

The Yoga School at The Yoga Ground
200-Hour Yoga Teacher Training
Summer/Fall 2021

Who is this training for?

- This training is for you if you are ready to dive deeply into yoga. Yoga is so much more than postures. A desire to learn, honor and live yoga philosophy is needed.
- This training is for you if you are more interested in spreading and sharing yoga than you are about sharing pictures of yoga postures on Instagram. You must be passionate about being of service to your community.
- This training is for you if you are ready to be vulnerable and are willing to look at yourself. You will receive a lot of feedback. You must be willing to celebrate your gifts and the gifts of others. You must also be willing to learn about your shadow side and hold up a mirror for others to do the same.
- This training is for you if you are ready to be a changemaker. If you are able to honor yoga's roots while growing it in a direction of social change and impact.

Training Schedule:

- Training consists of 14 weekend modules (1-3 days each), one 3-weekend intensive, and four 1-on-1/small group meetings with lead trainer over a six month period.

Cost:

- Total cost of this training is \$2999. This includes all 14 modules (paid at the time you sign-up for each module), plus a \$607 non-refundable deposit, and \$1000 for the intensive (due before September)

Scholarships:

- **We will be offering many scholarships in the increments below:**
 - o \$2000 off = 999 – 40% off all weekend modules, \$82 up-front, non-refundable deposit, \$82 due before September for Intensive. **Only one available.**
 - o \$1500 off = \$1499 – 40% off all weekend modules, \$264 up-front, non-refundable deposit, \$400 due before September for intensive
 - o \$1000 off = \$1999 total – 25% off all weekend modules, \$365 up-front, non-refundable deposit, \$590 due before September for intensive.
 - o \$500 off = \$2499 total – 10% off all weekend modules, \$466 up-front, non-refundable deposit, \$780 due before September for intensive.

Application Deadlines: 5/31/21

Your tuition includes:

- 14 teacher training weekend modules ranging from 2-15 hours/weekend
- One 42-hr YTT intensive
- Four 1-on-1/small group meetings with lead instructor
- 140+ contact hours with the lead instructor or guest teachers of this program
- Yoga Alliance Registered RYT 200hr Certification upon passing
- Unlimited yoga from June 1, 2021-November 30, 2021

Yoga classes during your YTT:

- You are required to take 3 yoga classes/week to complete your training.
 - o You can take these classes at TYG, other studios, or our video library.

Policies:

Application guidelines:

- You must have a minimum of 1 year of a yoga practice – exceptions granted with instructor approval
- You must have taken 3 classes at The Yoga Ground prior to acceptance – exceptions granted with instructor approval
- Everything you say in your application is confidential, unless it indicates harm to yourself or others.
- You can print out pages 5-8 in this application and email it back or drop it off in-studio
- Not all who apply for our training will be accepted
- Certification is not guaranteed and is dependent upon satisfactory completion of all requirements.

Acceptance procedures:

- In your acceptance email there will be a payment agreement, ethics agreement, criteria for certification agreement, liability waiver, and first-payment document.
- All 5 documents must be completed and returned to The Yoga Ground no later than 1 week after your application is accepted. Once received, your selected form of payment will be immediately charged the agreed-upon up-front, non-refundable fee.
- If your documents are not completed and returned 1 week after you receive your acceptance email, your scholarship and spot will not be held and will be opened to another applicant.

Payment Policies:

- You will pay for each of the 14 weekend modules at the time that you sign up for them.
- A non-refundable deposit is due to The Yoga Ground no later than 1 week after receiving your acceptance letter. This deposit holds your space and covers admin fees and one-on-one meetings throughout the training

- Your intensive fee, which will be set in your acceptance letter and agreements, is due by September 1, 2021.
- There will be a 4% Credit Card Processing fee added to your deposit and intensive payments if paying by credit card.

Certification requirements for graduation:

- All of the following must be completed in before the end of March 2021:
 - o Attend all 14 weekend modules
 - o Attend the intensive
 - o Meeting 4 times with lead instructor for one-one-one/small group sessions
- Take 3 classes/week
- Successfully complete all written and video homework assignments by their due dates.
- Observe 5 yoga classes at The Yoga Ground (virtual or in-person)
- Show competence while teaching your practice classes

Extended Learning Policies:

- If at the conclusion of the training you do not pass the exam or show competence in your practice teaches, you will have the option to extend your teacher training based on the assessment of the lead instructor at the rate of \$40/hour.

