

2021 / 2022 APPLICATION
200 Hour In Person Yoga Teacher Training
Svadyaya 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:

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.):

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

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

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

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

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

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

TUITION PAYMENTS:

200 HOUR IN PERSON YOGA TEACHER TRAINING:

Full 200 hour Yoga Teacher Training:

Full price: \$1885

Non Refundable Deposit: \$500

No Refunds After September 17, 2021

SVADHYAYA TUNE – UP:

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

Full Price: \$1008

Non Refundable Deposit: \$300

No Refunds After September 17, 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:** September 17, 2021

**Ending Date:** March, 2022

**PROGRAM DATES:** Dates of 7 weekends

**2021:**

**September** 17 – 19

**October** 15 – 17

**November** 19 – 21

**December** 10 – 12

**2022:**

**January** 21-23

**February** 18 – 20

March Graduation Month & Community Offerings

**PROGRAM HOURS:** Hours for the 7 weekends

**Friday:** 4-7pm

**Saturday:** 9-4pm

**Sunday:** 9-4pm

**EVERY WEDNESDAY NIGHT:** 5pm-8pm

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.

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Feel free to call with questions or concerns:

Cheryl: (928) 499-1553 or cwlotusbloom@gmail.com

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

Namaste!

Cheryl Walters

Please email completed application:

Cheryl: cwlotusbloom@gmail.com

