

ATLAS YOGA TEACHER TRAINING

200~Hour Certification at Atlas Yoga Studios ~ Cambridge

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 40 weeks of your life to the intense study of the broad spectrum of 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 hatha yoga techniques including centering, warm-ups, asanas (postures), pranayama (breathing exercises), deep relaxation, meditation and integration. In addition to the techniques and a foundation in yoga philosophy, functional anatomy 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 twenty three million North Americans practice yoga as a means for managing stress, promoting health, retarding the aging process and creating a more meaningful life. This 200-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 yoga teacher. Those certified in this program will be granted all the rights of a **Certified Atlas Yoga Teacher**. Graduates will be eligible to register with the Ontario Yoga Association (Formerly the Federation of Ontario Yoga Teachers) and the American organization, YOGA ALLIANCE and registering with one or more of these organizations allows you to use the registry mark, RYT (registered yoga teacher), and successful completion of the program allows you to use the "Atlas" name in resumes, advertisements and other promotional materials.

After graduation, you will have the support of a network of yoga teachers: locally through Atlas Yoga Teachers Association and you will be eligible to join YA(www.yogaalliance.org) and other local and international yoga organizations.

Program applying for: February 2011 ___ July 2011 ___ September 2011 ___

(No classes Christmas Week, New Years week, Reading week and March Break)

Dates & times dependant on the program you are applying for.

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

Tuition: 2900.00 plus HST(due 6 weeks before the start of any program)

(includes the \$250 non-refundable registration fee)

Late payment fee 200.00

If you require residency please contact Denise directly to make arrangements for a home-stay or other accommodations.

Application Package:

- Completed application form
- Application essay
- Full resume
- Photo (passport size)
- Deposit (if applying after six week deadline – please include full tuition plus late fee.)
- Method of payment
- One copy of the ethics agreement

Attach photo here :)

Tuition

2900.00

Payment Schedule:

Deposit:

250.00 non-refundable* *deposit required with submission of application

Balance:

2650.00 Balance of Tuition due upon acceptance of offer of admission into the program

If tuition is not received by the above deadlines, candidate may lose priority status.

All other financial arrangements must be discussed and approved by the director.

ENCLOSED IS MY CHECK FOR \$ _____

PLEASE BILL MY CREDIT CARD \$ _____

Visa MasterCard Amex# _____

Exp Date _____ Billing Postal Code _____

Signature _____

CANCELLATION POLICY

Because of application process and preparation required for each student in teacher training programs, cancellations earlier than 6 weeks prior to the program start date will be charged a 250.00 cancellation fee.

If you cancel later than 6 weeks before the program start date, you will forfeit 20% of the program cost.

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

Name: _____

(Please print)

Address: _____

_____ (full mailing address and address during the program)

Telephone Numbers: _____

Email address: _____

Date of Birth: _____

* 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.

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 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 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 as described above.

CANCELLATION POLICY

If, for any reason you must cancel, the following conditions apply:

- If cancellation is 6 weeks before the program begins or earlier you will receive a full refund, minus a \$250.00 service charge.
- If cancellation is later than 6 weeks before the program begins, you will forfeit 20% of the cost of the program.
- If cancellation is after the program begins, there will be no refund.

CERTIFICATION REQUIREMENTS

In order to receive your Atlas 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 their 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.

CANCELLATION POLICY

If, for any reason you must cancel, the following conditions apply:

- If cancellation is one month before the program begins or earlier you will receive a full refund, minus a \$50.00 service charge.
- If cancellation is later than one month before the program begins, you will forfeit your \$250 deposit.
- If cancellation is after the program begins, there will be no refund.
- You may, however, transfer your tuition to another program.

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