



## 200 Hour Teacher Training Program Application

City Yoga is excited to offer its renowned teacher training program beginning March 23rd, 2007. This 11 weekend intensive, taught by LA's most senior certified Anusara Yoga instructors Noah Mazé and Anthony Benenati and special guest teacher Carlos Pomedá, is designed for students interested in becoming teachers, pre-existing teachers wishing to refine their craft, and students interested in simply deepening their practice and understanding of yoga. This training is Yoga Alliance registered and will be taught in the Anusara style of hatha yoga, a uniquely integrated system founded by John Friend\* that combines Universal Principles of Alignment with the uplifting and life-affirming philosophy of the Hindu Tantra. This program will not only immensely deepen your understanding and practice of yoga, it will positively affect your life, and empower you to share this profound practice with others! *Anusara* means to "step into the flow of grace", and seeks to empower you to live in your highest potential.

\*For more information on Anusara founder John Friend, go to [www.anusara.com](http://www.anusara.com)

Students who wish to participate can choose to take the course in two parts.

**Part I -Yoga Immersions-** 100+ hours of study into the core teachings of Anusara Yoga including; Universal Principles of Alignment, yoga philosophy, theory and history.

**Part II -Teacher Training-** 100+ hours includes anatomy and biomechanics, asana (postures), pranayama (breath), meditation, and the Art of Teaching (class composition and sequencing, use of voice, observation and hands-on adjustments, themes and demonstrations, and yoga therapeutics).

### Program Schedule:

Part I	March 23-26	Part II	June 8-11
	March 30-April 2		June 15-18
	April 27-30		July 13-16
	May 4-7		July 20-23
	May 18-21		July 28-29 Carlos Pomedá
			August 10-12

Included in your tuition is **20 free yoga classes** to be used during the course. This is to help you with the mandatory classes required. There will be weekly required homework, quizzes and a take home final exam. At the end of the program all students who have completed the training hours (including mentorship), completed all of their required homework and passed the final exam will receive a certificate of completion from City Yoga and students will be eligible for Yoga Alliance registration. All hours also count towards certification in Anusara Yoga.

**Times:** Fridays 4:00-7:00 pm  
Sat 12-6 and Sun 12:30-5:30pm  
Mondays 6:30-8:30 am

**Reading:** A required reading list will be given to you once you are accepted into the program. Books must be purchased separately and City Yoga offers a 15% discount to trainees.

### Program Tuition:

\$2950 if paid in full by Feb 23rd, 2007; \$3200 after. Tuition must be paid in full by the start of training, There is a \$500 non-refundable deposit required. Those students who wish to participate in only one, but not both parts will be reviewed on a case by case basis.

Thank you for your interest in our training program and we look forward to being a part of your journey.



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## Personal Information

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

### Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

### Please answer the following questions:

Is this your first training? If no, list prior trainings. \_\_\_\_\_

How long have you been practicing hatha yoga? \_\_\_\_\_

Who are the main teachers you have studied with? \_\_\_\_\_

Do you have any injuries or physical limitations or medical conditions (diabetes, epilepsy, pregnancy)? Please list.

In your opinion, what qualities embody a good yoga student? Why?

In your opinion, what qualities embody a good yoga teacher? Why?

Why do you want to take a City Yoga Teacher Training Program?

What personal qualities or attributes do you feel you possess that will help you in teaching yoga and contribute to this training?



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### Payment Information

\$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount, full payment is required on or before Feb 23rd. All tuition is due no later than the start of the program.

#### I am paying by check.

If paying by check, please drop completed application and check to a member of the desk staff. You can also mail the check with your application to:

City Yoga  
7904 Santa Monica Blvd.  
West Hollywood, CA 90046  
ATTN: Teacher Training

*\*Please include driver's license number, State and expiration date on the front of you check.*

**I am paying by credit card.** \_\_\_ MasterCard \_\_\_ Visa \_\_\_ American Express \_\_\_ Discover

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Is your billing information the same as your mailing address?

Yes

No. My billing address is: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**I hereby authorize the above payment of \$ \_\_\_\_\_**

**Please initial: \_\_\_\_\_**

I understand that if I fulfill all the requirements of the City Yoga Teacher Training, including in-class hours, mentorship, homework, quizzes and final exam, 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 200-hour Teacher Training program.

I understand that City Yoga reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or Anusara ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future Teacher Training and my remaining balance will be refunded. If I cancel within 14 days of the start of the training, I will forfeit my \$500 deposit but my remaining balance will be refunded. **Once the program begins, tuition is non refundable and non-transferable.** I understand that all City Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

**I have read and accept the above terms and requirements:** Yes No



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### Frequently Asked Questions:

Are books and materials included in the price of the training?

