



The Family Yoga Center Inc. School RYT-200 Hour Yoga Teacher Training Application



September 12, 2018 - April 12, 2019

Dear Applicant,

Thank you for your interest in The Family Yoga Center Inc. 200-hour Teacher Training Program. Here are the forms that need to be completed in order to apply. Please read the entire application, print clearly, and answer all questions to the best of your ability. Please submit the application and application fee no later than September 1, 2018.

Please complete the following steps:

1. Check the dates of program sessions to be sure you are available to attend all of the mandatory sessions.
2. Make sure that you meet the prerequisite of one year months practice.
3. Fill out the application completely and sign.
4. Read the Criteria for Certification Agreement, sign and return one copy with your application. Keep the other copy for your reference.
5. Return signed application and Criteria for Certification Agreement with the application fee of \$50 (nonrefundable). Send to The Family Yoga Center, 442B Wm. Floyd Parkway, Shirley, NY 11967 Attn: Teacher Training Program.
6. Each applicant must be interviewed. After our meeting we will notify you of your acceptance status. This application does not assure your place in the program.
7. Tuition: The fee for the program is \$3,000 (\$2800 if paid in full by September 21, 2017)

A payment plan option for the balance of the tuition is available: Six equal payments of \$500 due September 12, 2018; October 3, 2018; November 7, 2018; December 5, 2018, January 2, 2019; and February 6 2019.

If you have any questions about the application process or the certification program call the director, Jennifer, at 631 721.7638 or email info@TheFamilyYogaCenter.com.

Please review information on our teacher training program. Please pay special attention to training dates, costs, faculty, curriculum, and general information about The Family Yoga Center Inc. on our website.

Complete the attached program application in its entirety, including the short answer questions. After your application is completed and submitted, an interview will be scheduled with the program director.

| Mandatory Session Dates | |
|----------------------------|-------------------------------------|
| Wednesdays 5:00 - 9:00 pm: | |
| • | September 12, 26 |
| • | October 3, 10, 17, 24, 31 |
| • | November 7, 14, 28 |
| • | December 5, 12, 19 |
| • | January 2, 9, 16, 23, 30 |
| • | February 6, 13, 27 |
| • | March 6, 13, 20, 27 |
| • | April 3, 10 |
| Saturdays 1:00 - 6:00 pm: | |
| • | September 22 |
| • | October 13 |
| • | November 3 |
| • | December 15 |
| • | January 1 |
| • | February 15 |
| • | March 8 |
| • | April 5 |
| • | April 12- Tentative Graduation Date |

All information provided in this application is for school use only and will be used to determine eligibility for The Family Yoga Center Inc. Teacher Training Program. All information will be held in the strictest confidence and will be shared with no one.

REFUNDS

All tuition fees paid by the applicant shall be refunded if the applicant is not accepted by the school before enrollment. An applicant processing fee of \$50 shall be retained by the school if the applicant is denied.

Once the program begins, no refunds will be granted for any reason. There will be no exceptions. (Please initial)_____

Signature: _____

Date: _____

Admissions Criteria

- You must be at least 18 years of age to participate in our training.
- Physical, mental, and emotional preparedness- The curriculum can be physically, mentally, and emotionally demanding. To be admitted you must be ready to fully participate in the demands of the program. An applicant must be able to support the group learning process. Applicants must be on time and be prepared to fully participate in the teachings
- Yoga experience: At a minimum you must have been practicing for one year at home or in a studio. In the The Family Yoga Center Inc. Teacher Training you will be expected to practice every day.

Application

Name:

Preferred name:

Address:

City:

Postal code:

Date of birth:

Gender:

E-mail:

Cell phone:

Other Phone:

Best way to contact you:

Emergency contact

Name:

relationship to you :

Phone Number:

How did you learn about The Family Yoga Center Inc. Teacher Training?

How long have you been practicing yoga?

< 6 months

6 months–1 year

1–2 years /2+ years

If you have practiced yoga for more than 2 years, please indicate how many years you have been practicing: _____

How long have you had a consistent practice (practicing yoga 4–7 times per week)?

< 6 months

6 months–1 year

1–2 years 2+ years

Within the past year how many times, on average, do you practice per week?

< 2 times per week

2–3 times per week

4–7 times per week

On average how long is your practice?

< 1/2 hour

1/2 hour–1 hour

1+ hours

What style(s) of yoga do you primarily practice?

Education

Have you received a high school diploma or equivalent? Yes No

Highest level of education: _____

Please list schools attended, dates, and degrees obtained:

Please list any body-centered training you have completed (e.g., massage therapy, dance, Pilates):

Work

Work Current occupation _____

Number of years _____

Previous occupation _____

Number of years _____

Any other occupation information you wish to provide?

