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200 HOUR TEACHER TRAINING **APPLICATION & REGISTRATION AGREEMENTS**

INTENT OF TRAINING: YOGA CONNECTION teacher training is designed for students and teachers of all levels who are interested in either training to become a teacher, a teacher desiring to further their education, as well as a students who simply wishes to deepen their practice and understanding of the system of yoga as a whole. YC teacher training will enable students to share the essence and science of yoga with the skills necessary to teach a dynamic yoga class by focusing on voice projection and vocal energy, how to be encouraging when correcting students, by achieving a deeper understanding of anatomy and physiology, and by understanding the history of yoga and its evolution into our western culture.

THE PROGRAM: The program is a general hatha yoga training with a non-dogmatic and authentic approach, and focuses on a wide range of yoga styles, teachers and traditions, such that no one particular style or teaching is recommended, but rather focuses on the “oneness” of yoga as a complete system and the principles that unify all styles of yoga.

CERTIFICATION: This 200 intensive teacher training meets the Yoga Alliance standards, and will be held under the direct supervision of Director Beatriz Raydo (RYT) utilizing some of Yoga Connection’s expert teachers and other recognized instructors from time to time. Students/teachers who graduate (by attending all classes and completing all requirements, both written and in class) will receive certification from Yoga Connection/Director Beatriz Raydo and be eligible for registration with the Yoga Alliance as a Registered Yoga Teacher (RYT) if desired, for which the Yoga Alliance may charge additional fees that are not included in this Teacher Training Program. This program is on a pass/fail basis only.

DIRECTOR: Beatriz Raydo, also known as Tejas, has been studying and/or teaching Yoga since 1985, and is certified in a multitude of Yoga styles, including Bikram, Barkan Method, Ashtanga, Jivanmukti, Sivananda, Iyengar, and of late in Universal Yoga (Andrei Lappa). After several journeys to India, in depth study under the guidance of the Divine Life Society in Rishikesh, and intense exploration of Yoga Philosophy and Sanskrit, Bea discovered the deeper meaning and acquired a commitment to spread the message of Yoga to all. Bea says “I have explored many styles of Yoga, only to find the unity in their diversity. The system of Yoga has been so fragmented that it is my goal to make us all see that all Yoga is only ONE. I call myself a Teacher of Yoga, not making any differentiation or identifying with a particular style.”

Please complete all of the following pages fully and attach all required documentation, if any. Return this Application and Registration Agreement, together with \$300 deposit, to Yoga Connection at the above address. If for any reason, an application is denied, Yoga Connection will promptly refund all deposits paid. By completing and submitting all attached documentation as required, you, the applicant, represent that all information is true and complete, and that you agree to be bound by all of the conditions established by Yoga Connection for its 200 Hour Teacher Training Program.

Dates of Training: _____

APPLICATION INFORMATION & QUESTIONNAIRE:

(fill in all blanks)

Full Name: _____

Address: _____

Phones: Day: _____ Night: _____ Cell: _____

Email: _____

Emergency Contact: Name - _____

Number - _____

Relationship - _____

Age: _____

Male _____

Female: _____

Date of Birth: _____

Payment Options: Tuition Does Not Include Books – (certain handouts to be supplied)
check one of the following:

_____ - pay in full on return of this application – total \$2,500.00

_____ - * pay \$300 non-refundable deposit with the return of this application,
plus \$2,250.00 due in full 15 days prior to the start of program - total
\$2,550.00, or

_____ - * pay \$300.00 non-refundable deposit with the return of this
application, plus \$568.75 per week on the first day of training plus the first
day of each week for a total of 4 weeks – total \$2,575.00

**Payment plans require a valid credit card in order to hold your place and
confirm payment. You may substitute cash or check prior to due date of
installment payment.*

Method of Payment:

_____ cash or check (preferred)

_____ credit card – Visa, MasterCard or American Express only

Card No: _____

Expiration: _____

Condition of Health: check as appropriate

_____ Excellent

_____ Fair

_____ Good

_____ Poor

Please specify any health concerns or conditions (mental & physical): _____

Please describe any physical injuries: _____

Are you taking any medications and if so, which ones? _____

State your profession: _____

State your yoga experience (include all student as well as teaching experience, if any):

How often do you practice? _____

How often do you meditate? _____

Why are you taking this teacher training and what do you intend to gain from it? _____

Are you fully committed to the time required to complete this training? _____

Are you fully committed to meet the financial requirements of this training? _____

Any other concerns or relevant information you would like us to know: _____

REGISTRATION AGREEMENT

CANCELLATION POLICIES:

An amount equal to the \$300 deposit is non-refundable and non-transferable. Any payments made above the non-refundable deposit amount will be refunded on cancellations made in writing, no later than 20 days before the start of the program. Thereafter, no cancellations will be honored, however, if a wait list is available, Yoga Connection will make every reasonable attempt to make a substitution.

