



200-hour Spring Teacher Training Frequently Asked Questions

Are books and materials included in the price of the training?

Upon acceptance to the training you will be given a book/reading list for the training. These books are NOT covered in the cost of the training. All printed materials handed out during the training are included.

When will my unlimited yoga classes begin? What about my existing monthly auto pay?

As part of your tuition, you are eligible for unlimited yoga. Yours will begin on the program start date of the program. If you have an existing monthly series with us, it will be put on hold until the end of training. Teacher Training Unlimited Yoga ends the last day of the training and any existing monthly series will be re-activated. No refunds or extensions will be given on unlimited yoga classes.

When will I find out if I have been accepted to the program?

After you submit your completed Teacher Training Application, you will be contacted via email or phone within 2 weeks. Your payment will be processed upon acceptance. If you are not accepted into the program, we will support you on the path that will help you prepare for a future teacher training.

Do I have enough yoga experience to participate in this program?

Project Soul Yoga's Teacher Training Program includes rigorous asana practices. Students should have a regular asana practice. If you are new to yoga this does not necessarily disqualify you from the program. Students should be looking to deepen their understanding of the practice and history of yoga, its postures,

alignment and the ability to create and convey a comprehensive, safe class to others. If you LOVE yoga and what to share yoga with others, this is the program for you!

What if I miss a class?

To obtain a certificate of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict. If a conflict comes up please contact Lisanne as soon as possible, to make arrangements to make up time that will be missed. This time can be made up through assisting and/or private sessions (A two-hour private session equates to 6hours of training), the cost of a 2 hour private session is \$200.

If you miss 3 or more days you will not be able to complete the program with your class, and will need to make up the classes in a subsequent training at a rate of \$100 per hour.

If you miss 5+ days you will need to retake the program at a discounted price, subject to space availability.

How much time should I expect to spend on homework?

Between 1-3 hours per day on written assignments, reading, and class observations. The homework is designed to support the material covered in class and help you integrate material that was presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all the homework assignments and take the course for non-credit. However, if you wish to receive your Certificate of Completion for the course, you must attend all the sessions and complete all the homework assignments.

What is Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, however, it is not a legal requirement for teaching yoga. Currently, there are no legal certification requirements to be a yoga teacher.

Will I be qualified to teach yoga once I complete the 200 Hour Teacher Training Program?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework and final exam, you will receive your Certificate of Completion evidencing your training at the 200-hour level. You can then submit to Yoga Alliance for RYT-200 status. New graduates usually begin teaching in small studios, gyms or with private clientele (family/friends). Many teachers continue their education to further solidify their skills, knowledge and style as a yoga instructor.

Please submit acknowledgement and acceptance of above information with your application.

*I agree to all of the above (initial)_____



200-hour Teacher Training Application

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Cell Phone _____ Home Phone _____

Email _____

Emergency

Contact _____ Phone _____

Yoga Practice and Experience:

Is this your first training? If no, list prior training. _____

How often and how long have you been practicing Yoga?

Do you have any injuries or physical limitations or medical conditions? Please list

Who have been your most influential teachers and why?

Are you currently teaching yoga? If so, where and what style of yoga do you teach?

Why do you want to be a yoga teacher?

What does yoga mean to you?

Please list 10 concrete ways yoga has affected your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

In your opinion, what qualities embody a good yoga teacher? Why?

Why do you want to take Project Soul Yoga's LivFree Teacher Training?

What are your expectations for this training?

What personal qualities or attributes do you feel you possess that will help you in teaching yoga and contribute to this training.

Tell us about your hobbies, interests and other exercise practices, community service, etc.

Is there anything else you would like us to know about you? Any other questions, concerns or comments?

Thank you for your time and honest, open answers. After you submit this completed application, you will be contacted via email or phone within two weeks. Your payment will be processed upon acceptance.



Teacher Training

Information

We offer two payment options:
\$3000 Full Payment due at acceptance to the program; or,
\$3500, \$1000 due on acceptance to program, \$1000 due before training begins and balance is due one month before graduation.

We accept: Cash, Check, VENMO or Credit Cards

Choose your method of payment: Cash _____ Check _____ Credit Card _____

I am paying in full _____

I am using the installment plan _____

If paying with credit card, processing fees will be applied.

I understand that I must fulfill all the requirements of Project Soul Yoga's LivFree Yoga School Teacher Training Program, including in-class hours, mentorship, homework, quizzes and final exam. I will receive a certificate of completion for its 200-hour Teacher Training Program. Following completion I will submit my credentials for Yoga Alliance registration.

I understand that Project Soul Yoga's LivFree Yoga School reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or Project Soul Yoga's LivFree Yoga School's ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. Once accepted into the program, If I decide to not participate prior to the start of the training, I will forfeit my \$1000 deposit and my remaining balance will be refunded. Once the program begins, tuition is non refundable and non transferable.

I understand that Project Soul Yoga's LivFree Yoga School, intends to hold sessions live in studio and offer online learning for those interested in that learning platform. Project Soul Yoga's LivFree Yoga intends to hold all sessions live on the dates scheduled at the beginning of the training, but in the event that dates need to be adjusted will do so with communication to the participants. In the event of studio closing all sessions will be held via Zoom and Training will continue as originally scheduled.

I understand that Project Soul Yoga's LivFree Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of Annie Q Simard and/or Lisanne Cozart. Failure to comply will result in legal action.

I have read and accept the above terms and requirements: Yes _____ No _____

Signature of agreement _____ Date _____