

# *Empower* YOGA

## 200-hour Hatha Grounded & Aerial Yoga Teacher Training Certified by the Yoga Alliance

Student Application (2016-2017)

Personal Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact (Name & Phone): \_\_\_\_\_

Current Occupation: \_\_\_\_\_

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## Pre-requisites for the EYL Hatha Yoga Teacher Training

- It is suggested that students unfamiliar with Hatha Yoga classes to take at least a Hatha Basics class at Empower Yoga. We will cover how to teach all styles of classes offered at Empower Yoga. A complete schedule of classes can be found online [www.empoweryogalove/classes](http://www.empoweryogalove/classes).
- Students do not need to be experts in any aspect of Yoga, but they do need to have a well-established Hatha Yoga practice that has been consistent for at least 6 months.
- Students should have a love of Yoga and a strong desire to pass that love of Yoga on to others.
  - Students should be in good physical and mental health (minor injuries/illness may be accommodated).

## Tuition

- \$2550 for the comprehensive 200-hour Hatha Yoga training, certified by the Yoga Alliance. If paid in full by September 15<sup>th</sup> there is a \$350 discount, bringing the total to \$2200.
- The full tuition must be paid before the first session or a payment plan can be arranged. We can conveniently work out a payment plan for you. If you are still making payments after Teacher Training Graduation, your certificate will be held until final payment.
- Tuition includes the program teacher training manual that will be handed out at the beginning of the session. Tuition does not include the required text books or yoga mat. It is suggested to buy two blocks and a strap for you to practice with at home.

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## Level of Program

Empower Yoga's 200-hour Hatha Grounded & Aerial Yoga teacher training certification will include 180 hours of contact hours with registered yoga teacher trainers, anatomy videos, as well as include 20+ hours of homework.

The program will be led by Program Director - *Rose Batignani* E-RYT 200 E-RYT 500; *Sondra Thompson*, RYT 200; and *Frank de la Cruz* E-RYT 200. The school is registered with the Yoga Alliance and will offer you a solid foundation to not only teach yoga to all levels, but will include a variety of styles, including *hatha basics, vinyasa flow, ashtanga vinyasa, gentle restorative yoga, and yin yoga*. In addition, we will dedicate 20-hours of the training to include Aerial Yoga. During yoga teacher training, you will develop, strengthen and build upon your own asana practice and meditation and understand the traditions behind yoga.

In addition, we now offer a 250-hour Hatha Yoga Teacher Training Mentorship Track Program

## Training Times

Fridays: 5:00 – 8:00pm

Saturdays: 8:45am – 5:30pm

Sundays: 12:00 pm - 5:30pm

## Training Weekends:

Weekend 1: September 30th - October 1st

Weekend 2: November 4th - 6th

Weekend 3: December 2nd - 4th

Weekend 4: January 13th - 15th

Weekend 5: February 3rd - 5th

Weekend 6: March 3rd - 5th

Weekend 7: March 31st - April 2nd

Weekend 8: April 28th - April 30th

Weekend 9: May 19th – May 21st

Weekend 10: May 26 - 28th

- *you will be allowed to miss one weekend and will be required to make up missing dates.*

## Required Text Books

Yoga Sutras by Patanjali by Sri Swami Satchidananda

Yoga Anatomy 2nd Edition by Leslie Kaminoff and Amy Matthews

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Please answer the following questions in detail

1. How long have you been practicing Yoga? What style of Yoga do you mainly practice?  
Include dates and certifications, if any.
2. Where do you currently practice? Please also list your primary instructors.
3. Do you teach Yoga? If so, what style and for how long have you taught?
4. Please share with us what your daily practice entails? Which postures do you typically do?  
Do you have a meditation practice? Do you read books on yoga practice and philosophy, if so, which ones call to you most?

