



300 Hour Yoga Alliance Registered Foundational Teacher Training Application

Name: _____

Address: _____

City / State / Zip _____

Phone #(s): Home: _____ Cell: _____ Work: _____

E-mail: _____ Birthday: _____

Emergency Contact: (Name/ # / Relationship) _____

Please list physical/mental/emotional conditions, injuries, or impairments that may affect your participation in this program: _____

Participants of Shine's RYT Training Programs are expected to have a basic understanding of the fundamental concepts of Yoga as well as experience with general yoga postures.

Please attach a separate sheet to briefly answer the following questions.

- Please list the main reasons (at least 3) you are interested in joining this training/immersion program.
- Please describe your personal yoga history. Include answers to the following questions as well as anything else you feel compelled to share....
 - When & why did you start practicing?
 - Why have you continued? - and - What is your practice like now?
 - How much time you spend studying or practicing?
 - Do you meditate? Why or why not?
 - What are your primary motivators to practice/study yoga?
- Who are/were your teachers and/or places of practice & instruction?
- What styles of yoga practice do you utilize and/or prefer?
- Have you participated in any other teacher trainings or student immersion programs? Please explain.
- What is your major motivation to enter this training program?
- Please share any other body-mind-heart experience that you expect will enhance your skills as a Yoga teacher.
- What are your expectations for this training? What do you hope to gain, learn, or work on in this program?
- Are there specific areas of study you are hoping to explore in this teacher training? ex. alignment, philosophy, etc.
- Do you have any questions or concerns about the teacher training program?

Personal referral and demonstration of basic Hatha Yoga understanding.

Please let us know who we can thank for your referral to our teacher training program and list two additional reference that we may contact to evaluate your understanding of the basic elements of Yoga practice. Please list your referral and reference persons with their contact phone number and/or email addresses. You will also be required to meet for a short interview before you are approved to this program. We will contact you upon reception of your completed application to continue this process.



300 Hour Yoga Alliance Registered Teacher Training Schedule & Pricing Options

PRICING AND REGISTRATION

*Applicants must complete the teacher training application, participate in a short interview with a Shine YTT instructor, and demonstrate a basic understanding of the core postures and principles of Hatha Yoga before being accepted into this teacher training program.

A \$500 non-refundable deposit & materials fee is due on approval to hold your spot in the program. We will be working with a minimum of 6 participants and a max of 12-14. If course is cancelled due to low enrollment, your deposit will be refunded. Cost of training includes 5 free classes at Shine per month. You will be required to obtain several books to support your training which are not included in the cost of this training.

Early Bird Pricing: until 12/20/19. \$500 deposit + \$3330 = \$3850

Pay In Full at Program Start: \$500 deposit + \$3650 = \$4150

Monthly Payment Plan:

\$500 deposit + 10 payments of \$400 for a total of \$4500

Your program price includes: the training course and basic materials, * 5 ADDITIONAL classes per month at Shine Yoga Center, additional classes offered at discounted rate throughout the training, and all basic electives with guest teachers. There may be ADDITIONAL electives offered at a discounted rate for those who are interested. Students will receive a Shine Yoga Teacher Training Manual but are responsible for acquiring items on our required reading list as well as a journal to record your journey. See below for pricing on making up missed course time.

Schedule Notes & Making Up Missed Time:

The program consists of 17 weekends and several other days of core content. The material offered in the core weekends is mandatory for you to receive your RYT and will require make-up work with an extra charge if missed. We will do our best to help you get caught up without charge. In the case that you need one-on-one time to make up missed time. In general, make-up sessions are \$25 for first hour/ \$15 for each subsequent hour in that session which may be split if other students are joining you for makeup work. Shine will work with students to make up work in the timeliest and most cost effective way for all! To fulfill Yoga Alliances standards you will be required to complete the core weekends + a minimum of 30 hours of personalized practicum and homework. You will also be required to complete 6-10 hours of practicum to receive your certificate of completion.

Along with our Training / Mentorship program we are offering a Student Immersion & Continuing Ed program. Students who wish to expand their study of yoga but who do not wish to earn a teaching certificate will be invited to join us for this program.

