

Sundari Yoga 2012 Teacher Training Application

Dear Yogi/ni

Thank you for your interest in applying to the Sundari Yoga 200 hour teacher training program!

The information you provided in this application will give us a fuller picture of your past experience, present talents and future vision. The application process is intended to help you clarify your personal direction for your yoga training, while cultivating an atmosphere of accurate self-assessment without judgment. The information you provide will be kept confidential. The more you put into this process the more meaningful and empowering this training will be for you.

Please print neatly. Feel free to attach additional page if needed. After reviewing your completed application I will follow up with you via email to notify you of the status of your acceptance.

Namaste,

Jennifer Allen Logosso, Training Director



The Sundari Yoga Teacher Training program is approved and registered Yoga Alliance

200 hour training program lead by Director Jennifer Allen Logosso and an expert adjunct faculty.

TRAINING DATES:

Weekend 1: January 20,21,22

Weekend 2: February 18,19

Weekend 3: March 17,18

Weekend 4: April 21,22

Weekend 5: May 19,20

Weekend 6: June 23,24

Weekend 7: July 21,22

Weekend 8: August 4,5

Regular Weekend schedule is: Saturdays 9:00am – 7:00 pm and Sundays 9:00am-6:00pm.

COST OF TRAINING WITH CERTIFICATION

The tuition for the 2012 Sundari Yoga 200hr Teacher Training is \$2,600.00. It includes 8 lecture weekends, unlimited free yoga classes for the length of training, feedback on homework assignments, a comprehensive manual and direct access to the faculty for questions and guidance. Upon completion of the necessary requirements as set forth by the Yoga Alliance the trainee will receive their certification which allows them to apply for the National Yoga Alliance Registry Mark.

COST OF TRAINING AS AN IMMERSION

Students who wish to broaden their personal practice may participate in the training as an immersion. In doing so they would not be required to submit written homework or take the written and practical exams. These participants will not receive a certification for yoga instruction. Immersion students will receive a certificate of course attendance but NOT a certification. Immersion students will not attend the last weekend of the training as that is a testing weekend.

The cost for this option is \$2,200.00

PRE-TRAINING REQUIREMENTS

Candidates for Sundari Yoga Teacher Training and Immersion are required to have a current and consistent yoga practice. Students are also required to have a basic understanding of yoga principles. To ensure the highest level of education and integrity, the program will be limited to 15 participants. The studio reserves the right to decline an application if we feel that a student is not ready for the commitment that the program demands. If the studio declines an application there will be a full refund of the deposit fee. For more detail on payment plans and refund policies please refer to the application below.

YOGA CLASSES during training are included with tuition!

Beginning the first weekend of training January 20th thru August 4, 2012 classes are

included with the price of your tuition. **INCENTIVE - Pay in full at time of application acceptance and your free classes begin then and run until you receive your certificate of certification/completion. That means if you apply and are accepted in October 2011 your free classes begin then!**

REQUIREMENTS FOR CERTIFICATION

- 100% Attendance for each training session. (exceptions will be made on an individual basis for extreme emergencies) No late arrivals or early departures will be permitted.
 - Complete all required reading assignments.
 - Complete and submit all written homework.
 - Attend a minimum of 2 yoga classes each week.
 - Commit to a personal, self guided practice at least 2 additional days a week.
 - Observe 3 classes and take notes on what you observe.
 - Assist 6 classes with a certified teacher.
 - Organize and teach at least 2 short classes each month to a small group (This may be friends or family)
- Participate in volunteering 15 hours of your time in an approved Karma yoga program (approved karma programs will be discussed the first weekend)
- Pass the written exam with a score of 80% or higher
- Pass a practical assessment which requires you to teach a full 75 minute class.

INTRODUCTION TO CURRICULUM

The art of teaching yoga requires sensitivity, compassion and practice. A teacher must encourage, inspire and address the needs of each individual student while balancing the dynamic flow of the group. The Sundari Yoga program approaches the teaching of the ancient art of yoga with a practical and modern sensibility. This program is designed to give the participants a comprehensive and intensive study of the broad base of yoga culminating in a journey of self-study and personal transformation. Along the way trainees will be encouraged to expand and challenge what they define "yoga" to be. Through exposure to other healing arts trainees are encouraged to create their own signature style that expresses their own unique spirit.