In the event of a cancellation that is not within the allowed 20 days, you agree that Yoga Connection may charge any balance due to the following credit card:

Card Number: _____

Expiration Date: _____

Yoga Connection reserves the right to cancel any program at any time. If this occurs, a full refund will be issued.

CURRICULUM AND TRAINING SCHEDULE:

In order to pass the training and receive certification, all students are required to meet all of the application requirements and fully participate in each and every aspect of the training. This means:

1. Attendance at each class and event.
2. Demonstration of qualifications to teach class
3. Completion of a written paper (2 – 3 pages) on a subject to be assigned at the beginning of the program
4. Passing final written exam

All students are required to be on time, attend every class and event with an open mind and open heart. This means conducting yourself within the spirit and integrity of the training, in a harmonious and cooperative manner, strictly following all schedules and deadlines, and timely completing all required reading, seminars, workshops and classes. If all requirements are fulfilled, the student will receive a final Certification enabling you to teach yoga in the future, subject to certain restrictions in terms of geographical area and vicinity to Yoga Connection. As this application will become a binding agreement regarding participation in the training, it is important that the terms stated are understood and agreed to.

The schedule for the 200 hour teacher training is attached to this Registration Agreement.

Required Reading: "Light on Yoga" by B.K.S. Iyengar
"How to Know God " by Swami Prabhavananda & Christopher Isherwood
"Anatomy and Asana" by Susi H Aldous

Recommended Reading: "Sanskrit" by Michael Coulson
" Hatha Yoga Pradipika" by Swami Mukti Bodhananda

Other Reading and Handouts to be provided. All required and recommended reading will be available for purchase at Yoga Connection.

Lecture Topics: Yoga Connection's 200 Hour Teacher Training, will include a variety of the following lecture topics and will be covered during classroom/lecture hours. The daily lecture topics will be covered on a daily basis and arranged at the discretion of the Director of the program.

What is Yoga?

Anatomy & Physiology

Ayurveda

Bandhas

Pranayama

Alignment Principles, Adjustments

Understanding the Spine & Therapeutic Yoga

Yoga Philosophy & History

Meditation & Visualization (Bhavana)

Chakras

Bhagavad Gita

Yoga Sutras - Patanjali

Ethics, Yama & Niyama

Chanting

Communicating

Nutrition

Sanskrit

Student Teaching & Class Sequencing

Studio Ownership & Operation, The Business of Yoga

ADDITIONAL TERMS AND CONDITIONS:

A. By agreeing to participate in the teacher training, you represent your commitment to teaching yoga and agree to uphold the yogic principles that are the basis for teaching. If for any reason, Yoga Connection deems that you are not operating in the spirit and integrity of the training or following the terms of this Agreement, you may be asked to leave the training and you will not be entitled to a refund of any portion of any amounts previously paid. (See Ethical Guidelines attached).

B. Once you receive a final certification, you may independently teach at any location of your choosing, and you may own your own studio as long as your studio is more than 15 miles from Yoga Connection. You will be responsible for all costs and expenses if you breach this agreement. By signing this letter, you are agreeing that these terms are reasonable.

C. You must also understand that your Certification as a yoga teacher does not make you an agent or employee of Yoga Connection.

D. By signing this letter, you unconditionally represent that you are in good health and that you have been examined by a licensed physician within the past six months and have been found by your physician to be in good health and fully able to perform all physical requirements of the training. You understand and acknowledge that you are to receive the instruction of the training and you will not hold Yoga Connection or its teachers or representatives in the training to any higher standard of care than that applicable to the standard of care required of similar yoga training and certification programs in the industry. You agree to waive and release Yoga Connection, and its owners, agents, instructors and employees from all liability for any and all loss or damage on account of injury or death whether caused by negligence or otherwise while you are in the training or while practicing yoga or other activities, programs or education offered by YC or the Program. You expressly agree to hold YC and its owners, agents and employees harmless for any fees or costs or expenses that may be incurred out of necessity to defend any law suit instituted by virtue of injury or death or damage you may suffer. You also agree that these

provisions are intended to be as broad and inclusive as is permitted by the laws of the State of Florida and that if any portion is held to be invalid, the balance shall, notwithstanding, continue in full force and effect.

E. You understand and agree that this Agreement is subject to the laws of the State of Florida and any dispute will be resolved only under the laws of the State of Florida and in Broward County.

BY SIGNING THIS APPLICATION AND REGISTRATION BELOW AND RETURNING IT TO YOGA CONNECTION, TOGETHER WITH APPROPRIATE PAYMENT SELECTED, YOU AGREE TO BE BOUND BY ALL OF THE TERMS WRITTEN ABOVE AND SUBJECT TO THE ETHICAL GUIDELINES AND SCHEDULE ATTACHED.

Printed Name: _____

CURRICULUM & TRAINING SCHEDULE

6 Week Schedule

(Mondays – Saturdays, Sundays and Holidays Off)

Our general weekly schedule consists of either morning or evening asana class (your choice). In addition, all mandatory lectures, posture clinics, and practical training will be held every Monday through Saturday from 1pm until 4pm during each of the six weeks of the training.

Daily lectures and posture clinics will be posted separately for each of our trainings both on line and at the studio. Those students that wish to sign up on a daily or hourly basis are also welcome.

YOGA CONNECTION TEACHER TRAINING

ETHICAL GUIDELINES

The Yoga Teacher is expected to be a living example of health, wellness and moderate behavior. Because of this, the Yoga Teacher is in a unique position to influence others who are seeking a healthy well balanced yogic life and lifestyle. As a reminder, these ethical guidelines have been established and will be further discussed and explored during the program.

Note that although these guidelines have been established for the yoga teacher, their very substance is relevant to all of us and all of life, and are the core principles by which we live a truthful and full life. Those that are taking our teacher trainings not to become teachers, but simply to enrich their own lives & yoga practice, are equally encouraged to be guided in their lives by these ethical considerations.

1. The Yoga Teacher: A Position of Authority – It is important to remember that in all positions of authority, you set an example for others. Integrity, honest communication, kindness and empathy are essential. As a teacher, you must
 - a. honor yourself as a teacher and your student as a student
 - b. create a safe environment for your students
 - c. never exploit a student's vulnerabilities or trust in you as their teacher and mentor
 - d. learn how to embrace your student while still maintaining clear boundaries
 - e. refrain from establishing and pursuing romantic relationships with your students
 - f. refrain from gossip and drama
 - g. never disparage a style of yoga or yoga teacher or speak of one as better than another
 - h. always show your respect and enthusiasm for yoga as a system
 - i. avoid judgment, bigotry and any form of discrimination
 - j. live a life of moderation in all that you do
 - k. be human and humble and admit your fallibility
 - l. be always willing to learn more, and commit to continuing education
 - m. speak honestly and with kindness
 - n. make the utmost attempt to remember student's names and give encouragement and positive feedback
 - o. be confident without arrogance
2. The Classic & Authentic Yoga Ethics – Yamas, Ahimsa, Satya, Asteya, Niyamas, Santosa, Svadhyaya ...
 - a. Yamas – behavior in terms of actions, deeds, words and thoughts
 - b. Ahimsa – compassion and kindness to others, non-violence
 - c. Satya – honesty and integrity
 - d. Asteya – non-stealing
 - e. Niyamas – ethical considerations – observance of morality, thoughts, appearance
 - f. Santosa – contentment and peace
 - g. Svadhyaya – study, both of self and scripture
3. The Teacher Training – All of those enrolled in Yoga Connection's Teacher Training Program are expected to respect all of the above ethical guidelines in their entirety, conducting themselves at all times in a harmonious manner and in the spirit of cooperation and community, and with utmost respect for the behavior of a yogi. Understand that your conduct in the program is a reflection of your eventual conduct as a teacher and in life.
 - a. Any unreasonably disruptive student will be asked to leave the training.
 - b. Any student who is exhibiting drug or substance abuse will be asked to leave the training.
 - c. There will be no animosity, verbal or physical abuse of any other trainee or toward any teacher or instructor.
 - d. All trainees will be provided a student identification number and all attendance will be monitored and recorded.
 - e. In order to receive a Certificate of Completion, a minimum of 200 hours must be met, all written work submitted and passed, all classes attended, all books read, practicum completed, and final exam passed.