even if the student is the initiator. This is not appropriate in the classroom.

- I agree to represent my qualifications honestly and provide only the services I am qualified and certified to perform. I understand that I am present to my students in this venue to teach yoga, not to be a physician, psychologist, or a priest.

### **The Training Process:**

The practice of yoga as well as the development of teaching skills involves not only learning new external information, but also encountering and understanding ourselves on a deeper level. The ability to integrate the internal work with the external information is the key to a successful and enjoyable training. This adventure includes in-depth study of **50 asanas**, approaching them in the context of **physical alignment**, actions in the pose, and hands-on adjustments. **Pranayama**, the yoga of the breath, will be investigated as you chart the movement of life force throughout your body. You will study the human body in **physical anatomy, physiology, kinesiology, and energy centers (chakras)**. You will approach the ancient and harmonious language of Sanskrit, so the energizing and healing vibrations of these sounds are transmitted in your teaching. You will study the Yoga Sutras of Patanjali, with an eye toward how they are applicable today, and you will study Vipassana **Mediation**; all from inspired and exceptional teachers.

The following activities will facilitate this process:

- **Preparation:** You will be expected to come prepared to this course having read the assigned materials. Master Teachers, experts in their field will be teaching as adjunct faculty. Preparation shows respect for these great teachers.
- **Exams and Practicum:** You will be expected to complete three written exams, a series of practicum evaluations, and a final observation of your student teaching. These assessments are meant to assist in the learning process and should be viewed as an essential and important part of training. You will also be responsible for completing a 20 hour Karma Yoga Project.
- **Journaling:** During the course of the training you will be expected to keep a journal of your experiences and thoughts about practice. Journal entries should be made as often as possible. If you have questions, note them in your journal as they arise.
- **Sadhana:** The meeting ground of body, mind, and spirit is on the mat. Your regular sadhana (personal practice) and observance of the guidelines is fundamental to integration and the learning experience. You cannot truly learn something until you have experienced it in your own practice, and you cannot teach something unless you have experienced it. Mastery is not necessary, but the experiential process is. You will have to practice a minimum of 3 times per week as a requirement of this training and keep a record of your sadhana in your practice journal.



**I understand that all actions that breach the principles of this code will be fairly investigated. I understand that if the situation warrants, my certification as a yoga teacher may be revoked or I may be expelled from the training program. I have read and understand this document in its entirety and agree to honor this Code of Ethics & the Training Process. I also understand that by signing this Code of Ethics, I am entering into a legal contract that incorporates all aspects of this ethics and training agreements as stated above. Failure to complete the requirements will result in a failure to complete the course. Tuition and fees are non-refundable.**

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_