



Application for Teacher Training, 2010 – '11

Wake Up Yoga Teacher Training at
Jai! (Add Jai's Address, logo ... whatever you like)

Thank you for your interest in Wake Up Yoga's Teacher Training program being held at Jai! This program is a 250-hour certification program that is recognized by the Yoga Alliance. Upon completion you will be able to register with the Yoga Alliance to become a Registered Yoga Teacher at the 200-hour level.

Because our program is intense and intensive, we accept applications from dedicated students who have had a committed vinyasa yoga practice for at least 2-years. In order to have your application considered, you must take a vinyasa class with Julie; it is highly suggested that you also take a vinyasa class with Corina at Wake Up Yoga. Check out www.WakeUpYoga.com to see her current class schedule.

Before submitting an application, please carefully review the dates we will meet. Because the Yoga Tradition is essentially about love it cannot be learned just from books or notes, rather it is passed on from Teacher to Student. Therefore it is essential that students be in the classroom to receive the transmission. We aim for Perfect Attendance; no-one can complete the program if they miss more than 10 cumulative hours; some hours missed will have to be made-up in order to be considered for certification. Once the program begins, students are required to practice yoga at least 4 times per week, and keep a practice journal.

This program is a thorough foundation for the exploration of yoga, teaching participants how to be lifelong and reverential students of yoga in order to be powerful, effective and inspiring yoga teachers. *If yoga has changed your life and you want the profound privilege of sharing that with others, this program will prepare you to embark upon that journey.*

Here are the dates; please print and keep this first page for your records!

Classroom time will be:

Tuesdays & Thursdays, 11:30 am – 2:30 pm:

September 21, 23, 28 & 30, 2010. October 5, 7, 12, 14, 19, 21, 26 & 28, 2010; November 2, 9, 11, 16, 18, & 30, 2010. December 2, 7 & 9, 2010. January 11, 18, 20, 25 & 27, 2011. February 1, 8, 15, 22, 2011. March 1 & 2, 2011 (Teaching Clinics scheduled for March around students' availability). April 5, 7, 12 & 14, 2011.

4 Wednesdays from 7:30 – 9: 15 pm at Wake Up Yoga Fairmount: February 2, 9, 16 & 23, 2011

Weekends:

Anatomy: November 5 – 7, 2010 (Friday: 6-9 pm; Saturday 9 am – 4 pm; Sunday 11 am – 3 pm (at Jai!))

Introduction to Ayurveda Workshop: Saturday, December 4, 12 – 5 pm (at Jai!)

Weekend Retreat: January 14 – 16 at Pendle Hill (Friday, 7 pm – Sunday, 5 pm)

Sanskrit & Yoga Philosophy: February 5 & 6, 11 am – 5 pm (at Jai!)

One Day Meditation Sit, Saturday, February 26, 12 – 5 pm (at Wake Up Yoga Fairmount)

Yoga Sutra Chanting, April 1 – 3, Friday, 7-9:30 pm, Saturday, 11 am – 4 pm, Sunday, 11 – 4 pm (at Wake Up Yoga South)

The program will conclude with a closing Celebration on Thursday, April 14, 2011.

The application deadline is June 22nd. Applicants will be notified by June 30. The maximum number of students we can accept is 18. After this application deadline, students could be accepted into the program provided there is space. **Upon acceptance, please read the book: *The Shambhala Guide to Yoga*, by Georg Feuerstein by the first day of class.**

The cost of the program is \$3,100 (includes 8 months of unlimited yoga classes!). Receive a \$200 discount if paid in full by September 21st. Payment plans available; please ask if this is preferable to you. Please submit a non-refundable deposit of \$200 (checks payable to: Jai!) with your application. If you are not accepted into the program, your check will be returned to you.

If you feel confident that this is the program for you and you are ready and willing to make this extraordinary commitment, please submit this application, either in person, through email or snail mail. If you have questions about the program, please email Corina@WakeUpYoga.com, Pogvy@mac.com, or Alane@WakeUpYoga.com. We will be happy to answer your specific questions, and even put you in touch with past graduates to inquire about their experience.

Thank You and Namaste!

Application

1. Name _____

2. Address _____

City/State Zip _____

3. Phone _____ email _____

4. How long have you been practicing Yoga? _____

5. Who have been your teachers? _____

6. Why do you want to enroll specifically in this teacher training program?

7. What are your hopes/expectations of the program?

8. Do you meditate? If so, what technique(s)? How often?

9. Do you have any scheduling conflicts? (please list)

10. What does it mean to be a student (of yoga, of a teacher training program)?

11. What does it mean to be a teacher?

15. (complete this sentence) To me, Yoga is _____

By submitting this application, I, _____, acknowledge that this is a
(print name)
tremendous undertaking. Should I be accepted, I will do everything in my power to be
present and prepared for all scheduled classes.

(sign)

(date)

Thank you very much for your time and interest! We will notify you very soon!