

Hari OM!
Dear Yogi/Yogini,

Thank you for your interest in the Integral Yoga Accessible Teacher Training Program. This course includes special individualized accommodations to help people with disabilities become Integral Yoga teachers. While this course will offer support to help you complete the 200-hour basic Yoga teacher certification, it will still be an intensive program that will take a serious commitment of time and energy. If you are interested in delving deeper into the science of Yoga, and learning how to share these teachings with others, then we are hopeful that we can work together to help you achieve this goal.

The 2008-2009 training will begin on Tuesday, October 14, 2008 and end on Friday, May 22, 2009. We will meet two days a week for three hours at a time over the course of seven months. We will meet on Tuesdays and Fridays from 11:30pm - 2:30pm at the Piedmont Yoga Studio at 3966 Piedmont Avenue in Oakland, which is an accessible space. Each three-hour session will include a half-hour break. Also, regular make-up sessions will be offered on Mondays from 1:00-2:30 if you miss a class, or if you need extra time to review the material. We will not have class on December 23 and 26, 2008.

There are two main aspects to the training: deepening your personal practice of Yoga, and developing the skills needed to become a Yoga teacher. To deepen your practice, we will work together to build an individualized home practice of asana (Yoga postures), pranayama (breathing practices), and meditation. You will also be asked to keep a journal about your progress, and to participate in check-in meetings and group discussions. We will study the major aspects of Yoga, including asana (poses), philosophy, pranayama and meditation techniques, anatomy and physiology, diet, and more.

In order to apply this knowledge and share it with others, we will focus on how to teach a beginning level Yoga class. You will be asked to memorize names and other details about specific asanas, breathing practices, guided relaxation and meditation. You will learn class instruction and other teaching techniques. You will also be asked to attend one Yoga class per month outside of class and to write up an evaluation of these classes.

While the certification will be in beginners level Yoga, we will take time to look at modifications to the practices for people with physical challenges. Spreading the course over seven months will allow plenty of time for these skills to develop, and

we have a variety of techniques available to assist you with this aspect of the course.

In the practice of Yoga a supportive community is considered to be the most helpful tool. So, an important benefit of this training will be the support of the group, and the creation of a community of Yoga teachers with disabilities. By working together and supporting each other we can transcend our limitations and achieve great things.

The tuition for the training is \$2000. This includes all required texts and the teacher training manual. A scholarship program is available and scholarships will be given out according to need. A refundable deposit of \$100 is required along with the completed application. If necessary, the tuition can be paid over time without penalty.

The application deadline is Monday, September 15, 2008. Once I receive your application and deposit I will contact you to set up a meeting to discuss the program further. Or, feel free to contact me if you have any other questions.

I am looking forward to embarking on this adventure with you, and spending time in the study and exploration of the science of Yoga. May your life be filled with peace and joy, love and light!

Om Shanthi,



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Accessible Teacher Training
Application 2008-2009

Name:

Date:

Address:

Phone:

Email:

Cell Phone:

Age:

Date of Birth:

Please describe your current Yoga and/or meditation practice, and how long you have been practicing.

Are you familiar with Integral Yoga?

How did you hear about the Accessible Teacher Training Program?

Please describe your disability.

What aspects of participating in a Yoga teacher training, if any, are you most concerned about? (*for example: memorization, attendance, getting to class on time, seeing yourself as a teacher, etc.*)

How would you describe your overall health?

Do you have any medical conditions that would limit your participation, or that we should be aware of?

Do you have a history of depression or other psychological disorder? If so, please describe:

If you are applying for a scholarship please describe your financial situation. Please note how much tuition you can afford to pay. Keep in mind that you can make monthly payments for a total of seven months.

Essay Question:

Please describe, in detail, those factors in your personal and spiritual background that have led you to apply for this program. Please indicate how you intend to use the knowledge gained here. Include any other information that you think might be useful in helping us serve you.

In applying for this training I am making a conscious decision to learn the Integral Yoga method of teaching, and to abide by the rules of the program as defined by the program administrators. I understand that all efforts will be made to accommodate my disability, but completion of the course and certification cannot be guaranteed.

I take full responsibility for my health and overall well-being and will not hold the program or its administrators responsible for my condition.

I also understand that the tuition may be refunded up to two weeks into the training, but that after that date refunds will be determined on an individual basis.

I agree to all of the above,

Signature:

Date: