

Hari OM! Dear Yogi/Yogini,

Thank you for your interest in the Integral Yoga Hatha 1 Teacher Training Program. This program conforms to Yoga Alliance national standards for Yoga teachers at the 200-hour level. We recommend that you have an active Yoga practice and some experience with Integral Yoga before applying for this program. You can gain this experience just by coming to the Institute and taking some classes.

The spring 2009 program begins on Monday, March 23rd, 2009 and runs for twelve weeks, ending on Monday, June 15th, 2009. Classes will meet on Monday and Wednesday evenings from 6:00pm–9:00pm, and Saturdays from 9:00am–5:00pm. There will be a three-day retreat at Commonweal Retreat Center in Bolinas, CA, from 5:00pm Friday, May 15th to 3:00pm Sunday, May 17th. We will not have class on Monday, May 18th, Saturday, May 23rd, or Monday, May 25th.

This is a time-intensive course in which students are expected to attend all classes and spend many hours studying and practicing on their own. Other than the class time mentioned, students will be expected to have a daily Hatha Yoga, pranayama, and meditation practice; keep a daily sadhana journal; take at least one drop-in Hatha Yoga class per week; complete daily reading assignments; and memorize class instruction. In order to receive a diploma, students must also pass two written tests and a final practical exam.

The tuition for the training is \$2750. This includes all required texts, the retreat, lunches on Saturdays, and all drop-in Hatha Yoga classes that you wish to take during the training. There is a non-refundable application fee of \$50, which is applied toward tuition. Once you are accepted into the program there is a \$200 deposit that will only be refunded before the start of the program. The balance of the tuition (\$2500) is due on the first day of class and will only be refunded during the first two weeks of the course. A payment plan is available at no extra cost. The application deadline is Monday, March 2, 2009.

Please feel free to contact me if you have any other questions. I look forward to spending time with you in earnest study and exploration of the glorious science of Yoga. May your life be filled with peace and joy, love and light!

Om Shanthi,

Rev. Jivana Heyman
Director of Teacher Training
(415) 821-1117 ext. 375

training@IntegralYogaSF.org

Hatha 1 Teacher Training
Application – Spring 2009

Name:

Date:

Address:

Home Phone:

Email:

Occupation:

Business Address:

Cell Phone:

Age:

Date of Birth:

Please describe your experience with Integral Yoga.

Do you practice meditation regularly?

If so, since when?

Please describe your meditation practice.

How did you hear about the Integral Yoga Teacher Training Program?

Are you vegetarian?

Do you smoke, drink, use recreational drugs, or have other addictive behaviors? It is thought that these behaviors interfere with the Yoga practices. Are you willing to work on letting them go?

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.

Health Information: *This information is being requested in order to serve both you and the Integral Yoga community better: Responses will be kept confidential.*

Have you ever had, or do you currently have, any serious injury, illness, or disability?

If so, please describe:

Do you have a history of depression or other psychological disorder?

If so, please describe:

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 Integral Yoga Institute as defined by the program administrators. Being accepted into this course does not guarantee that I will be certified to teach yoga or that I will teach at the Integral Yoga Institute.

I understand that the application fee is non-refundable, and the deposit is not refundable once the program begins. But, the tuition may be refunded up until two weeks after the training has begun.

I agree to all of the above,

Signature:

Date:

