



Yoga Teacher Training Information

April 2012 – November 2012

About this 200 hour Yoga Alliance Approved Training Program

This program has been developed as an enriching and educational experience. Upon completion of this program you will have a deeper understanding of yoga, whether it be to enhance your own practice or to teach others. Graduates of this program are eligible for registration with Yoga Alliance at the 200-hour level.

This program presents a well-rounded foundation in the following areas:

- Yoga history and philosophy
- Teaching methodology and practice teaching
- Asana alignment, benefits, contraindications, precautions and modifications
- Pranayama and meditation techniques
- Business aspects of teaching yoga
- Anatomy and physiology of the human body as related to yoga asanas
- Yoga lifestyle and ethics of yoga practice and teaching (yamas & niyamas)
- Teaching language, including Sanskrit, verbal cueing and incorporating class theme
- Mentoring sessions with the Director of Teacher Training throughout the program

Requirements of this program, details of your commitment:

- Attendance at the following teacher training sessions:
 - 2012 Dates of sessions (Thursdays – Sundays)
 - April 26, 27, 28, 29
 - May 17, 18, 19, 20
 - May 31 & June 1, 2, 3
 - July 12, 13, 14, 15
 - August 16, 17, 18, 19
 - September 27, 28, 29, 30
 - October 18, 19, 20, 21
 - November 1, 2, 3, 4
 - Meeting times of sessions
 - Thursdays 6:30 pm – 8:30 pm
 - Fridays 6:00 pm – 8:30 pm
 - Saturdays 9:00 am – 5:30 pm (lunchbreak included)
 - Sundays 10:00 am – 4:00 pm (lunchbreak included)

Nirvana Yoga
4183 W. Streetsboro Road
Richfield, OH 44286
330-564-3773
www.nirvanathruyoga.com



- Minimum of 30 asana classes at Nirvana Yoga, instructed by Melissa Cugini, 15 are included in your tuition, additional classes available at a discount (see below)
- Completion of outside reading, research and writing assignments
- Participation in peer group meetings outside of training sessions (minimum 2)
- Keeping an asana and meditation journal
- Completion of a silent retreat day

Cost (tuition) for this program:

- \$2950, of which \$350 is payable as deposit when you submit your application.

Not included in program tuition:

- **Required** – books selected for the program curriculum – complete list will be provided upon acceptance to the program (approximately \$120 if purchased new)
- **Required** – cost of attending occasional yoga classes outside of Nirvana Yoga for purposes of completing written assignments for the program (approximate cost of \$10 - \$15 per class, not to exceed 10 classes)
- **Required** – 15 additional yoga classes taught by Melissa Cugini at Nirvana Yoga (approximate cost \$115, with your training discount, see below)
- **Optional** – additional classes at Nirvana Yoga (beyond the 30 classes required) any additional purchased during your training are available at a discount (see below)

Perks of this program:

During the duration of the program, from start date to graduation date, those enrolled will receive 25% off regularly priced merchandise at Nirvana Yoga as well as 30% off any class passes purchased for their own use.



How to Apply:

Application is due by March 15, 2012. Your application must be completed in its entirety and submitted with the following attachments. **Note:** if your application is incomplete and/or missing attachments, you will not be considered for acceptance to Nirvana Yoga Teacher Training.

Required attachments, to be submitted with this application to the address below:

- If you are not a regular and current student at Nirvana Yoga, a letter of recommendation from a yoga teacher. If you have questions regarding this, please contact the studio at 330-564-3773.
- If you are not a regular and current student at Nirvana Yoga, a letter of recommendation from an employer, mentor or friend (not a family member).
- A recent photo (you alone, head or full body shot acceptable).
- \$350 deposit to be applied towards tuition if accepted. \$50 non-refundable, \$300 refunded if not accepted. This deposit must be in the form of a check or money order made payable to Nirvana Yoga and attached to the application.

Application review & acceptance process: upon review of application, if the applicant is not a current student at Nirvana Yoga, a face-to-face interview will be scheduled for the applicant with Melissa Cugini, director of Nirvana Yoga Teacher Training. Interviews will be scheduled on a rolling basis, as applications are received. Final selection will be determined, and applicants notified via email, by April 1, 2012. Accepted applicants **MUST** confirm their acceptance within 5 business days of notification, or they may forfeit their place in the program. If you do not have regular access to email, you may call the studio at 330-564-3773 to check your status.

Tuition Payment: students must pay their remaining balance in full by April 10, 2012. No refunds will be given after April 15, 2012. Payment can be made by cash, check or money order (payable to Nirvana Yoga) – or via credit card (please note credit card payments will incur a 3% transaction fee). Contact the studio directly to deliver/make your tuition payment.



Yoga Teacher Training Application (please print clearly and fill out completely)

Full Name: _____ **Date of Birth** ___/___/___

Address, City, State, Zip: _____

Your Phone Number: _____ **Alternate Phone Number:** _____

Email Address: _____

Emergency Contact Name & Phone: _____

Please answer the following questions on a separate, typed page.

1. When and where was your first yoga class, what brought you to that class, and what from that class experience drew you to return to yoga class?
2. Total Number of Years Practicing Yoga: _____
Please provide additional information including styles of yoga and teachers you have practiced with.
3. Describe your current practice and detail your personal practice, if you have one.
4. Please list any yoga/yoga related workshops or trainings you have completed.
5. Describe your educational and professional background outside of yoga.
6. Why do you want to complete this Nirvana Yoga teacher training?
7. Regarding your expectations for this training, what do you hope to gain, learn or work on?
8. Do you wish to teach yoga upon completion of this training? If so, please briefly describe in what capacity.
9. How would you evaluate your health? Do you have any physical or mental limitations or conditions we need to know about? Please list any medications you are currently taking, and if any, for what conditions.