The Sundari Yoga teacher training program is committed to supporting each participant through quality educational instruction and a nurturing environment. Students will be exposed to multiple asana styles including, Classical Hatha Yoga, Ashtanga, Iyengar, and Kundalini. Participants will also explore yoga philosophy and Ayurveda. The program examines the physical, emotional and mental aspects of yoga through a variety of teaching methodologies including journaling, group discussions, music and art, practice teaching and field trips to places of deep sacredness.. Students will be able to participate in a wide variety of teaching activities including theoretical applications, asana practice, breathing practices, meditation, lecture and discussions, and the creation of personal ritual where learning is achieved through the discovery of experiential knowledge. Participants are encouraged to passionately immerse themselves in their own practice in order to gain insight into both the technical knowledge of yoga as well as the ability to communicate that knowledge to others.

Highlights of the Program Include:

- Teaching techniques: including special populations such as prenatal, injuries/ illnesses and seniors
- Anatomy and Physiology as related to yoga postures and the Luminous Energy Body
- The practice and teaching of postures with variations and modifications
- The practice and teaching of basic breathing, meditation and relaxation techniques
- The principles of sequencing
- Basic Ayurveda and yogic health principles
- The language of yoga: Sanskrit terms and common Mantra
- The Business of Yoga
- Yoga Philosophy, History and Ethics
- The creation of Ritual and Sacred Ceremony in personal practice as well as class formats
- Fieldtrips to Sacred Ceremonial Sites

REGISTRATION DEPOSIT DEADLINE: December 1st 2011

A \$500 non-refundable registration deposit is required to secure your spot in the training program. It must be paid in check or cash. The final balance may be paid using a Visa/MC.

TUITION:

Certification Track \$2,600.00

Immersion Track \$2,200.00

Payment Plan

As an option for trainees who need it we offer a payment plan. After the initial deposit is paid via check the plan is set up as an ACH transaction to be debited from a checking account or credit card the same time each month.

Certification Track

\$500 deposit due with application

6 payments of \$375.00

Total paid \$2750.00

Immersion Track

\$500 deposit due with application

6 payments of 308.33

Total Paid \$2350.00

Full tuition payment is **non-refundable** if trainee decides not to attend the program once it has begun. In the event that the trainee decides *not* to attend the program at least one month in advance of the start date, all monies will be refunded except for the \$500 application fee. In the extreme case of a personal emergency Sundari Yoga has discretion to decide if partial tuition will be refunded. If weekends or portions of weekends are missed the trainee must schedule and make up the hours at the rate of \$100 per hour. All hour requirements must be fulfilled or certification can not be granted.

I understand and agree to the above refund policy _____
Signature

Sundari Yoga 200 hour Teacher Training Application

Name:

Nick Name (opt.):

Mailing Address:

City/ State/ Zip Code:

Cell Phone:

Home Phone:

E-mail:

Date of Birth:

Emergency Contacts (List 2, Name/ Phone Numbers):

- 1.
- 2.

Are there any previous or current injuries or physical challenges you will be working with?

Please list any medications/dietary supplements/herbs you are currently taking?

Please submit a headshot photograph with this application (so faculty can get to know your name prior to the first day of training).

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Your Relationship to Yoga: (Feel free to attach a separate piece of paper to allow for the full length of your answers)

1. List previous yoga study.
2. List any experience with pranayama and/ or meditation.
3. List previous teaching experience (if any, not required).
4. Are there any other mind/body/spirit practices that you practice or teach?
5. How has yoga affected your life and your relationship with the world?
6. Why do you want to be a yoga teacher?

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Self Assessment:

Scale from 1-3 (1=no experience/ability, 2=average student of that discipline, 3=extremely comfortable) Feel free to add a brief commentary, if you desire.

Strength

Flexibility

Balance

Inversions

Backbends

Chanting

Meditation

Spotting/Adjustments

Trust

Courage

Playfulness

Communication

Receiving feedback

Time management

Self promotion and marketing

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Personal Story:

1. How did you find out about this training?
2. List any professional/educational degrees or certificates you have received.
3. Who inspires you and why?
4. List any additional hobbies or interests.
5. What is your favorite yoga pose?
6. What is the yoga posture that you find most challenging?
7. Anything else you'd like to share:

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Application Checklist:

Recent Headshot/Photograph

Complete answers to application questions

Hand deliver or mail application with deposit check to:
Sundari Yoga (Attn: Teacher Training)
823-F Ann Street
Stroudsburg, PA 18360

Meet Application Deadline by September 30th, 2009

Note:

* Class will be capped at 15 Students to ensure quality time with each participant.

* Sundari Yoga maintains the right to decline an application.

If you have any questions about the training or the application please e-mail admin@sundariyoga.com