

Information and Application for 2017 Centered Spirit 200-Hour Yoga Teacher Training

Dear Friend,

Thank you for your interest in the 2017 Centered Spirit 200-Hour Yoga Teacher Training. This Application packet contains 7 pages and is applicable only to the training being offered at Centered Wellness in Charlotte, North Carolina, beginning March 10, 2017 (the “Program”). Please read the information on pages 1-5, then PRINT AND COMPLETE THE APPLICATION on pages 6-7. Please submit the completed Application to Karen Williams (the “Program Director”).

Your completed Application will include:

1. The ORIGINAL 2-page Application, completed and signed;
2. Attached responses to Application Questions 1-9; and
3. A \$100 non-refundable Application Fee (the “Application Fee”). If you are accepted into and attend the Program, the Application Fee will be applied against Program Tuition.

Within ten (10) days of written notice of acceptance of your Application, you must tender a \$400 non-refundable deposit (the Deposit”) to reserve your space in the Program. Upon receipt of the Deposit, we will reserve your space in the Program and send written confirmation to you.

Is The Program For You?

The Centered Spirit 200-Hour Teacher Training is open to and suitable for students from all walks of life. Whether you envision offering the gift of yoga as a professional calling or simply want a deeper, richer and fuller experience of walking the yoga path in all aspects of your life – this Program is for you! Because the Program is offered by Centered Wellness/Yoga for Life and is taught primarily by our teachers, you will benefit from the experience of intensive training and will also have many opportunities to learn, assist and teach in a studio setting,

The Program is not intended to teach you how to “do” yoga, but rather how to “teach” and more effectively “live” yoga. Consequently, we require that you have an established yoga practice in order to participate. To apply, you must be able to articulate the personal benefits of your yoga practice and to identify your individual goals as a participant in the Program.

Weekend Training Schedule and Additional Requirements

In an effort to make effective and efficient use of time, the Program will be offered as 7 intensive weekends (the “Weekend Training”). The Program will also require you to take classes, assist, teach and prepare a research project during times other than the Weekend Training (the “Additional Requirements”). All sessions of the Weekend Training must be attended and full participation during each session is expected. All Additional Requirements must also be satisfied timely in order for a participant to graduate from the Program.

The following weekends in 2017 have been reserved for the Program:

- March 10-12*
- March 31-April 2
- April 21-23
- May 12-14
- June 2-4 *
- June 23-25
- July 21-23

IMPORTANT NOTE: The weekend of August 11-13 has been reserved as a Make-Up Weekend. This is NOT time for individual make-up sessions, but rather has been reserved for use by the entire group in the unlikely event that an unexpected occurrence or emergency requires the cancellation of an entire Program weekend.

Session times for the Weekend Training are as follows (Brief morning and afternoon breaks have been included in the schedule. Full day sessions will include a 60-minute mid-day meal break.):

- Fridays – 5:30 p.m. to 9:30 p.m.
- Saturdays – 8:00 a.m. to 6:30 p.m.
- Sundays – 8:30 a.m. to 6:30 p.m.

IMPORTANT NOTE: Friday session times on weekends marked with an * above will be 8:30 a.m. to 7:30 p.m. Session times for Saturday/Sunday of these weekends remain the same.

Additional Requirements

In addition to full participation in the Weekend Training specified above and demonstration of increasing competency in teaching, each Program participant must complete the following between March 10, 2017 and July 21, 2017:

- Journaling – Maintain an ongoing personal journal of your impressions, experiences, questions, challenges, inspirations and growth throughout the Program.
- Class Participation/Evaluation – Participate in at least 10 yoga classes with different certified teachers and complete an observation form for each of these classes. (**IMPORTANT NOTE:** Observation classes may be taken at Yoga for Life or from any certified teacher. Fees for these classes are not included in Program Tuition.)
- Assisting – Preparation for and Supervised Assisting of 6 Classes. Satisfaction of this requirement must take place between April 24, 2017 and July 20, 2017.
- Teaching – Preparation for and Supervised Teaching of 4 Classes (Includes a scheduled private or semi-private preparation session with the Program Director or her designee to frame and practice your class.) Satisfaction of this requirement must take place between May 15, 2017 and July 20, 2017.
- Homework – Reading and study assignments for the first session will be distributed to participants on or around February 25, 2017. Other work (generally 2-4 hours) will be assigned between each session of the Weekend Training.
- Seva (Selfless Service) Project – Design and implement a full-day group service project to take place on June 2, 2017

- Research Project – Prepare a Research Project on a practical application of yoga. The Research Project must include at least four sources and must be the equivalent of at least 4 typed pages (12-point, double-spaced, Arial font). Images are welcome, but will not be included in satisfying page requirements. Your topic must be tendered on or before April 23, 2017 and the completed Research Project must be tendered on or before July 10, 2017.
- Collateral Materials – Students are required to own the following books/materials (“Collateral Materials”). The cost of Collateral Materials is **not** included in the YTT tuition. (See notes in “Important Information” section below.)
 - Anatomy of Movement (Calais-Germain – Revised Edition 2007);
 - Daily Greatness Yoga Journal (Dreaming Room);
 - Kripalu Yoga: A Guide to Practice On and Off the Mat;
 - Kripalu – Pranayama Beginner Level CD; and
 - Yoga Adjustments: Philosophy, Principles and Techniques (Stephens).

Program Tuition \$2,699 – Full Price Tuition

- \$2,450 – Discounted Tuition if paid on or before February 10, 2017 (\$249 Discount)

IMPORTANT NOTE: Participants who pay in full on or before February 24, 2017 will also receive a Non-Transferable 10-Class Pass (\$130 Value) for use in fulfilling class participation requirements.

Payment Notes

- The Application Fee, the Deposit and Tuition for the Program may be paid using cash, check or credit card (not American Express). A 3% transaction fee will be added to all payments made by credit card.
- The date each applicant completes payment-in-full determines the total amount due from that applicant, not the date of deposit.
- After an Applicant has been accepted into the Program, he/she is welcome to make periodic partial payments to Centered Wellness toward Program Tuition. All amounts owed in connection with Tuition must be paid by the beginning of the first session on March 10, 2017.
- Program capacity is 6 students minimum and 12 students maximum.
- In the event that the minimum number of participants is not met by February 24, 2017, Centered Spirit will announce a decision about whether the Program will or will not be offered as scheduled. In the event that the Program is cancelled due to insufficient registration, all monies paid, except the \$100 Application Fee, will be refunded.
- Refund Policy
 - Until 6:00 p.m. on February 24, 2017, you may tender a written request for a refund of Tuition paid in connection with the Program. Paid tuition will be refunded, less stated deductions, within 10 business days of written request.
 - The amount of the refund will be equal to Tuition paid, less the Deposit and the Application Fee. The 3% credit card fee will also be deducted, if applicable, from any refund. After 6:00 p.m. on February 24, 2017, NO REFUNDS will be given.
 - Should you have a medical, family or life emergency after February 24 that precludes you from participating in or completing the Program, contact the

Program Director to discuss options for postponing your training until the next time the Program is offered.

Important Information

- If you miss scheduled time during the Program, you will be required to make-up the missed course time and pay associated hourly fees for private instruction. Whenever possible, training conflicts should be identified and disclosed to the Program Director BEFORE the training begins.
- Centered Wellness will provide each participant with a training manual. Replacement manuals cost \$50 each.
- It is estimated that Collateral Materials will cost \$90-\$150 to purchase, depending upon available sources, access to previously used materials and shipping costs. Additionally, some participants may already own certain of these resources. Centered Wellness is able to provide the entire set of Collateral Materials for participants (at cost) for \$100, but is not able to discount the sale of individual items in the Collateral Materials. Participants who wish to purchase the Collateral Materials through Centered Wellness must order and pay \$100 on or before February 24, 2017.
- Each student is responsible for all travel, lodging and food expenses during the training.

Certification Criteria

Successful completion of this course will entitle you to certification as a 200-Hour Yoga Teacher. Certified yoga teachers must possess the skills necessary to safely and competently teach yoga. Centered Spirit reserves the right to withhold certification from any student who fails to demonstrate the skills necessary to teach yoga in a professional manner.

Every attempt will be made to provide each student feedback throughout the Program about any deficits that might prevent certification. If it is determined that a student has not successfully met the certification requirements, he/she will meet with the Program Director who will determine appropriate steps required to complete certification. This may include private sessions with a certified teacher outside of Weekend Training and/or after the conclusion of the Program and at the student's expense.

The following criteria will be used to determine eligibility for certification:

1. 100% attendance for all sessions. Please contact the Program Director before the Program starts if you know that you will need to miss any portion of the Weekend Training. For situations that arise during the Program, contact the Program Director as soon as possible to explore possibilities. Any missed sessions must be made up before the next scheduled program weekend, at the student's expense, with the Program Director or her designee.
2. All homework assignments must be completed as assigned.
3. All students must participate fully in all exercises and sessions during the Program. Assisting and teaching sessions are opportunities to cultivate teaching skills. They are also opportunities for the Program Director to assess students' progress and ability to safely lead and teach yoga classes.

Please print the application on pages 6 & 7 of this document, then submit the completed application with your essay responses to Centered Wellness.

Application for Centered Spirit 200-Hour Yoga Teacher Training

Please provide all the information requested below. Use additional paper, as necessary. Submit only completed applications. **Please deliver or mail your completed application to Centered Wellness, 1410 West Morehead Street, Suite 200, Charlotte, NC 28208.** All information will be held in strict confidence and used only in regard to the Program Application process.

First and Last Name: _____

Mailing Address: _____

Cell Phone: _____

Home/Work Phone (if different): _____

E-mail: _____

Occupation: _____

Birthdate: _____

I am applying for the Program beginning March 18, 2016 at Centered Wellness in Charlotte, North Carolina.

Are you currently teaching yoga?

Yes: _____ No: _____

Number of classes/week: _____

Style: _____

How long have you been teaching? _____

Health Information: (If you answer "yes" to any of the following questions please describe fully on a separate sheet.)

1. Are you receiving treatment for a physical or psychological condition? Yes ___ No ___
2. Have you ever been hospitalized for a psychiatric condition? Yes ___ No ___
3. Do you have any chronic physical limitations or disabilities? Yes ___ No ___
4. Do you have any communicable diseases? Yes ___ No ___
5. Do you include recovery from drug or alcohol addiction in your history? Yes ___ No ___
6. Do you consume alcohol or non-prescription drugs in a manner that might be considered excessive or that interferes with your ability to function fully and normally in personal and professional settings? Yes ___ No ___

On additional paper, please type complete essay answers for the Application Questions 1 through 7, then list teachers and programs for 8 and 9.

1. Describe your personal yoga practice. Include specific examples of any pranayama, asana and/or meditation components of your practice.
2. What other physical activities do you engage in on a regular basis?
3. What does yoga mean to you?
4. Why do you want to be a yoga teacher?
5. Why is this time in your life appropriate for yoga teacher training?
6. How do you intend to apply your yoga skills in life – personal, community, work, etc.?
7. What teaching/leadership skills do you currently possess that will support your future work as a yoga teacher?
8. Please list any Kripalu or Pranakriya teachers with whom you have practiced or trained. Provide specific information – dates, topics, etc. – about trainings.
9. Please list any other yoga certifications, trainings or workshops you have taken. Include dates and instructors' names.

Whom should we contact in case of an emergency?

Name and Phone #: _____

Address: _____

Relationship: _____

Please provide us with information you would want us to pass on to an emergency response person if you were seriously injured or became ill during the program.

Disclosure and Acceptance:

Centered Spirit will rely on the answers in the Application to make an informed decision regarding your participation in the Program.

Accordingly, I hereby affirm that the above information is, to the best of my knowledge, true and complete. I understand that providing false information is grounds for rejecting my Application, being requested to leave the Program or having my certification revoked. If I am required to leave the Program because of a misrepresentation on this Application, no Tuition will be refunded. Also, I understand that NO refunds in any amount will be made unless my written request is received by 6:00 p.m. on February 24, 2017. I have carefully read the program participation criteria, requirements and agreements expressed herein. **To this application, I have attached written answers to the 9 application questions.** I understand that my failure to meet the criteria for certification will result in my not being certified as a Centered Spirit Therapeutic Yoga teacher.

Applicant's Signature: _____ Date _____