

## WHY Power Yoga Teacher Training: A Foundation for Holistic Living

*The yoga teacher training that will help you become an extraordinary teacher and live a healthier life.*

Learn how to live and teach from a space of compassion and integrity while establishing a strong foundation in intelligent vinyasa flow practice. WHY's experiential Teacher Training will transform your practice, your teaching, and your life.

WHY's 200 hour Yoga Alliance certified teacher training is designed to guide you in becoming a dynamic, passionate, intuitive teacher. A unique training, encompassing a variety of yogic traditions, this course will include both daily meditation and challenging asana practices. Learn to read and feel the energy of others, strengthen your intuition, and support your students' spiritual growth. Develop healthier eating practices using food to create a strong body and clear mind. A 20 hour anatomy study will be offered with renowned instructor, Kelly Bay.

**PLEASE TYPE...HANDWRITTEN APPLICATIONS WILL NOT BE ACCEPTED**

### APPLICANT PROFILE (Applications are kept strictly confidential)

*Application for (please check one):*

200 hour WHY Power Teacher Training       6 weekend modules only

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Birthdate** \_\_\_\_\_ **Gender** \_\_\_\_\_

**E-mail** \_\_\_\_\_

### *Emergency Contact Information*

**Name** \_\_\_\_\_ **Phone #** \_\_\_\_\_

*Please answer these questions as honestly and thoroughly as you can.  
All of your answers will remain confidential.*

How long have you practiced yoga? Where? What styles?

How often do you practice (# of times per week and how long)?

What effect has yoga had on your life?

Why are you interested in this particular teacher training?

What are your expectations of this training? What do you hope to learn? How do you hope the training will help you grow both personally and as a teacher?

Please list any other training or experience you have had that you think is relevant.

What do you do for a living?

Please list your hobbies and interests.

What are you passionate about?

What are you grateful for?

What would you like to unburden yourself from?

How did you hear about the WHY Power Yoga Teacher Training? (please circle)

Website      Brochure/Flyer      WHY studio

Workshops      Friend      Other: \_\_\_\_\_

Tell us about your physical health (major illnesses, surgeries, any injuries or conditions we should know about?)

Tell us about your emotional and mental health (previous or current therapy, type of therapy, length of time; eating disorders, bouts of depression, addictive behavior, etc.)

*Note: Understand that any difficult times you have gone through will enhance your ability to teach and support others.*

Do you have any medical condition that may prevent you from participating in or completing the TT program?

Are you currently taking any medications? If yes, please describe.

Tell us about your diet, health and exercise practices and beliefs.

List any other interesting things we should know about you.

***Requirements for Certification (must be completed within 24 months of the start of WHY Power Teacher Training)***

- 100% attendance at 6 Weekend Modules led by Barbara Ruzansky
- Attendance at the following workshops: Meditation Workshop with Sharon Salzberg and Pranayama with Shankara Newton
- Anatomy Workshop with Kelly Bay
- Completion of independent study materials.

***In order to obtain certification, full participation and attendance at all components of the WHY Power Yoga Teacher Training is required. Certification may be jeopardized by tardiness and/or early departures.***

**Weekend Modules**

Training will consist of daily meditation and a strong asana practice, followed by an exploration of the principles of WHY Power Yoga, including: practice teaching, adjusting, teaching to multiple levels, sequencing, working with injuries, and nutritional guidance.

**6 Weekend Module Dates for 2019 Training:**

Module 1: January 18 - 20

Module 4: April 12 - 14

Module 2: February 15 – 17

Module 5: May 17 - 19

Module 3: March 15 - 17

Module 6: June 21 – 23

**Weekend Module Schedule:**

Fridays 5:00 – 11:00 pm

Saturdays 1:00 – 10:30 pm

Sundays Noon – 9:00 pm

**Wednesday Evening Video Review Session:**

Either Wednesday, March 27 or Wednesday, April 24, 6:00 pm - midnight

**Workshop Dates**

Pranayama: Sunday, March 3, 2019, 1:00 – 4:00 pm

Meditation with Sharon Salzberg (additional fee): Sunday, May 11, 2019, 1 – 5 pm

**Functional Anatomy for Yoga Teachers (additional fee)**

Friday – Sunday, May 31 – June 2, 2019

Tuition for the **WHY Power Yoga Teacher Training** includes the six weekend modules as well as the Pranayama workshop. We offer the following payment options in order to give students financial flexibility.

**Tuition Pay-In-Full Option:**

- \$ 500 nonrefundable deposit with your application to hold your place in the training
- \$2,395 due by January 11, 2019
- Total payments on this plan = **\$2,895**

**OR**

**Payment Plan:**

- \$ 500 nonrefundable deposit with your application to hold your place in the training
- An additional \$1000 payment due by January 11, 2019
- 6 payments\* of \$299.17 per month beginning February 15 – July 15, 2019  
*\*a valid credit card must be provided for automatic payment processing and a payment agreement must be signed. **Note that all six payments must be made regardless of whether or not you complete the training.***
- Total payments on this plan = **\$3,295**

**6 weekend Module Option**

For those who wish to attend only the six full weekends

- Total Payments: \$2,450

**Please Note:** Prices listed above do not include the cost of the anatomy workshop, Sharon Salzberg's workshop or independent study materials. An estimate of these expenses is:

- Anatomy Workshop \$375
- Independent Study Materials\*\* \$50 - \$200
- Meditation with Sharon Salzberg \$30

***CT state sales tax of 6.35% will be added to all payments, including any deposits.***

Please include the following with your completed (and typed) application:

- \$500 *non-refundable* deposit
- Recent photo (headshot)

### CANCELLATION POLICY

A refund of tuition paid **less the \$500 non-refundable deposit** will be issued for cancellations made ***no later than January 11, 2019.***

NO refunds, credits or transfers are available for cancellations **after January 11, 2019.** Please understand our cancellation policy is firm and we cannot make exceptions.

***By signing below, I acknowledge that I have read, understood and agree to all of the terms, conditions and requirements of the WHY Power Yoga Teacher Training and that the information provided in this application is accurate and complete.***

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Signature

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Applicant Name (please print)

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Date

***Welcome to the WHY Power teacher training. This commitment is an investment in becoming an exceptional yoga teacher and in transforming the quality of your life.***