

North Main Yoga Teacher Training Application

Name: _____ Date: _____

*Before applying, please be sure you have taken at least **two classes with Brian and two classes with Liz**. In this way, we will be sure that you resonate with our methods of teaching and will want to learn from us over the next year.*

Application Questions

1. What brought you to your first yoga class?
2. How long have you been practicing yoga?
3. How would you describe your yoga practice now?
4. What styles of yoga and with which teachers have you practiced?
5. What style of yoga resonates the most with you personally?
6. Name 2 or 3 books that have influenced you personally or spiritually.
7. Why do you want to take **this** teacher training in particular?
8. What is your intention or what do you hope to get out of this year-long study? If you intend to teach, why do you want to teach?
9. Please list any injuries or pre-existing conditions you may have.
10. Review the attached training dates. Are there any scheduling conflicts of which you are already aware? Do you foresee any conflicts in completing this training (financial, attendance, or otherwise)?

Requirements for Your Studies

- Attendance one weekend per month; Saturday and Sunday 10:45-12:15 (vinyasa class) & 1:00-5:00 (discussion, lecture and hands-on application)
- 3 hours of elective credit per month *with an approved teacher* of your choice; must be documented and turned in monthly. You may ask Liz and Brian for recommendations of workshops or teachers, or you may use these hours to pursue something of interest to you. Options include:
 - workshops
 - observing class
 - assisting Liz or Brian
- 10 hours of practicum teaching- assisting class, teaching yoga to friends, etc. Some of these hours will be during our weekend meeting times.
- Read assigned books and come to class with homework prepared. Homework will not be accepted late.
- Participate in group discussions, remaining on topic and listening to the ideas of others.

Policies of North Main Yoga

- Attendance of all classes is expected. If you miss class, you are responsible for obtaining the notes from a classmate. You must turn in a written summary demonstrating an understanding of the material you missed. In some cases, you will be required to meet with Liz & Brian to make up the class material, you must pay \$40 per hour for class time.

September 18 & 19

October 16 & 17

November 20 & 21

December 11 & 12

January 8 & 9

February 12 & 13

March 19 & 20

April 9 & 10

May 14 & 15

June 11 & 12

July 16 & 17

August 6 & 7

September 17 & 18

- Being on time is required to show your professionalism and respect for everyone's time. If you are late more than three times, you will be asked to leave the training. (We will make exceptions for true emergencies.)
- Cost of the training includes unlimited yoga classes at North Main Yoga, this does not include workshops or elective classes.
- Upon successful completion of this course, you will be issued a certificate of completion and an application for registry with Yoga Alliance. This is not awarded solely based on hours or subjects completed; it is also determined by the teachers' assessment of the student's grasp of concepts, ethical behavior, and materials presented.
- Follow the attached Code of Conduct. Failure to do so will result in being asked to leave the training.

Code of Conduct

As a student in North Main Yoga's Teacher Training program, I will:

- 1. Be kind.*
- 2. Be honest.*
- 3. Be humble and know my limits.*
- 4. Respect others and their time.*
- 5. Remain open to new ideas.*
- 6. Conduct myself in a professional manner in all settings.*
- 7. Communicate clearly.*
- 8. Set an example for others through my words and actions.*

I have read the above and agree to follow the Code of Conduct. If accepted, I will do my best to be an example for my fellow trainees and those in the community.

I agree to the requirements and policies of this training.

_____ (signed) _____ (date)

We look forward to working with you and meeting with you in the near future. Please contact us with any questions. You can reach Liz via email-- nmyoga@bellsouth.net or Brian via phone-- 241-0870.

Namaste,
Liz & Brian