Health Information (please indicate yes or no)

Are you under medical treatment for any physical condition? _____

Are you currently pregnant or trying to get pregnant? _____

Do you have any chronic pain, physical limitations, or disabilities? Explain

Please list any symptoms/conditions being treated:

Short answer

Please answer the following questions regarding your relationship to yoga and becoming a Yoga teacher. You may use the back of the application or separate paper.

1. Please provide a description of your typical yoga practice, including examples of postures you practice during a typical session.
2. Besides yoga, please list any other type of physical activity you typically engage in, including how often you engage in them per week (e.g., running—3 times per week; dancing—once per week).
3. Why do you want to be certified as a yoga teacher at this time in your life?
4. How do you plan to apply your yoga teaching skills in your life and work?
5. What teaching/leadership skills do you currently embody that would support your future work as a yoga teacher?

The Family Yoga Center Inc. 200 Hour Teacher Training Contract/Requirements for Completion

In order to receive a certificate of completion from The Family Yoga Center Inc. School the following requirements MUST be fulfilled: *(Please initial each point)*

- A basic understanding of the principles underlying the yoga system, as well as the specific philosophies, teachings, techniques, and methodology of Alignment-Oriented Yoga. _____
- Competency in the full range of practical skills required to safely teach Yoga to others. _____
- A level of emotional maturity, mental stability, and personal integrity sufficient to create and maintain a safe and sacred environment that allows the personal transformation of students to occur. _____
- The ability to be a yoga teacher, including the good judgment required to interact with students in a professional manner that safely and effectively brings them the benefits of Yoga, as reflected in the student's conduct inside and outside of class during the course of the training. _____
- Full attendance and in-class participation is required. This means arriving on time and staying for the duration of the class. _____
- You will be required to make up any work or time missed through private instruction arranged with the director at a minimum of \$75 per hour. _____
- Any classes missed must be made up at your own expense. _____
- All homework assignments must be completed and submitted to the director, on or before their due date. _____
- You must complete all tutorials and homework assignments. _____

- You are required to teach 10 hours of karma yoga in the community. _____
- You are required to observe 2 Beginner classes at The Family Yoga Center Inc. _____
- You are required to teach yoga to and with your peers during the training program. _____
- You are required to teach a minimum 30 minute sequence during yoga training to your fellow students. _____
- You are required to teach a sixty minute class to the public to be observed and assessed by the director. These observations will be discussed afterwards. _____
- Students are required to expertly pass all assessments. _____
- At the completion of this course all observations, journals, and notes will be handed in and retained on file for our records.(please make copies of any observations you wish to keep). _____
- Completion of all Karma Yoga hours, practice hours, assisting hours, observation hours, homework assignments, and in class hours are required in order to be eligible for graduation from this course. _____
- You will receive a The Family Yoga Center Inc. Teacher Training manual at the first class. Required books and materials are to be purchased by the applicant. _____
- There is a minimum of 2 hours of homework per week, which may include meditation journals, written assignments, and reading. _____
- You are required to complete two 90 minute classes per week at The Family Yoga Center Inc. during the training program, with a lead teacher. _____
- You are required to complete Master Workshops at an additional fee. _____
- Eligibility for graduation from this course is at the discretion of the Director. We reserve the right to withhold certification from any student who fails to meet our requirements or develop the necessary skills to safely and competently teach basic asanas and yogic practices. _____
- I understand that The Family Yoga Center Inc. does not guarantee job placement upon graduation. _____
- The Family Yoga Center Inc. reserves the right to reschedule the program when the number of students scheduled is too small. _____
- All fees must be paid in full prior to receiving certification. _____
- A training manual is provided with your tuition. All other required texts are to be purchased by the applicant. _____

I, undersigned, acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I acknowledge that I have read the certification criteria listed above, and, should I be accepted to attend the The Family Yoga Center Inc. Teacher Training, I understand I will be evaluated using these criteria. I understand that failure to complete certification requirements will result in my not being certified. I understand that I am not entitled to any refunds, credits, or adjustments resulting from failure to complete the certification requirements. I understand that The Family Yoga Center Inc. may terminate my enrollment if I fail to comply with attendance, academic and financial requirements or if I disrupt the normal activities of the teacher training program while enrolled in the program. I understand that I must maintain satisfactory

academic progress and that my financial obligation to the The Family Yoga Center Inc. must be paid in full before a certificate may be awarded.

Signature_____

Date_____

Print name_____

Representative's Certification

I hereby certify that _____ has been interviewed by me and in my judgment meets all requirements for acceptance as a student. I further certify that there have been no verbal or written agreements or promises other than those appearing on this agreement.

By_____

Date_____