# Application [www.atlasstudio.com](http://www.atlasstudio.com)

## **Atlas Kundalini**

## **Yoga Teacher Training**

220Hour Certification

If you have this application in your hands, it is proof of your desire and commitment to take your yoga practice to the next level and demonstrate your passion by devoting your time to the intense study of the broad spectrum of kundalini yoga. Some of you will go on to teach and for others this is simply a part of deepening your own personal practice or expansion of the knowledge base that you are currently teaching from. Regardless of your reasons for applying to this program we will all learn and grow together in ways that we cannot imagine until we are there. Welcome to the next step in our yoga journey.

The curriculum includes instruction and practice in classic kundalini yoga techniques including centering, warm-ups, asanas (postures), pranayama (breathing exercises), deep relaxation, kriyas, meditation and integration. In addition to the techniques and a foundation in yoga philosophy, functional anatomy, biomechanics and physiology, you'll learn effective methods for designing classes, introducing new postures, clarifying details and guiding students into a deep, integrated yoga experience balancing precise physical alignment with a patient, reflective, compassionate attitude.

An estimated thirty million+ North Americans[[1]](#footnote-1) practice yoga as a means for managing stress, promoting health, retarding the aging process and creating a more meaningful life. This 220-hour professional training program is designed to provide training and experience for the career-minded student of yoga to gain the skills and confidence necessary to become an effective kundalini yoga teacher. Those certified in this program will be granted all the rights of a **Certified Atlas Kundalini Yoga Teacher**. Successful completion of the program allows you to use the "Atlas" name in resumes, advertisements and other promotional materials. Atlas Studio is registered with the Canadian Yoga Alliance at the Gold level. This gives you a 30% discount on your membership and discounted insurance. All faculty are registered with CYA and theDirector is certified with the International Association of Yoga Therapist.

**Programs:** Live/Online/Virtual and in-person when and if possible: April 2022 – January 2023

**Director:** Denise Davis-Gains **email:** info@atlasstudio.com **Tel:** 519.240.9642

**Tuition:** 3900.00 plus HST = 4407.00 (if you continue on to complete your 500hr YTT you get a rebate of 3900.00)
Note: If you register for the 500hr YTT Certification you are able to take the Kundalini YTT as no additional charge. 500hr YTT is 5400.00 plus HST.

Attach photo here : )

**Application Package:**

* Completed application form
* Application essay
* Full resume
* Photo (passport size)
* Deposit
* Method of payment

**Tuition**

3900.00 due 45 days before the program starts

plus HST

**Application fee:** 50.00

**Deposit:**

500.00 non-refundable\* [[2]](#footnote-2)\*deposit required upon acceptance of offer of admission.

**Balance:**

3350.00 Balance of Tuition due 45 days before the program begins.

All other financial arrangements must be discussed and approved by the director.
HST is added to all amounts.

**EMAIL TRANSFER $ to** **info@atlasstudio.com** **call to arrange to pay cash/credit 519.240.9642**

**CANCELLATION POLICY**

Because of application process and preparation required for each student in teacher training programs, cancellations earlier than 45 days prior to the program start date will be charged a 100.00 cancellation fee.

If you cancel later than 45 days before the program start date, you will forfeit your 500.00 deposit.

If you drop out of the program after the start date, there will be no refund.

You may, however apply your tuition balance to other programs.

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

(Please print)

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

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 (full mailing address and address during the program)

Telephone Numbers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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##### Personal History

Occupation (If you're not currently employed, your vocation, training, or profession):

How did you find out about this program?

Number of years practicing kundalini/hatha yoga: . How has your involvement changed and developed over time? What does yoga means to you?

Are you currently taking yoga classes?  No  Yes How many times per week?

What tradition/style? How long have you been taking the class?

Comments:

Other relevant education and/or training (indicate type, level, length of training):

Are you currently teaching yoga?  No  Yes

How many times per week? -week series

  On-going class  Substitute

What tradition? How long have you been teaching?

Comments:

Why did you choose Atlas Kundalini Yoga Teacher Training?

**HEALTH INFORMATION**

Describe your present state of health:

 Physical limitations:

 Serious illness, injury or major surgery within the last two years:

 Under medical treatment or supervision for:

 Current psychotherapy, counseling or psychiatric treatment:

 Hospitalization for psychiatric care within the last two years:

 Drug or alcohol history:

**HEALTH INFORMATION** (continued)

Please check and clarify any of the following conditions that apply to you:

 Allergies:

 Arthritis:

 Asthma:

 Chronic sinus condition:

 Diabetes:

 Endocrine conditions:

 Epilepsy:

 Glaucoma:

 Hernia:

 Hypoglycemia:

 Heart conditions:

 High blood pressure:

 Low blood pressure  Intestinal conditions:

 Osteoporosis:

 Recent injuries:

 Recent surgery:

 Spinal conditions:

 Ulcers:

 Urinary conditions:

WOMEN:

 Menstrual conditions:

 PMS symptoms:

 Pregnant (due date):

 Hysterectomy:

 Menopause symptoms:

Please describe any other physical or mental conditions that would be helpful for your instructor to be aware of. List any medications you are taking and the conditions you are taking them for.

