



85 Hour Yoga Alliance PreNatal Yoga Teacher Training Application

Name: _____

Address: _____

City / State / Zip _____

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

E-mail: _____ Birthday: _____

Emergency Contact: (Name/ # / Relationship) _____

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

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

1. Please describe your personal Yoga background and practice experience. Include styles of yoga practiced/studied, primary teachers, length of practice, hours per week, strengths, challenges, etc.
2. Are you currently teaching Yoga of any type, and/or, have you completed a 200 hour approved RYT training program?
3. What does Yoga mean to you?
4. Do you have a home Yoga or meditation practice?
 - If yes, please share more about it.
 - If no, is there something that has prevented you from establishing a home practice?
5. What is your motivation to enter this training program?
6. If you have plans to teach Prenatal Yoga upon completion of this program, where will you teach?
7. Please share any other body-mind-heart or medical/birth assisting experience that you expect will enhance your skills as a Prenatal Yoga teacher.
8. 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 studying you are hoping to explore in this teacher training? ex. alignment, philosophy, etc.
9. 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 one reference that we may contact to evaluate your understanding of the basic elements of Yoga practice or pregnancy/child birth experience. Please list your referral and reference persons with their contact phone number and/or email addresses.

Referral Name _____ Contact Info: e-mail & phone # _____



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Program Requirements

MamaShine's Prenatal Yoga Teacher Training & PRYT Certification Program runs from May 19th - Sept. 9th (+personal home study & practicum time). The program is comprised of core training weekends, 10 hours of home study, and a 20 hour supervised practicum. Yoga Alliance requires Prenatal Teacher Trainees to teach an additional 30 hours of prenatal classes before becoming a Registered Prenatal Yoga Teacher with Yoga Alliance. Shine Yoga center is not responsible for securing this aspect of Yoga Alliance's practicum. You will receive an 85-hour Prenatal Yoga Teacher Training Certificate at the end of our training period upon completion of your practicum. If a student must miss class room hours - these must be made up with the lead instructor and will require an additional charge to make-up missed time.

(As you have only one lead instructor for this training, there is always the possibility of illness or emergency that may require a shift in the weekend training schedule. Every effort will be made to stay on schedule, but in the case of a schedule shift accommodations will be made that work with each student's schedule to make up this time.)

PRICING AND REGISTRATION

- Applicants must complete the teacher training application and must speak with an instructor, before being accepted into this teacher training program.
- *Application Fees & Material Deposits - A \$125 non-refundable application fee is due upon approval to hold your spot in the program. An additional \$175 non-refundable materials fee is also due by May 15th for our "pay at start" & "pay as you go" finance programs.
- Space is limited and a minimum number of trainees will be required to move forward with this training. Deposits will be refunded only in the case of the program's cancellation.

Pricing Options:

- **Early Bird** - \$1008 - when paid in full by May 1
- **Pay in full at program start** - \$125 Deposit, \$175 material fee due upon approval + \$1008 due by 5/15 = Total \$1308
- **Pay as you go program** :
 - \$125 deposit due upon acceptance + \$175 Material Deposit
 - + 4 additional \$300 payments due: 5/15, 6/1, 7/1, 8/1 = total of \$1500
 - (monthly payments - once made are non-refundable - even in the case of removal from program):*

MATERIALS

Students will receive a Shine Yoga Teacher Training Manual but are responsible for acquiring items on their own for our required reading list as well as a journal for notes throughout the training.

INQUIRIES/QUESTIONS:

Please submit your application and any questions by email to info@shineyoga.com with the subject title: "Prenatal Teacher Training." Applications may also be dropped off to the studio at 3330 Erie Avenue, Suite #15.

Core Content Sessions:



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Training Schedule

Fri. May 19th	5:30 - 8:30 pm	Intro Night
Sat. May 20th	12 - 7 pm	PreNatal Class + Training
Sun. May 21st	9 - 4	Training (a portion will be off-site)
Sat. June 24th	12 - 7 pm	PreNatal Class + Training
* ? Sun. June 25th	1 - 4 pm	Training
Fri. July 21st	5:30 - 8:30	Training
Sat. July 22nd	12 - 7 pm	PreNatal Class + Training
Fri. Aug 18th	5:30 - 8:30	Training
Sat. Aug 19th	12 - 7 pm	PreNatal Class + Training
Fri. Sept. 8th	5:30 - 8:30	Training
Sat. Sept. 9th	12 - 7 pm	PreNatal Class + Training

**See notes to right for practicum requirements.*

**If Sun. June 25th does not work for the group we will reschedule.*



**Trainees & Lead Instructor will need to create a personalized practicum during this training. Our regular Pre-Natal classes may be utilized for portions of your practicum. These classes take place on Wednesdays from 6-7 pm and Saturdays from noon - 1.*

Trainees must complete a 20 hour practicum during the training + 10 hours of home study to receive your Prenatal Teacher Training Certificate. Yoga Alliance also requires you to teach 30 hours before crediting your Yoga Alliance affiliation.



85 Hour Yoga Alliance Prenatal Teacher Training Agreement

I understand that Shine's Prenatal Teacher Training Program consists of mandatory core content and a minimum of 30 additional hours, including: electives, practicum, homework, and practice teaching. I understand that I will be expected to demonstrate my competency as a Prenatal 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, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed an 85-hour Prenatal Yoga Teacher Training program. I also understand that Yoga Alliance requires me to teach an additional 30 hours of prenatal classes before becoming a Registered Prenatal Yoga Teacher with Yoga Alliance. Shine Yoga center is not responsible for securing this aspect of Yoga Alliance's practicum.

I understand that it is my responsibility to fulfill training hours, required reading, practicum, and homework exercises to fulfill the Yoga Alliance 85 (+30 teaching) hour requirements. **If I am unable to complete the training I may 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 health or physical practice are not at the level to fully participate in the training. Trainees should be a healthy state of mind so that their teaching may be of the utmost positive value to their students.

I understand that Shine Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without permission of the authors. **As PreNatal Classes are a major source of supportive income for Shine Yoga Center, it is requested that graduates refrain from teaching PreNatal classes within an 8-mile radius of Shine Yoga Center with the exception of teaching at or on behalf of Shine Yoga Center unless. Special circumstances may be requested and approved in writing.**

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:** _____

If you have not yet completed a Shine Yoga waiver - please obtain a Waiver in the studio or download and submit a copy from the "Resources" tab of shineyoga.com and submit with your application.

APPLICATION SUBMISSION CHECKLIST:

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

- ___ pg. 1 of this packet - application questions & answers
- ___ pg. 3 of this packet - participant agreement

Upon approval, please submit:

- ___ \$125 non-refundable deposit + \$175 materials fee - please circle payment type: credit / check with # _____ / cash
- ___ Personal reference who can vouch for your yoga / pregnancy experience - include name and phone or email
- ___ Which payment plan will you be utilizing (please circle) Early Bird / Pay in Full at Start / Monthly Plan
- ___ Waiver on file
- ___ Administrators 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 on back of sheet

Please know we are so very excited to share this time with you --- and have the highest hopes that all will enjoy & benefit from our time together! ~ Kate Noble Director/Lead Instructor