Training overview:

Approximates hours of study & practice: 200 (includes contact hours & homework)

Yoga Philosophy/Yoga Lifestyle/Ethics (35 hours)

- The Yoga Sutras & the 8-Limbed path (specifically the first 3 limbs)
- Karma Yoga & The Bhagavad Gita
- Introductory to meditation & breathwork

Anatomy & Physiology (16 hours)

- Subtle Energetic Anatomy Principles including the Chakras, Vayus & Koshas
- Anatomy of the upper & lower body

Learning how to teach Yoga Postures (89 hours)

- Postural Groups include:
 - o Neutrally Rotated Standing Postures
 - o Externally Rotated Standing Postures
 - o Sun Salutations
 - o Core Strength
 - o Backbends
 - o Lateral Bends
 - o Twists

- Forward Bends
- Seated Postures
- Supine Poses
- “Advanced Postures”
- Restorative Postures
- Basic Sanskrit of common yoga postures

Tools on how to Thrive as a Teacher (32 hours)

- Gain confidence in what you have to say and speaking in front of a group
- Learn to give specific and effective verbal cues to students in postures and transitions
- How to theme a yoga class
- Sequencing your own yoga class
- Hands-on-adjustments
- Business of yoga
- Ethics

Teaching Practice (33 hours)

- Observing classes of current teachers at The Yoga Ground
- Lead the lead instructor in sun salutations
- Lead the lead instructor in 5 postures
- Lead one 1-on-1 60-minute class with the lead instructor
- Lead one 60-minute class to your YTT mini-cohort
- Lead one 60-minute community class to the public

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200-Hour Yoga Teacher Training Application

Please mark all scholarships you would like to be considered for:

- \$1500 off = \$1499 total
- \$1000 off = \$1999 total
- \$500 off = \$2499
- \$2000 off = \$999 total (only 1 offered)
- None, I will pay the full price of the trainings - \$2999 total

Training totals are not paid up front. There is an up-front, non-refundable deposit (see page one) and the rest is paid throughout your training

Please mark the appropriate one:

I have taken at least 3 classes at The Yoga Ground

I have not taken at least 3 classes at The Yoga Ground

Personal Information:

Full Name:

Occupation:

Address:

Cell Phone:

Email:

Emergency contact name, phone, and relationship to you:

Preferred pronouns:

Date of Birth:

Open ended questions:

We know there are a lot of questions below. We will not be accepting more than 12 people for this training. Please take your time to answer these questions fully and thoughtfully. Please type or neatly handwrite your answers to these questions on separate sheets of paper. Please retype/rewrite the questions to your answers before your answers for easier evaluation:

1. Tell us why should you be considered for the scholarships that you marked above? How will getting your yoga teacher certification at this tier help you and others in your future? How are you going to pay-it-forward? How do foresee giving back to your community with yoga?
2. What does commitment mean to you?
3. How can we best support you in your growth during this teacher training?
4. Write a short paragraph description about your most influential teachers and the qualities you admire in them:
5. What are your spiritual beliefs?
6. What is the story of your yoga life? How long have you been practicing for and in what capacity? What first brought you to your yoga mat and what keeps you coming back? What did yoga first mean to you and what does it mean to you now? Where do you currently practice? How has your yoga practice personally affected your life?
7. Why do you want to be a yoga teacher? Why is now the right time for you to do this?
8. Why do you want to do this specific teacher training?
9. What gifts, skills, strengths and talents will you bring to this training? How will these support the community?
10. What qualities do you possess that will support your success as a yoga teacher?
11. Describe the population and style of yoga you envision gaining the skills to teach. Who is your ideal yoga student?
12. Describe your relationship with feedback:
13. Where do you go when things get hard? What is your default mode? What can I say to you that will return you to action when you are stuck?
14. Think of someone who knows you really well. What tips would they give me as your teacher?

15. If someone were giving a speech about you, what would you want them to say?
16. If you were giving a speech to a room of 500 people on any topic, what would you want to say? What message would you want them to walk away with? How would you want them to leave feeling?
17. What two steps could you immediately take that would make the biggest difference in your life?
18. What do you consider unique about yourself?
19. What breaks your heart? What frustrates you? Angers you?
20. What positive contribution do you want to bring to the world?
21. What is missing in your life?
22. What specific life experience has most helped you in your personal development?
23. What is a specific challenge you have encountered and how did you handle it?
24. How would you rate your overall physical health? Please include any conditions that might require special attention or inhibit your ability to do certain yoga postures. (This does not disqualify you from acceptance, it is just for safety) Do you have any injuries, or physical, mental or emotional limitations that may affect your participation? Any allergies?
25. What else should we know about you?