SCHEDULE

- Yoga Alliance requires 270 contact hours and 30 non-contact hours for the 300/500 ryt designations.
- Kate Noble is the lead trainer for the 2020 program and will be supported by a great team of assistants and guest teachers. We hope to do our best to follow the schedule listed below. It is possible that there at times may need to be some rescheduling due to inclement weather and teacher conflicts. We will do our very best to accommodate all students to get the time you need to fulfill the Yoga Alliance requirements.
- We start with a short weekend February 7 - 9.
Fri. 6-9 pm, Sat. 2-7 pm, Sun 9:15 - 4:15 pm

Following our short weekend, our regular weekend sessions will be scheduled:

Fridays 6 -9 pm, Sat. 10 - 7, Sun 9:15 - 4:15

Feb 7-9 short weekend*

* Sunday Feb 23 9:15 - 4:15

March 6-8

March 20 - 22

April 3 - 5** (K needs coverage for 4/5)

April 17 - 19

May 8 & 9 (no class on Mother's Day)

*Sunday May 17th 9:15 - 4:15

May 29-31

June 5-7

June 26-28

July 10-12

Aug 7-9

Sept 11-13

Sept 25-27

Oct 9-11

Oct 22-24

Nov 6 - 8

Nov 20-22

Graduation celebration TBD

Trainees must also complete a 6-hour practicum and 30 hours home study before certificate may be granted. Trainees have 6-10 months to complete this.



300 Hour Yoga Alliance Registered Teacher Training Agreement

I understand that Shine's Foundational Teacher Training Program consists of approx. 270 hours of mandatory core content and a minimum of 30 additional hours, including: electives, practicum, homework, and practice teaching in addition to a 6-10 hour teaching practicum before applying for YA registration. I understand that I will be expected to demonstrate my competency as a Hatha Yoga teacher by passing a written and in-class teaching exam at the end of the training course. Upon fulfillment of the program requirements and when my payments have been made in full, I will receive a certificate of completion for Shine Yoga's 300 hour teacher training program, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 300-hour Teacher Training program.

I understand that it is my responsibility to fulfill training hours, required reading, practicum, and homework exercises to fulfill the Yoga Alliance 300 hour requirements. **If I am unable to complete the training I will be given an opportunity to make up the work at an extra charge or to apply for a future training at a discounted rate.** Deposits are non-refundable and tuition refunds will only be offered in extenuating circumstances and will be prorated. I understand that Shine Yoga reserves the right to ask me to leave the program without refund if I am found plagiarizing, if my behavior is disruptive, inappropriate, negatively impacting other students learning, unethical, or violates the Yoga Alliance ethical guidelines. I understand that Shine Yoga reserves the right to ask me to leave the training with a prorated refund if it appears that my physical or mental health are not at the level to fully participate in the training.

I understand that Shine Yoga Teacher Training materials are under copyright protection and may not be reproduced without permission of the authors.

Photo waiver and release

I understand that at times our sessions may be photographed and/or video/audio recorded for educational and promotional purposes. I hereby grant Flourish Unltd. dba Shine Yoga permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of Shine Yoga and will not be returned. I hereby irrevocably authorize Shine Yoga to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo. I hereby hold harmless, release, and forever discharge the Shine Yoga from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I have read and accept the above terms and requirements:

Signature of Participant:

Date:

I have completed a Shine Yoga Registration, Release and Waiver of Liability Form: Initial yes:

*****If you have not yet completed a Shine Yoga waiver** - please obtain a Waiver in the studio or download and submit

Application submission checklist:

Application materials may be turned in to the studio, mailed to 3330 Erie Ave #15 Cin, OH 45208, or scanned and emailed to info@shineyoga.com (please use teacher training application in the subject line)

___ pg. 1 of this packet - application questions & answers

___ pg. 3 of this packet - participant agreement

Upon approval, please submit:

___ \$500 non-refundable deposit - please circle payment type: credit / check with # _____ / cash

___ Personal references per page 1 - include name, phone, and email

___ Which payment plan will you be utilizing (please circle) Early Bird / Pay in Full at Start / Monthly Plan

___ Waiver on file?

___ Administrators interview & approval - administrator to initial & date acceptance of application _____

___ Deposits and Tuition received - administrator to initial & date for deposit _____

Administrator initial, date, & include payment type for each training payment