

Hari Om!

Dear Yoga Teacher:

The Yoga for Healing Teacher Training will focus on adapting the basic Integral Hatha Yoga class to the needs of students with physical challenges or disabilities, the elderly, and people with injuries. We will also undertake a thorough study of yoga philosophy, and how to bring the yoga teachings to diverse populations through leading discussions and giving presentations.

In order to instruct students in how to use yoga for healing, yoga teachers need to have a thorough understanding of both the physical and subtle practices of yoga, and know how to make these practices available to all students.

Following the model of the Accessible Teacher Training, this advanced training will continue to offer extra support and individual help for teachers with disabilities so they can participate fully. The training is open to all Yoga teachers who have completed a Yoga Alliance-certified basic 200-hour yoga teacher training.

This course will offer approximately 200 Yoga Alliance hours which can be used toward advanced yoga certification as an RYT500. Scholarships are available for yoga teachers who have a disability.

The training will begin on Tuesday, November 18, 2008 and end on Friday, June 5, 2009. 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. We will not have class on November 28, December 23 and 26, 2008.

The tuition for the training is \$2000, and a scholarship program is available. 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, November 10, 2008.

I am looking forward to embarking on this adventure with you. May your life be filled with peace and joy, love and light!

Om Shanti,

Reverend Jivana Heyman, Director of Teacher Training

HYPERLINK "mailto:training@IntegralYogaSF.org" training@IntegralYogaSF.org

(415) 821-1117 x375

Name

Date

Address

Home Phone

Occupation

Business Address

Email

Business Phone

Age

Date of Birth

Please list all Yoga Teacher Training you have completed, including dates.

Where do you teach, and to what populations?

Do you practice meditation regularly?

Since when?

Please describe those factors that have led you to apply for Yoga for Healing Teacher Training. Please indicate how you intend to use the knowledge gained here. Include any other information that you think might be useful. If you are applying for a scholarship please describe your need.

(Use back of page or another piece of paper).

Thank you, OM Shanthi.

	Yoga for Healing Teacher Training Application - 2008
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