
Hari OM! Dear Yogi/Yogini,

Thank you for your interest in the Integral Yoga Basic 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 fall 2010 program begins on Monday, September 20, 2010 and runs for twelve weeks, ending on Monday, December 13, 2010. 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, October 29th to 3:00pm Sunday, October 31st. We will not have class on Monday, November 1st, Wednesday November 24th, or Saturday, November 27th.

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 (breathing practice), and meditation practice; keep a daily practice chart; take at least one drop-in Hatha Yoga class per week; complete 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 \$3000. 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, and a 20% discount in our bookstore. There is a non-refundable application fee of \$50, which is applied toward tuition. The balance of the tuition (\$2950) 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 Tuesday, September 6, 2010.

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

Name:

Address:

Phone:

Email:

Occupation:

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?

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?

In case of emergency, please notify:

Name:

Phone:

Non-refundable application fee of \$50 enclosed (we do not accept credit cards)

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. *(Please use the back or a separate sheet of paper)*

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

Are you vegetarian?

Do you have any diet restrictions?

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:

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. I am in good health and any physical illnesses or ailments are 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 application fee is non-refundable, but the tuition may 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: