



200-Hour Yoga Teacher Training Application Form

Thank you for your interest in Integrative Yoga Therapy's Yoga Teacher Training! If you are ready for a fun, challenging, life-changing experience on the path to greater knowledge in yoga as a practice, a therapy, a career and a way of life, then this training is for you.

The content of this training includes 210 contact hours consisting of 10 weekends from February through October. Training weekends will generally consist of Friday night, a full day Saturday and full day Sunday. The training also contains required reading, video training, home practice, meditation, student teaching, observing, report writing and research.

This 200-hour teacher training is Yoga Alliance approved and, when completed, will qualify graduates to register with Yoga Alliance as a registered yoga teacher.

This training includes: the instruction and experience to find your voice as a confident yoga teacher, trained to teach to groups and individuals. This program has a strong therapeutic component to prepare you to teach to students with physical limitations, aging students and larger bodied students. You will gain the knowledge to comfortably teach vinyasa flow, yin yoga, restorative yoga and aerial/swing yoga. You will study the ancient philosophies of yoga and their current day applications. Your training will include men's & women's health, Ayurveda, Sanskrit, ethics, business of yoga, and much more.

Dates for the 2020 session: Starts February 26, 2020. Meets 4th weekend of each month from February through October, ending October 24, 2020. We also meet the 2nd weekend of October and we reserve the 2nd weekend of September as a make-up weekend for any inclement weather or other emergencies that result in the closure of the studio on a YTT weekend. Training sessions start promptly, as scheduled, and lateness is not acceptable.

Students are expected to attend every hour of every session. Makeup sessions must be scheduled for any time missed, regardless of the reason. The charge for makeup sessions is a flat \$50 administration fee plus \$75 per hour for the number of hours to be made up. It is not guaranteed that make-up hours will be scheduled prior to graduation weekend. Makeup sessions must be scheduled no later than December 31, 2021. All homework must be submitted by October 8, 2021 in order to receive a Certificate of Completion at graduation. You are strongly encouraged to fully attend every scheduled YTT training weekend. Cell phones must be turned off during training sessions. Breaks will be scheduled for phones, bathroom and snacks.

Requirements for the program include attendance as stated above, purchase of the required reading material, access to the internet and a printer to complete online anatomy studies and access training documents, timely completion of homework, a home practice and meditation journal. Payment plan payments must be current to participate in training.

Class participation is required. You will need a notebook and a 3" 3-ring binder if you plan to print out handouts. After registering, you will receive a list of required reading material and access to your first weekend's handouts.

We strongly suggest that you have regularly practiced yoga for at least 6 months prior to the start of a yoga teacher training.

The cost of this training is \$2,550. A deposit of \$600 is required to secure your place in this training. Please attach your \$600 deposit check to this application/registration form. A \$300 early registration discount (off of the balance due) is offered to students registered prior to December 1, 2020. The remainder is due by February 15, 2021. A 5-month payment plan for the remaining balance is available through auto-draft (this is in addition to the \$600 deposit). Please advise IYT prior to February 1st if you will be making auto-draft payments. There is a \$100 finance fee that will be added to all payment plans.

If you need to cancel, please do so in writing as soon as possible. If you cancel prior to December 31, 2020, you will be subject to a \$300 cancellation fee with the remainder of your deposit returned to you. If you cancel after December 31, 2020, your deposit is non-refundable. Program fees are refundable through February 1st. Program fees are non-refundable after February 1st, 2020.

About you: *It's time to tell us a little bit about you!*

What is your name? _____ DOB: _____

What is your address? _____

E-Mail: _____ Phone: _____ Gender: M F

Why are you interested in taking this training? _____

Do you work? Y N F/T P/T

Do you have any prior yoga teacher training or teaching experience? Y N

Do you have computer, Internet and printer access available to you? Y N

Yes, I'm serious about this training and ready to sign up! If my application is approved, I will provide a \$600 deposit upon notice of approval along with a completed YTT agreement. I understand the refund policy and attendance policy.

Signature

Date