



SpringStone Yoga is a Registered Yoga School with the Yoga Alliance. All graduates will be certified at the 200hour level upon completion of the program.

SpringStone Yoga –200hr Teacher Training Application

Thank you for your interest in our yoga immersion and teacher training program. We look forward to being part of your yoga journey! Below is information and the application for our immersion and 200hr training. If you have any questions please feel free to contact me by email or phone.

Namaste,
Lynne Jacobs, E-RYT 500 , C-IAYT
Director, SpringStone Yoga Teacher Training

DATES

9 Weekends
January 17,18,19
February 8,9
February 22,23
March 21,22
April 25,26
May 16,17
June 27, 28
July 25,26
August 8,9

Schedule:

Friday 6pm-8:30pm (First Session Only)
Saturday 8:30am-5:30pm
Sunday 8:30am-5:30pm

KEY TOPICS COVERED

- ❖ Alignment Principles of Asana's
- ❖ Classic Yoga Philosophy
- ❖ Mindful Meditation
- ❖ Pranayama
- ❖ The Subtle Body ~ The Koshas, Chakras, Bandhas, and Nadis
- ❖ Ayurveda Fundamentals
- ❖ Developing Teaching Skills
- ❖ Yoga Teaching Practicum
- ❖ Basic Hands on Adjustment

- ❖ The Art of Class Sequencing
- ❖ Anatomy for Yoga Teachers
- ❖ Ethics in Teaching
- ❖ Business of Yoga

TUITION

Early Bird \$2,695 (Due in full by December 6, 2019)

Regular \$2,895 (Due in full by January 10, 2020)

TO APPLY

- 1) Complete the application below and email it to lynnejacobsyoga@gmail.com.
- 2) Once your application is received, a personal interview will be set up either in person or over the phone to prepare you for the training.
- 3) A signed copy of the application will need to be on file once the application process is complete.

REFUND POLICY

Please read before applying, as we have a firm financial policy. Students are responsible for knowing the refund policy before applying.

1. In the event you need to cancel your registration for the training, tuition can be refunded in full if the cancellation is made before January 10, 2020, minus a \$150 application fee.
2. No tuition refunds can be made after January 9, 2020.
3. There is a minimum of four students needed to hold the training and a maximum of 20 that will be accepted. If the minimum number of students is not met within 7 days of the first training date, student's tuition will be refunded in full.

*SpringStone Yoga reserves the right to reschedule a training session.

FREQUENTLY ASKED QUESTIONS:

When will I find out if I have been accepted into the program?

After you submit your application we will contact you within one week to schedule a brief interview with the director and answer any questions you may have.

How proficient in yoga do I need to participate?

We recommend at least one year of yoga experience. You don't have to be an advanced yoga student to take the training. At SpringStone, we are more interested in your motivation, commitment and passion for the practice. Also, SpringStone Yoga Teacher Training program has had students from age 16 - 70. Age and physical ability is not a factor!

Can I register for the training if I do not plan to teach yoga?

Yes. We often have students take the course for personal enrichment that do not plan to teach.

What if I miss class?

For students aiming to become certified at the 200 hour level, you must attend 100% of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict and offer student's private sessions to make up any missed classes. A two-hour private session can be scheduled to make up one day of training. A two-hour private session is \$150. Three days is the maximum number of days that a student could miss and make up the time in private sessions. If more than 3 days are missed, students will not be eligible for a completion certificate.

Are books and materials included in tuition?

Tuition includes a teacher training manual. However, there are additional books required for the training. Students are responsible for purchasing the required books before training begins. A book list will be sent out once the applicant has been accepted into the training.

APPLICATION

- 1. Name
- 2. Address
- 3. Phone: Home, Cell, Work
- 4. Email address:
- 5. Emergency Contact
- 6. How long have you been practicing yoga? Please describe your personal yoga practice.
- 7. What yoga style or method have you practiced? Do you prefer a certain style?
- 8. Do you have a meditation practice? If so, please describe.
- 9. Are you teaching yoga now? Where?
- 10. Have you studied yoga before? Where and with whom?
- 11. Please describe your health history.
- 12. How is your health now? Do you have any recent injuries or surgeries? Please describe.
- 13. Are you pregnant?
- 14. Are you currently taking any medications? Please list all medications.
- 15. Please explain why you are interested in this training, and what you wish to accomplish through the training.

<p>Office Use Only</p> <p><i>Application signed</i> _____</p> <p><i>Interview Date</i> _____</p> <p><i>Full Payment Received</i> _____</p>

I agree to the financial terms and responsibilities on this application as well as the information on the website regarding teacher training. I have answered all of the questions to the best of my knowledge.

Signature _____ Date _____

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