

Sunlight Yoga

Teacher Training Application

200-Hour Program / Jan – April 2021

Training Overview

Beginning January 2021 - our 9 weekend, 200-hour teacher training will incorporate a practical approach to yoga philosophy, history and methodology, with a strong emphasis on applying the teachings to a modern-day setting. In addition to exploring numerous yoga postures and their variations, trainees will be immersed in the intricacies of pranayama, the bandhas and meditation. The techniques and practices learned will be brought together when exploring how to demonstrate postures, sequence classes logically and fluidly, and adjust conscientiously. Complemented by extensive anatomy training and a look at the ethics associated with the responsibility of teaching, the participants will leave the training feeling empowered and ready to teach with confidence.

Application requirements

- Please submit the completed application form and your \$300 deposit by January 15th. We strongly encourage you to submit the application as soon as possible, as we're conducting rolling admissions. Your deposit will be applied towards your tuition upon acceptance. If you're not accepted to the program or you decide not to participate, we will return your deposit LESS a \$75.00 administrative fee.
- Applications can be dropped off or emailed to Bree Parrish. Please note that incomplete applications will not be considered for acceptance. Please answer all questions authentically; we are looking for YOUR answers, not the "right" answers.

Program requirements

- You must have a consistent yoga practice of 1 - 2 years.
- If you don't regularly practice at Sunlight, please let us know the studio(s) and teacher(s) you practice with on a regular basis. You'll also have to attend class with either Bree and do an interview as part of your application process. This is so you get to know us and we get to know you.
- You **MUST** commit to attend all program sessions and complete all homework assignments. If there are attendance conflicts (other than illness), please let us know in advance so we can make suitable arrangements.

Acceptance and Yoga Alliance Registration

- If/when you have been accepted to our program, we'll let you know within a week of your application submission. Accepted applicants must confirm their acceptance within 48 hours via email or in person.
- At the end of the Sunlight Yoga Teacher Training, you will have completed 200 hours of training. Our registration with Yoga Alliance is current and up and running. If you choose, after graduation you may register with Yoga Alliance, the national voluntary registry for yoga teachers.

Tuition Investment & Refunds

Deposit: There is a \$300 deposit to be submitted with your application. If you're accepted to the program, the deposit is applied towards your tuition payment. If you're not accepted, your deposit is returned LESS a \$75.00 administrative fee.

Investment: The Teacher Training program is an investment of \$2,6719 **IF PAID IN FULL** by January 15, 2021. If you choose to pay in installments, the cost is \$2,910 and the installments are due on teaching weekends. \$290 will be collected each weekend we meet to equal \$2,910. Tuition can be paid via cash or credit card through MindBody Online.

Please note there are **NO REFUNDS or REASSIGNING** of monies for the teacher training program.

What does my tuition cover? Your tuition investment covers the teacher training sessions at Sunlight Yoga and the Teacher Training manual. It does NOT include required books, classes at other studios, any regular classes at Sunlight or any additional reading you wish to pick up.

****Trainees receive 20% off all retail and class packs for the DURATION of the training****

Questions?

Contact Bree Parrish (E-RYT 200 hr) at info@BeSunlight.com - Bree is the Director of Sunlight Yoga's Teacher Training program and can answer any & all questions you have about the program and the admissions process.

Program Schedule

Our teacher training program kicks-off at Sunlight Yoga on Saturday, February 8th and it will last through the weekend.

Sometimes our training weekends may be moved into the park. Advanced notice will be given. The Saturday meeting times will run (roughly) 7am - 5pm and Sunday's 7a – 5p. These are tentative times, as some days will include workshops and time will be adjusted accordingly.

Spring Training Dates 2021:

Jan 2021:

23rd & 24th

30th & 31st

Feb 2021:

6th & 7th

27th & 28th

March 2021:

6th & 7th

27th & 28th

April 2021:

10th & 11th

17th & 18th

24th & 25th

Please Answer Questions on Separate Page

All Applications are Confidential

Name

Date

Address

Email Address

Phone Number

1. How long have you been practicing asana? What is your experience with the yoga practice?
2. Do you currently practice at Sunlight? Yes/No
3. Is this your first teacher training? Yes/No
If the answer is No: Please list other training programs completed, along with the number of hours & dates.
4. List three reasons you want to take this particular teacher training.
5. Please share the highlights your professional career to date.
6. What skills do you have that are most transferrable to the craft of teaching yoga?
7. Do you want to teach yoga? Yes/No
 - If you answered YES: Please be specific to your experience and avoid answers like “yoga has helped me so much, I want to bring it to others.” This clarity of intention now will guide your experience in the training program.
 - If you answered NO: Please let know why. A lot of students use training to simply depend their practice.
8. Do you have any teaching/training experience? (Not with yoga - for example, do you lead trainings in your workplace? Have you taught math as a tutor? Are you the one at work that teaches everyone how to do the new thing?) Yes/No
If the answer is Yes: please describe.
9. What skills are you looking to gain from our teacher training program?
10. How are you working in team settings? Please be honest.
11. Can you commit to the attendance and homework obligations outlined in the program description? If you have conflicts please describe them so we can make alternative arrangements.
12. Please let us know about any medical conditions or injuries that may affect your yoga practice. Please know that all information is shared in confidence.