

**2021 / 2022 APPLICATION**  
**200 Hour Virtual Yoga Teacher Training**  
**Teacher Tune-Up**

These programs are open to all students who demonstrate honest interest, self-discipline, and commitment. There are no prerequisites, other than enthusiasm and a willingness to learn and grow. Students of all levels of physical fitness are welcome.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

**MEDICAL CONDITIONS:**

Do you have any medical conditions or injuries that may influence your ability to perform yogic exercises?  
YES \_\_\_ NO \_\_\_ If you are uncertain, please consult your physician for proper medical advice.

List below any injuries or medical conditions:

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**YOGA EXPERIENCE:**

Please briefly list your experience with yoga or any related physical exercise system, and/or spiritual or contemplative practice (martial arts, dance, mediation, etc.):

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**PERSONAL INTENTIONS:** *Please answer the following questions honestly and to the point:*

1. Why are you interested to deepen your study of yoga?

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2. What are the top three things you hope to gain from completing the program?

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3. Are you interested in teaching yoga, or simply in deepening your own knowledge and practice? (It's fine either way).

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4. How do you feel yoga fits into your "greater vision" or "life purpose"?

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5. Please feel free to share any other information you feel is relevant.

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## TUITION PAYMENTS:

### 200 HOUR VIRTUAL YOGA TEACHER TRAINING:

Non-Refundable Deposit: \$800

Full price: \$2385

Early bird price by May 1st: \$2150

Payment plan: 5 payments of \$500. To be completed by December 31, 2021

***No Refunds After June 11, 2021***

*Anyone interested in TYE membership while in the 200 hour program will be offered a discounted rate of \$19/month. Such a deal!!! Autopayment required for the full time of the training.*

### TEACHER TUNE – UP:

***Full training for those whom already are certified as a 200 hour Yoga Teacher.***

Non Refundable Deposit: \$800

Full price: \$1195

Early Bird Price by May 1st: \$1095

***No Refunds After June 11, 2021***

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## TRAINING INFORMATION:

### REQUIRED TEXTS:

Bhagavad Gita – Stephen Mitchell

Living Your Yoga – Judith Lasater

Light on Yoga – B.K.S. Iyengar

Hatha Yoga Illustrated – Martin Kirk and Brooke Boon

Key Muscles of yoga Volume 1 – Ray Long

The Secret Power of the Yoga Sutras – Nischala Devi Joy

### RECOMMENDED TEXTS:

The Upanishads – Penguin Classics

The Yoga Sutras of Patanjali – Alistair Shearer

Yoga Anatomy – Leslie Kaminoff

Pick a Sutra – Desikachara

Heart of Yoga – Desikachara

### 2021 / 2022 PROGRAM SCHEDULE:

**Start Date:** June 11, 2021

**Ending Date:** February 27, 2022

**PROGRAM DATES:**

**2021:**

June 11-13 & June 18-20  
July 9-11 & July 16-18  
Aug. 13-15 & Aug. 20-22  
Sept. 10-12 & Sept. 17-19  
Oct. 8-10 & Oct. 15th-17  
Nov. 12-14 & Nov. 19-21  
Dec. 10-12 & Dec. 17-19

**2022:**

Jan. 21-23 & Jan. 28-30  
Feb 18-20 & Feb. 25-27 Graduation Month

**PROGRAM HOURS:**

Friday: 4 - 7pm  
Saturday: 9 - 12:30pm  
Sunday: 9 - 12:30pm

Hours subject to *change as needed*

\*Make-up classes and assignments can be arranged for students who have to miss some scheduled contact hours. Additional fees for contact hours may apply.



***Feel free to call with questions or concerns:***

Cheryl: (928) 499-1553 or cwlotusbloom@q.com  
Abby: 928-853-6773 or aspotskey@hotmail.com

We look forward to being a part of your transformational journey.

Namaste!

*Cheryl Walters & Abby Spotskey*

**Please email completed application to BOTH Cheryl & Abby**

**Cheryl: cwlotusbloom@q.com**

**Abby: aspotskey@hotmail.com**

