



300 Hour Yoga Alliance Registered 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:

Participants of Shine’s 300 RYT Training Program are expected to have a basic understanding of the fundamental concepts of Yoga as well as experience with general yoga postures. Students are welcome to join our program for enrichment only. Teachers who wish to utilize our 300 hour training in order to earn their 500 RYT from Yoga Alliance must have previously completed an accredited 200 RYT training program.

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

1. Please describe your personal Yoga background, practice, and teaching experience. Include styles of yoga practiced/ studied/taught, Yoga philosophies explored, primary teachers, length of practice (personal & teaching), hours per week, strengths, challenges, etc.
2. What does Yoga mean to you?
3. 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?
4. What is your motivation to enter this training program?
5. Please share any other body-mind-heart experience that you expect will enhance your skills as a Yoga teacher.
6. 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.
7. 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. Please list your referral and reference persons with their contact phone number and/or email addresses.

* A personal interview is requested for each participant before acceptance and registration to this program.



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 \$350 non-refundable deposit is due on approval to hold your spot in the program.

Pricing Options:

- **Early Bird** - \$3650
(\$350* deposit due upon acceptance + \$3300 due by Oct. 1st)
 - **Pay in full at program start** - \$4000
 - **Pay as you go program: \$4200**
- 12 payments of \$350 Due on the first of the month.
- *Deposit and Monthly payments are non-refundable.
See refund policy on page 3.

We know first hand the financial challenges that can come with being a yoga teacher. We also value fair wage for service. We've worked to keep the price as affordable as possible for ALL students. At this time we do not have work/trade opportunities available at Shine. Your program price includes: the training course and basic materials, 5 ADDITIONAL classes per month at Shine Yoga Center, and all basic electives with guest teachers. There may be ADDITIONAL electives offered throughout the year 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 journaling materials to record your journey.

Schedule Notes:

Yoga Alliance requires 270 contact hours and 30 non-contact hours for the 300/500 ryt designations. This course consists of 15 weekend sessions placed throughout the course of one year. You can expect 1 - 2 weekends per month. We have scheduled several individual training sessions and will need to schedule an additional 6 hours of individual practicum & service hours with each student. You will be required to complete non-contact hours with homework & teaching practicum.

The material offered in the core weekends is mandatory for you to receive your RYT. The cost of the full 300 ryt training does include make-up hours to a reasonable degree. Excessive missed time will result in an additional charge to make up your hours.

SCHEDULE

Open House - TBA

Come meet your lead teacher and find out more about our program. @Shine Yoga Center

Program Starts ~ Friday, Oct. 20, 2017

Fridays 5:30 - 8:30 pm

Saturdays 10 - 6:30

Sundays 9 - 4:30 (portion off-site more details tba)

October 20 - 22

November 3 - 5

Fri. Nov. 17th 5:30 - 8:30

December 1 - 3

Fri. Dec. 15th 5:30 - 8:30

(2018)

January 5 - 7

January 19 - 21

February 9 - 11

March 9 - 11

Fri. March 23rd 5:30 - 8:30

April 13 - 15

May 11 - 13

June 8 - 10

July 13 - 15

August 3 - 5

September 7 - 9

September 28 - 30

October 12 - 14

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

Practicum must be completed before certificate may be granted. Trainees have 6 months to complete this. **Continuing education & immersion study opportunity also be offered for current Yoga Alliance teachers**, as well as current students looking to deepen their practice, throughout the training program in areas of anatomy, alignment, biomechanics, assisting & adjusting, heart centered teaching methodology, energetics, and more.



300 Hour Yoga Alliance Registered Teacher Training Agreement

I understand that Shine’s 300 RYT Teacher Training Program consists of a minimum and mandatory 270 contact hours of core content which includes a 6 hour practicum that may extend past the course curriculum plus a minimum of 30 additional homework and practicum hours outside of our time together at Shine. 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 a 300-hour Teacher Training program. The 300 hour training along with my previously completed 200 hour training will allow me to register as a 500 RYT with Yoga Alliance.

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 depending on attendance.

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 or physical practice 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.

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 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, 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:

___ \$350 non-refundable deposit - please circle payment type: credit / check with # _____ / cash

___ Personal reference who can attest for your yoga 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 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