Students who are accepted into the training will receive a book list for the training. These are not covered in the cost of the training, however trainees will receive 20% off their books if purchased at City Yoga. No credit will be given on tuition for books already in students possession. All other printed materials handed out during the training are included.

When will my 20 class pass begin?

As part of tuition to a 200-Hour Teacher Training Program at City Yoga, you are eligible for a 20 class series. Your series will begin at the program start date and will be entered into the system after we have officially accepted you into the program and your payment has been paid in full.

When will I find out if I have been accepted into the program?

After you submit your completed Teacher Training Application, you will be contacted via email within 2 weeks. Your payment will be processed upon acceptance. If you are not accepted into the program, we will guide you on a path that will help you prepare for a future teacher training.

How proficient in yoga do you have to be to do the program?

The City Yoga Teacher Training program includes rigorous asana practice. We strongly recommend that applicants have one year of consistent asana practice and are relatively comfortable practicing handstand and urdhva dhanurasana. If you are new to yoga, this would not necessarily disqualify you from being accepted into the program. However, if you have a regular yoga practice and are looking for a deeper understanding of the practice and history of yoga, it's postures, alignment and the ability to create and convey a comprehensive, safe sequence to others – this is the program for you.

What if I miss a class?

To obtain a certificate of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class:

#### Absent Policy:

To get the most out of your Teacher Training Program, it is critically important that you attend 100% of the training.

If you miss 1-2 days: You may still complete the program with your class provided that you schedule a private session (or group session) with a Designated Trainer at some point during the program. A two-hour private session equates to one full day of training. The cost of a private session is \$100 per hour. Please contact the Assistant to schedule the make-up session. The maximum number of private make-up sessions is two.

If you miss 3-4 days: You will not be able to complete the program with your class, and you will need to make up the classes in a subsequent training. You may choose to make up the first two days you miss with a private session during your training, but the additional days you will need to take in a subsequent training. The fee for retaking up to 4 days in a subsequent training is \$100/day.

If you miss 5+ days: You will need to retake the program, at a discounted price, subject to space availability.



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### Frequently Asked Questions (con't)

Do you offer scholarships or work-exchange programs?

City Yoga offers a limited number of partial scholarships each training to prospective students with exceptional circumstances. For a partial scholarship, City Yoga offers up to 50% discount off the full tuition in exchange for 100 hours of a work-exchange position. Positions vary from being an assistant in the training to marketing and retail assistance. To apply for a scholarship, please contact Anthony Benenati at [anthony@cityyoga.com](mailto:anthony@cityyoga.com). Spaces are limited & not guaranteed to be available.

How much time should I expect to spend on homework?

Between 8 to 12 hours per week on written assignments and class observations. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for non-credit. However, if you wish to receive your Certificate of Completion for the course, you must attend all the sessions and complete all the homework assignments.

Where can I stay?

We do not offer any accommodations for our program, but Craig's list ([www.craigslist.com](http://www.craigslist.com)) is a great source for finding short-term housing. Simply select the state and region, and it provides some helpful links for housing rentals.

What is the Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios across the country are requiring their teachers to register with the Yoga Alliance, either at the 200 or 500 hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently there are no legal certification requirements to be a yoga teacher.

Will I be qualified to teach yoga once I complete the 200-Hour Teacher Training Program?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework, and exam, you will receive your Certificate of Completion evidencing your training at the 200-Hour Level. You may also register with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) at the RYT-200 level (Registered Yoga Teacher 200). Graduates of the 200-hour program usually begin teaching in small studios, gyms, with private clientele (friends and family), etc. Many new teachers decide to continue their Teacher Training education with John Friend as a way to further solidify their skills, knowledge and style as a yoga instructor and eventual certification in Anusara Yoga. More information on Anusara Yoga can be found at <http://www.anusara.com>. Although it is a highly recommended path, you do not need to be Anusara Yoga certified in order to teach yoga.



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### Frequently Asked Questions (con't)

#### What is Anusara?

Anusara (a-nu-sar-a), means "flowing with Grace," "going with the flow," "following your heart".

Founded by John Friend in 1997, Anusara Yoga is a powerful hatha yoga system that unifies a Tantric philosophy of intrinsic Goodness with Universal Principles of Alignment. Currently, Anusara Yoga is one of the most popular and fastest growing yoga styles in the world with over 1200 affiliated teachers and 100,000 students world-wide.

Anusara's remarkable popularity is due in large part to its uplifting philosophy, epitomized by a "celebration of the heart," that looks for the good in all people and all things. Consequently, students of all levels of ability and yoga experience are honored for their unique differences, limitations, and talents. This life-affirming vision sets the basis for a yoga system in which the harmony and joy of a tightly knit community is exulted.