

**WHY POWER YOGA TEACHER TRAINING
INFORMATION AND APPLICATION**

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.

WHY's 200 hour 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 nationally – renowned instructor, Ellen Heed. A minimum of 24 hours of participation in a National Yoga Teacher Training, of your choosing, is a required component of WHY's training.

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.

APPLICANT PROFILE

Application for (please check one):

200 hour WHY Power Teacher Training 5 weekend modules only

Name _____

Address _____

Home Phone _____ **Cell Phone:** _____

Birthdate _____ **Gender** _____

E-mail _____

Emergency Contact Information

Name _____ **Phone #** _____

QUESTIONNAIRE

***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.

Please list any other activities, hobbies or interests.

What in your life are you passionate about?

What in your life are you grateful for?

What in your life 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: _____

PHYSICAL HEALTH QUESTIONNAIRE

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, length of time, eating disorders, bouts of depression, addictive behavior, etc.)

Note: Please understand that any difficult times you have gone through will be a bonus to your students who are experiencing their own difficult times.

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.

PROGRAM INFORMATION

Requirements for Certification (must be completed within 12 months of the start of WHY Power Teacher Training)

Completion of a National Teacher Training or Continuing Education Training with an approved instructor (minimum of 24 hours of instruction). For a list of the national teacher trainings available at WHY for the 2008 session, see our website at www.westhartfordyoga.com.

Completion of a weekend workshop with an approved national instructor. A minimum of 12 hours instruction ... must be a different instructor from the National TT. For a list of national workshops available at WHY (15% discount to enrolled teacher training students), see our website at www.westhartfordyoga.com.

- Attendance at 3 WHY Workshops: Pranayama, Yoga Philosophy & one elective (minimum of 3 hours each) to be offered at WHY over a 12 month period.
- Anatomy Workshop, 20 hours. May be taken at WHY or another location. Please submit proof of such training with your application
- 100% attendance at 5 Weekend Modules led by Barbara Ruzansky.
- Attendance at 2 WHY Whole Foods Cooking classes.
- Completion of independent study materials (provided during first weekend module.)

***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.***

DATES

Weekend Modules and Whole Foods Cooking Classes

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.

5 Weekend Module Dates for 2008 training:

| | | |
|----------|---------|------|
| January | 18 – 20 | 2008 |
| February | 15 – 17 | 2008 |
| April | 11 – 13 | 2008 |
| May | 16 – 18 | 2008 |
| June | 13 – 15 | 2008 |

Weekend Module Tentative Schedule:

Fridays from 5:00 – 9:30 PM
Saturdays from 1:00 – 9:30 PM
Sundays from 1:00 – 9:00 PM

Whole Foods Cooking Classes, in addition to weekend modules:

Sunday, March 9, 2008 ... 2:00 – 6:00 pm
Sunday, May 4, 2008 ... 2:00 – 6:00 pm

COST

Tuition for the **WHY Power Yoga Teacher Training** is \$2,000. This includes the five weekend modules*, three WHY Workshops, two WHY Cooking classes (meals included) and two additional whole foods meals.

* Cost for the 5 weekend modules alone is \$1,500

Tuition does not include the cost of the required 24 hour national teacher training, national workshop, anatomy workshop, or independent study materials. An estimate of these expenses is:

- National TT \$525 to \$900
- National Workshop* \$180 to \$250
- Anatomy Workshop \$275
- Independent Study Materials** \$50 to \$200

* *National workshops taken at WHY as part of the TT certification will be discounted 15% for students enrolled in the teacher training program.*

A \$350 **non-refundable** deposit is required along with a completed application. The balance of the tuition (\$1,650) must be paid in full within 30 days from the date of the first weekend module.

With your commitment to the WHY Power Teacher Training you are making an investment in becoming an exceptional yoga teacher ... and in changing the quality of your life.

CANCELLATION POLICY

A refund will be issued for cancellations made at least 30 days prior to the start date of the program for tuition paid **less the \$350 non-refundable deposit**.

NO refunds, credits or transfers are available for cancellation within 30 days prior to the start date of the program. 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.

Signature

Applicant Name (please print)

Date