**In case of emergency, please contact:**

Name: Relationship: Telephone:

Physician: Telephone:

Therapist: Telephone:

I certify that the above information is true and complete to the best of my knowledge and that I will not hold Atlas Yoga Studios or my instructor liable for any mishaps arising from my participation in yoga class.

Signature Date

##### The Application Essay

The application essay should be 300-500 words explaining why you would like to become a yoga teacher and why this is the right time for you to pursue this decision at this point in your life.

##### Resume

Please attach a full resume of your academic and working experience.

***Please sign this agreement and return with your registration form and other documents are described above.***

**CANCELLATION POLICY**

If, for any reason you must cancel, the following conditions apply:
• If cancellation is 45 days before the program begins or earlier you will receive a full refund, minus a $100.00 service charge.
• If cancellation is later than 45 days before the program begins, you will forfeit your $500.00 deposit.
• If cancellation is after the program begins, there will be no refund.
• You may, however, transfer your tuition to another program.

**Certification Requirements**

In order to receive your Atlas 220hr Kundalini Yoga Teacher Certification your tuition must be paid in full, and regular attendance is required. Missing more than two days of training, or missing practice teach sessions could put your certification in jeopardy. If, due to circumstances beyond your control, you are unable to attend a few sessions, a reasonable effort will be made to allow you to make up the material, however there is no guarantee that this will happen in time for you to graduate with your class. In addition to training sessions, home practice and independent study assignments are required to integrate the material learned in class.

You must demonstrate your knowledge and understanding of yogic concepts and practices by successfully completing written and practical examinations. If necessary, you may re-take the exams until this understanding is demonstrated. During mandatory practice teach sessions you must demonstrate an ability to guide and teach yoga classes using the methodology presented in the training. All required work must be completed before graduation. You must have a current CPR/First Aid certificate to graduate.

As a final certification requirement, it is important that you be balanced and conscious in your behavior and adhere to the code of ethics outlined below.

**Code of Ethics**

The nature of yoga (union of body, mind and spirit), on or off the mat, is to open the body and psyche through which profound transformation can occur. As teachers of yoga, we are stewards of the trust our students place in us. It is our responsibility to uphold and foster a safe and sacred environment in which to allow this work to happen. It is essential that anyone teaching Yoga have a high degree of personal integrity and maintain clear boundaries in the role of serving the students.

Holding ourselves as teachers places us in a position of power over our students, however subtle or obvious. We become mentors, facilitators and helpers. Some students may idealize us or project that we are wiser or more evolved than they are.

As professionals, we must remain aware of this power dynamic and never exploit the vulnerability of a student for personal gain or gratification. Professional organizations (such as Kripalu Center, Insight Meditation Center, The American Psychological Association, etc.) require waiting periods of 6 months to 2 years before acting on an attraction that began in a care-giving or mentor-student context.

Students need to have a place to come where they can safely open their hearts, observe their own deeper dynamics and be free from sexual distractions and conditioned behaviors. Because of this, we ask that yoga teachers refrain from sexual involvement with students.

The intention is not to be punitive or repressive. Although our first commitment is to practice restraint with romantic involvement, we recognize that an attraction between a student and teacher could develop, with care and sensitivity, into a healthy, conscious relationship.

**AGREEMENT**

1. I agree to hold myself as steward of safe and sacred space by refraining from romantic or sexual relationship with any student.
I understand that a sexual or romantic relationship is potentially distracting and possibly even harmful for the student who has come to do inner work. I will not invite, act on, respond to or allow sexual, romantic contact during the time that person is a student in my class, even if the student is the initiator.

2. If a romantic attraction does develop with a student, I agree to seek support and clarity from an objective party before involving the student or acting on the attraction.

3. I understand that the purpose of this agreement is to protect the environment of sanctuary for the students and to support the clarity, consciousness and self-responsibility of individuals. I agree that my purpose as a yoga teacher is to serve the students' personal exploration. I agree that I will avoid any activity or influence that is in conflict with the best interests of the students or is solely for my own personal gain or gratification.

**I have read and understand the terms and conditions as outlined in this document, and agree to be bound by these conditions.
I understand that I must meet the above criteria to in order receive certification. I agree to honor this code of ethics.**

Name
 PLEASE PRINT

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Keep this copy for your records.***

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1. <http://www.yogajournal.com/press/yoga_in_america>

<http://www.thestar.com/life/health_wellness/fitness/2013/03/19/yogas_evolution_from_basement_studios_to_big_business.html>

<http://www.namasta.com/pressresources.php> [↑](#footnote-ref-1)
2. \* Non-refundable - after you are accepted into the program. If you are not accepted into the program your deposit will be returned less a 50.00 administration charge. [↑](#footnote-ref-2)