



300-hour Teacher Training Application

March 10th – Nov 4th 2018 Training Dates and Times:

The 300 hrs MYS Professional Teacher Training Program consists of 14 training weekends beginning Saturday, March 10th 2018 and ending on Sunday, November 4th 2018. All training dates are held on Saturday, and Sunday.

Training Dates:

March 10th and 11th

June 2nd and 3rd

October 20th and 21st

March 24th and 25th

August 11th and 12th

November 3rd and 4th

April 7th and 8th

August 25th and 26th

April 21st and 22nd

September 8th and 9th

May 5th and 6th

September 22nd and 23rd

May 19th and 20th

October 13th and 14th

Saturday: 8:00 am – 7:00 pm

Sunday: 11:00 am - 7:30 pm

The MYS TT Program Curriculum Includes, but is not limited to:

- Meditation and Asana Instruction
- Embodying Your Practice, both on & off the mat
- Yoga Philosophy & the Ethics of Teaching
- Teaching Instructions and Practice exercises
- Hands-on assisting
- Posture Alignment Principles
- Anatomy
- The Business of Yoga and Self-promotion
- Opportunity to teach to the public (in a professional studio)
- Give & receive Empowering Feedback

Reading Requirements (Please note, books are not included in tuition but can be purchased at MYS at a discounted price)

Journey Into Power by Baron Baptiste

40 Days to Personal Revolution by Baron Baptiste

The Anatomy of Yoga by Leslie Kaminoff and Amy Mathhews

The Yoga Sutras of Patanjali as translated by Sri Satchidananda

In addition to the work done directly with the Mystic Yoga Shala TT Staff, participants are expected to:

- Attend ALL training sessions and participate 100% throughout the program
- Complete all reading, research, and written homework assignments
- Memorize Baron Baptiste's 90-min. "Journey into Power" Asana sequence
- Practice asana six days a week and meditation everyday at home or in studio

Tuition Information:

Tuition:

Non-refundable Application Fee: \$50, to be submitted with application

Tuition: \$3,900.

300 Hour Teacher Training Total Cost: \$3,950.

Payment plans available with written agreement.

Save \$300 if paid in full by February 14th, 2018.

Please e-mail at info@mysticyogashala.com for any inquiries.

Application and Acceptance Information:

Applications:

Applications and fees using a check, credit/debit card, or cash can be submitted to the MYS front desk staff or mailed in to Mystic Yoga Shala, 80 Stonington Road / Suite 2B, Mystic, CT 06355. Please place your completed application and application fee in a sealed envelope with the Letters TT-APP on it.

Please make checks payable to Mystic Yoga Shala.

Program Acceptance:

Once a completed Application and fee are received, applications are reviewed by the order in which they are received. Each applicant will be contacted by MYS staff member for a short phone interview within one week after their application is reviewed. Accepted students will then be officially notified via email containing a welcome letter and informational packet. Once accepted, all deposits and tuition requirements must be met on schedule. If an accepted applicant fails to meet these requirements, his/her acceptance and fees may be subject to forfeit.

Application

Please print and complete this application and also include a page (if needed) with your questionnaire answers. Submit all forms to the front desk of the Mystic Yoga Shala or mail it in to Mystic Yoga Shala, 80 Stonington Road / Suite 2B, Mystic, CT 06355 along with your deposit or CC information in a sealed envelope marked TT-APP. Applications will only be reviewed when both the completed application and application fee are received.

Part I — Personal Information

First Name _____ Last Name _____

DOB: Month day year ___/___/___

Gender: ___ Female ___ Male

Address _____ Apt # _____

City _____ State _____ ZIP _____

Day Phone _____ Evening Phone _____

Email Address _____

Current Occupation _____

Emergency Contact:

Name _____

Phone _____ Relationship _____

How did you hear about our program?

___ In Class Announcement ___ Teacher Where? _____

___ Friend ___ Other Explain: _____

Part II — Questionnaire:

Please respond thoroughly to the following questions. Please type or clearly write your answers on separate sheet of paper:

1. What is your intention for attending the Mystic Yoga Shala Teacher Training?
2. What do you hope to work on or learn during this training?
3. How long have you been practicing yoga? Do you have a home practice? If so, what does it consist of or look like?
4. What styles of yoga do you practice or have you explored?
5. Is your yoga practice physical, spiritual or both?
6. Are you currently a yoga teacher? Where and how often?
7. If you are 200Hr certified teacher where and when did you take your 200hr training program?
8. Please list any and all yoga trainings and retreats you've attended

9. Are you currently, or during the last two years have you been under the care of a physician or mental health professional (psychiatrist, therapist, or other health care professional)? If yes, please explain.

10. Please list any medications you are currently taking or have taken in the last year prescribed by a health care professional.

11. Do you feel you have any physical, mental, or emotional limitations that could prevent you from fully participating?

12. Are you willing to commit 100% of yourself to this process and be open to coaching and open to feedback? Please explain.

Certification Requirements:

100% attendance and participation for all training dates and times. Completion of all homework assignments. Certifications are awarded at the full discretion of the MYS Senior Staff.

Application Agreement and Terms:

I understand that upon fulfilling all of the listed requirements of the Mystic Yoga Shala 300 Hour Teacher Training Program, I will be eligible to receive my MYS 300-Hour Teaching Certificate and be permitted to register as a Certified 300 Yoga Teacher with Yoga Alliance.

By signing below, I acknowledge and agree to the payment schedule above and understand that once accepted into the program, payment is non-refundable. I understand that if payment is not received by the stated deadlines, my space in the program will be forfeited and my deposit is non-refundable. Further, if at any time I choose not to continue or complete the program, I understand that my payment is non-refundable.

I have completed this application including the questionnaire to the best of my knowledge and ability, and I understand that this completed application does not guarantee acceptance into this program.

If accepted, I hereby commit to being fully present and following through with this process of personal growth, professional growth, and growth of the global yoga community.

I accept that neither the instructor, Mystic Yoga Shala Staff or Mystic Yoga LLC is liable for any injury, loss or damages, to my person or property, from the result of taking this training or any class or workshop at the Mystic Yoga Shala. Those under 18 years of age must have this application signed by a parent or guardian.

I authorize Mystic Yoga Shala, LLC to initiate credit card debit entries for tuition payments according to the schedule listed above.

Name (please print) _____

Signature Date

Signature of Parent or Guardian if under 18 Date

Credit Card Number _____ Expiration Date _____

Code on Back of Card _____

Name on card _____

Billing Address _____

