

Hari OM!
Dear Yogi/Yogini,

Thank you for your interest in the Integral Yoga Accessible Yoga Teacher Training Program. This program is designed to train people with disabilities to 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 2010-2011 training will meet two days a week for three hours at a time over the course of seven months. Each three-hour session will include a half-hour break. **We will meet on Tuesdays from 12:30pm-3:30pm and Fridays from 9:00am-12:00pm at the B.O.R.P. Fitness Studio in the Ed Roberts Campus, Berkeley, CA. The course is scheduled begin on Tuesday, November 16, 2010 and end on Tuesday, June 7, 2011.** The Ed Roberts Campus is a brand new disability community center that is set to open in October. Be aware, that if the opening of the center is delayed it may mean that we'll have to delay the start of our program.

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 philosophy, pranayama and meditation techniques, anatomy and physiology, diet, and many other areas to help ground you further in this field.

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 (poses), breathing practices, guided relaxation and meditation. You will learn class instruction and other teaching techniques.

While the certification will be in beginners level Yoga, we will also review modifications to the practices for people with physical challenges. Spreading the training 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 program.

A supportive community is considered to be the most important tool in developing a strong Yoga practice. So, a key aspect 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 \$3000. This includes all required texts and the teacher training manual. A scholarship program is currently being created, and scholarships will be given out according to need. A refundable deposit of \$100 is required along with the completed application. A seven-month payment plan is available at no cost.

The application deadline is Tuesday, October 26, 2010. Applications may only be accepted after that date if room is still available. Once I receive your application and deposit I will contact you to discuss the program further. Or, feel free to contact me if you have any other questions.

May your life be filled with peace and joy, love and light!

Om Shanti,

A handwritten signature in cursive script that reads "Rev. Jivana Heyman".

Rev. Jivana Heyman
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www.accessibleyoga.org

Name:

Address:

Phone:

Email:

Date of Birth:

Are you familiar with Integral Yoga?

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

How did you hear about the Accessible Teacher Training Program?

Please describe your physical challenge or disability, if you have one.

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.)*

Do you have any medical condition 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:

Essay Question:

Please describe 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.

Scholarship Application:

Are you requesting a scholarship?

If so, on a separate sheet of paper please describe your financial situation. Information will be kept confidential. (Note, we also offer support for your own personal fundraising efforts.)

In case of emergency, please notify:

Name:

Phone:

Refundable deposit of \$100 enclosed (we do not accept credit cards)

Agreement:

I wish to apply as a Teacher Trainee and I agree to assume full responsibility for any injuries to me that may occur during the training. My physical condition is clearly stated above.

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 tuition may only be refunded up until two weeks after the training has begun.

Photo Release:

I grant to the San Francisco Integral Yoga Institute and its representatives the right to take photographs/video/recordings of me and my property. I authorize the San Francisco Integral Yoga Institute, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree to all of the above:

Signature:

Date: