

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:

200-hour WHY Power Teacher Training

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 check one)

Website Brochure/Flyer WHY Studio

Social Media Workshops Friend/Family

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 a medical condition that may prevent you from participating in or completing the TT program?

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 trainings and workshops:
 - Pranayama Workshop
 - Anatomy Training 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.

2023 Weekend Module Dates:

Module 1: February 23 - 25

Module 2: March 22 - 24

Module 3: April 26 - 28

Module 4: May 17 - 19

Module 5: June 21 - 23

Module 6: November 8 - 9 (weekend will be recorded for those who cannot attend in-person)

Weekend Module Schedule:

Fridays: 5:00 - 9:30 pm

Saturdays: 1:00 - 9:00m

Sundays: 12:15 - 8:00 pm

Note: Ending hours are approximate

2023 Workshop Dates:

Pranayama: To be determined

Functional Anatomy for Yoga Teachers (additional fee)

Friday - Sunday ... June 7 - 9, 2024

Video Review Sessions:

To be determined

Tuition for the **WHY Power Yoga Teacher Training** includes the five weekend modules, the Pranayama and Teaching Online workshops, and the Trauma Yoga Training.

Tuition Pay-In-Full Option: \$2950

- \$500 nonrefundable deposit with your application to hold your place in the training
- \$2,450 due by February 16, 2024

OR

Early-Bird Discount Option: \$2750

- \$500 nonrefundable deposit with your application to hold your place in the training
- \$2,250 due by December 27, 2023

Payment Plans are available. Please inquire.

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

- Anatomy Workshop: \$375
- Independent Study Materials: \$50 - \$200

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

Cancellation Policy

A refund of tuition paid less the \$500 non-refundable deposit will be issued for cancellations made no later than February 9, 2024.

NO refunds, credits or transfers are available for cancellations after February 9, 2024. 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

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.