Launch: February 2027







Welcome.

Thank you for your interest in the Dragonfly Yoga Restoration Teacher Study.

This program was created for those who believe that yoga is more than movement—it is a lifelong practice of listening, inquiry, and compassionate presence. Restoration asks us to slow down enough to perceive what is often overlooked: the wisdom of the body, the rhythm of the breath, and the intelligence of being present.

Because our study unfolds within a small, intimate learning community, this application is not intended to measure your worthiness or perfection. Rather, it is an opportunity for us to learn about our combine journeys, your intentions, and what is calling you toward this work at this point in your life.

Whether your aspiration is to teach, deepen your personal practice, or expand your capacity to care for others, we seek students who are curious, committed, and willing to approach the process with openness and humility.

Please answer each question thoughtfully and honestly. There are no right or wrong responses—only an invitation to begin a conversation.

We look forward to getting to know you and exploring whether this study is the right next step for your path.

With gratitude,

Laura Tyree
Founder, Dragonfly Yoga est. 1999

Instructions and Check List

Prerequisite

- ☐ Knowledge of the basic asana practice
- ☐ Two Letters of Recommendation

Requirement for Graduation

- ☐ Completion of required hours
- ☐ Regular home and YTT weekly studio practice
- ☐ Exit requirement: Written examination

Application/Enrollment Check list:

- ☐ Application Form
- ☐ $300 non-refundable deposit
- ☐ Headshot (to help us familiarize ourselves with you)

Application Process:

- You will be notified by us of your acceptance status within two weeks of submittal of this application.
- Additional information regarding the training will be made available after your deposit is received and you have been accepted.

You can drop off your application at the studio with Laura or mail it to:

The Shāla 51 Laurie Dr ne

Ft Walton Beach, FL 32548

Attn: 200hr Yoga Teacher Study

2027 Dragonfly Yoga

Training Dates
(Saturdays/Sundays 8am – 4pm)



February 27 – 28
March 20 – 21
April 24 – 25

May 15 – 16
June 12 – 13
July 31 – Aug 1

August 28 – 29
September 18 – 19
Saturday Exam
Sunday Graduation and dinner

Training includes:

Weekend Training dates

Weekly YTT class: Wednesday evenings (1.5hr) At Shāla. Time TBD

10hrs of Self-paced on-line content, specifically designed for this YTT Study

Optional practice teaching hours available during program (dates TBA)

Personal Information

Emergency Names Phone
Name: _____

Address: _____

Phone: _____

Phone: _____

E-mail: _____

Relationship

1. _____ _____ _____

2. _____ _____ _____

Questions (please answer on a separate paper)

The questions below are an invitation to pause and listen inwardly. We are less interested in polished answers than in your willingness to be honest, curious, and present with your own experience. Feel free to handwrite or type your responses and include them with this application.

- ☐ How has your yoga experience changed your body and your approach to life.
- ☐ Please share a time when you had to slow down and listen to your being in a new way.
- ☐ What kind of teacher do you hope to become through this study.
- ☐ What does the word Restoration mean to you.
- ☐ I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions.
- ☐ Please describe your home or studio yoga practice.
- ☐ List any injuries or illnesses and how they affect your current condition and any medication prescribed.

Additional information

- Each applicant will be evaluated on an individual basis.
- General experience of the poses, and average physical stamina are required.
- It is not required that you become a certified teacher to participate in this program.
- You must participate in an additional weekly asana class with a qualified, approved instructor.
- You must complete all dates and trainings.

Payment information

- DEPOSIT: $300 non-refundable deposit is due with your application, regardless of payment choice.
- EARLY BIRD RATE: $3000 by February 11 th 2027 (Total cost includes deposit)
- AFTER THE BIRD: $3150 after February 11 th, 2027 (Total cost includes deposit)
- INSTALLMENTS: $3300 (Total cost includes deposit) see below for installment details

_____Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.
Make your check payable to Dragonfly Yoga Inc.

_____Paying by credit card. ___ Mastercard ___Visa ___Amex

CC# _____exp _____3 digit code_____

Name as it appears on card_____

Address and Zip code of card billing address

_____state_____zip_____

I hereby authorize the office of Dragonfly Yoga to withdraw payment of
$ _____ or deposit and program installments at 8-week intervals until Paid in Full.
Sign here to verify authorization of withdrawal:

_____ date _____

A voided check must be included for the bank account option.

Installment Plan

- DEPOSIT: $300 non-refundable deposit is due with your application
- Remaining tuition paid in 4 installments. No penalty for early payment.
- Installment schedule is on an seven-week rotation.
- Installment will be auto debited from our cc system.
  This set up must be completed by February 22, 2027

Installment one $975 Due Launch Day (start date)
Installment two $975 Due 7 weeks after start date
Installment three $975 Due 14 weeks after start date
Installment final $375 Due 21 weeks after start date

Other payment options are available. To receive your certification, you must pay the entire amount owed for the training hours.

The reading material cost is not a part of tuition. Plan the purchase of one, (occasionally two) books per month. These are standard yoga texts that you may already own and will serve as reference guides for the training. You will need to bring your yoga mat and manual for each of the trainings.
This will be a fun and intense two days! Adequate rest and methodical study throughout the month prove to be the best practices for internalizing the information.

Program Agreement: It is my understanding that I must fulfill all the requirements set forth by the Dragonfly Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, quizzes, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Dragonfly Yoga and its teaching staff reserves the right to ask me to leave the program at any time if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

I have read and accept the above terms and requirements: ____Yes ____No
Sign here to verify my review and acceptance of the terms and requirements of the program:

_____ date _____

Recommendation Letter Guidelines

Two letters of reference
- one yoga related letter
- one personal letter

Name of Applicant _____

Program applied for _____

Recommending Teacher _____

Teacher's Phone Number _____

Teacher's Email_____

To Teacher: The applicant above is applying for the 200hr Dragonfly Yoga Restoration Teacher Study. The program includes asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend _____ for this program and endorse with my signature _____date _____

Thank You! Please mail text form to the number below.

Recommendation Letter Guidelines

Two letters of reference
- one yoga related letter
- one personal letter

Name of Applicant _____

Program applied for _____2027 Restoration Study_____

Recommending Person _____

Phone Number _____

Email_____

The applicant above is applying for the 200hr Dragonfly Yoga Restoration Teacher Study. The program includes asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this person capable of working consistently with others with an attitude of willingness to grow and learn?

Why will this applicant be an asset to this Yoga Teacher Training Study?

I recommend _____ for this program and endorse with my

signature _____date _____

Thank You! Please text this form to the number below.

The Study Philosophy

Restoration is not the absence of effort; it is the presence of profound listening.

This training is rooted in the understanding that healing does not occur through force, but through creating the conditions in which the body, mind, and spirit naturally remember their inherent capacity for balance. Rather than teaching students how to "fix" others, we cultivate the art of witnessing, supporting, and guiding the body's own intelligence toward ease.

Our work is grounded in the principles of nervous system regulation, therapeutic alignment, myofascial awareness, breath, stillness, self-compassion, and mindful presence. We honor both the wisdom of traditional yoga and the evolving understanding of modern anatomy and physiology, weaving together ancient practices with contemporary science.

Restoration is viewed as a sacred practice of returning—returning to breath, to sensation, to trust, to quiet, and ultimately to oneself. Every session invites students to soften the habitual patterns of tension, dissolve unnecessary effort, and discover the resilience that naturally emerges when the body feels safe.

Throughout this seven-month journey, trainees learn not only how to skillfully teach the restoration yoga method, but how to embody its principles in everyday life. They develop the capacity to hold space with clarity, humility, and compassion, recognizing that the greatest teacher is presence itself.

This training prepares teachers to serve individuals navigating stress, chronic tension, life transitions, burnout, injury recovery, grief, aging, and the ordinary demands of modern living. It is designed for those who believe that slowing down is not weakness but wisdom, and that true strength arises from a regulated nervous system, an open heart, and a deeply connected relationship with oneself.

Our intention is not simply to certify restoration yoga teachers, but to cultivate compassionate practitioners who become stewards of healing within their families, communities, and the wider world.

At The Shāla, restoration is more than a method of yoga. It is a philosophy of living gently, listening deeply, and returning again, and again to the quiet place within where wholeness has always existed.

This study is an uncommon approach to the modern curriculum,
yet all knowledge required by Yoga Alliance falls within Its scope.
You may registration with Yoga Alliance, after you complete the program
and certify with us.

- Foundation and History of Yoga
- Yoga Philosophy
- Codes of Living
- Anatomy
- Physiology
- Myofascial Study
- Remapping your History
- Asana Techniques
- Instructing Postures
- Principle of the Poses
- Pranayama
- Meditation
- Mantras
- Mudras
- Sequencing
- Course Curriculum
- Class Composition
- Health and Nutrition
- Practice Teaching
- The Business of Modern Yoga