

alleyCat Yoga 200 Hour Yoga Teacher Training Packet

Completion of this packet is required within 7 days of registration to hold your space. Please complete the documents, initial or sign each highlighted space and date your signature. Please email the documents to Susan Mathis, alleyCat Yoga Director. For email information please text the studio at 573-864-4132.

Teacher Training Tuition Payment and Refund Agreement

Tuition Total	<u>\$3000</u>
Application Fee	\$50
Registration Deposit	\$450
Additional Tuition	\$2500

Tuition for this training is \$3000. A \$50 non-refundable application fee is required at the time of application. A \$450 Deposit is required at the time of registration. The additional tuition required is \$2500. I understand and agree to make the payments according to the payment plan I have selected and pay the tuition in full by 2/15/19 or 10/1/2019.

I agree to the above stated payment policy.

(Choose One) I would like to pay for the remaining \$2500 training tuition in:

- 2 Installments-- \$1000 due on 12/31/18 and \$1500 due on 2/15/19
- Customized Monthly Payment arranged with Susan. Payments begin the month following registration. Tuition must be paid in full by 10/1/2019
- Late Registration \$1450 is required at the time of registration. The remaining \$1500 tuition is due by 2/15/19.

I understand that if I miss a session I am required to complete additional assignments to make up the hours. This may include private instruction at the rate of \$75 an hour, reading or watching a videotape of the session or attending a class or workshop with an additional fee.

- I agree to make up any missed sessions through the means determined by the trainers and understand that additional costs will apply.

I understand that additional text books are required at an additional cost.

- Paperback and "excellent" used books are suggested*

- **The Bhagavad Gita** (Classics of Indian Spirituality) by Eknath Easwaran \$2-11
- **The Wisdom of Yoga** by Stephen Cope \$10-15
- **Yoga: The Spirit and Practice of Moving into Stillness** by Erich Schiffman \$6-12
- **The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga** by Nicolai Backman \$9-14
- **Yogabody: Anatomy, Kinesiology, and Asana** by Judith Hanson Lasater \$13-\$26
- **Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga** by Tias Little \$12-14
- **Essential Anatomy App 3D** \$19.99 (Apple Store Price)
- I understand and agree to purchase the textbooks

Cancellation and Refund Policy: Cancellations received more than 90 days before the training start date will be given a 100% refund of tuition paid minus the \$50 application fee. Cancellations received with less than 90 days notice (after 12/08/2018) will not be refunded fees. In the event of a late cancellation, refunds may be given only in the case of an extreme family emergency, extreme illness or injury and at the discretion of the trainers.

- I understand and agree to the refund policy

I understand that I may cancel my registration in this training in the following ways: written notice to the training faculty Susan Mathis and Brockell Bridle, in person or by phone communication. I understand that the refund policy will apply depending on the date as described above.

- I agree to this policy

I understand that by registering to this 200 Hour YTT I agree to the above \$3000 tuition payment plan, cancellation and refund policy.

Signature _____

Date _____

Trainer's Signature _____

Date _____

Training Agreements

This Teacher Training is a 9 month Intensive. We will explore the practice of Yoga through Sadhana (group practice), lecture, meditation, discussion, practice teaching and group experiences. Graduates of this program will be known as 200 Hour Certified Yoga Teachers. This training meets the Yoga Alliance Standards for graduates to register as an RYT 200 with Yoga Alliance if they choose. The areas of study required are: Philosophy and Ethics 30 Hours, Anatomy & Physiology 20 Hours, Teaching Methodology 25 Hours, Techniques, Training and Practice 100 Hours, Practicum 10 Hours, Electives 15 Hours.

- I understand the training format

Trainees are expected to arrive and be ready for class, prepared to begin at the onset of each session.

- I understand and agree to this policy.

Trainees agree to be free of any intoxicants during the all training sessions.

- I agree to be free of intoxicants during all training sessions

Graduation Requirements: I understand that I must attend and participate in all sessions to be eligible to graduate. I understand that if the trainers feel that I am not ready to teach at the end of the training I may be given additional assignments, expectations or private instruction. Any additional cost will be my responsibility.

- I understand this graduation policy and agree.

I understand that cell phone and apple watches are not allowed during training sessions and may only be used on lunch breaks in order to respect the learning environment. I understand that in case of an emergency I may be given permission to access my phone upon permission of the trainers. I understand that continued violation of this policy will result in dismissal from the Teacher Training.

- I agree to this policy.

Participation in a Yoga Teacher Training requires mental, emotional and physical rigor at times. I understand that though my attention and participation are required during all sessions, I may choose to modify any physical practice that is beyond the safe parameters of my physical strength or practices that are contraindicated for my body due to physical injury or illness. I agree to discuss and reveal to the Lead Trainers any

chronic medical issues that may impact my practice. No physical condition or injury will impact the acceptance of a trainee into the Teacher Training.

- [redacted] I agree to this policy

The tradition of yoga at its foundation, is spiritual, based in the Hindu and wisdom traditions. During this Teacher Training we will explore spiritual practice through the tradition of chanting, meditation, philosophy study, reading assignments and lecture. I understand that this study may challenge my current belief system and my personal views or those of other teacher trainees. In choosing to register in this Teacher Training I understand my personal belief system may at times be challenged, however I am not asked or required to change my personal spiritual views.

- [redacted] I understand and agree.

A 200 Hour Teacher Training requires mental and emotional health and stability. If at any time the emotional health a teacher trainee is compromising their personal safety, the emotional or physical the safety of others or the safety of the learning environment the participant may be asked to leave the training. In the case of such event the participant will be referred to their health care provider (HCP) at their own cost and will only be allowed to re-enter the training at the discretion of the Lead Trainers and the HCP. Any refund given is at the discretion of the Lead Trainers.

- [redacted] I understand and agree to this policy.

By enrolling in this training I agree to reveal any underlying mental or emotional conditions that are presently being treated by a medical or spiritual professional or any conditions that arise during the Teacher Training.

- [redacted] I understand and agree to this policy

I understand that respect must be shown to one another to maintain the sacred space of the studio and the learning environment. In order to maintain sacred space and learning environment each participant agrees to show respect to the Lead Trainers and other YTT Participants. Sexual harassment will not be tolerated nor harassment of others for expression of views or beliefs that differ from your own. Violation of this agreement may result in immediate action and dismissal from the program.

- [redacted] I agree to this policy.

Any participant who consistently breaks the training agreements may be asked to leave the training after a request to comply is given in writing. A refund will not be given to

anyone asked to leave the Teacher Training due to lack of compliance with the training agreements.

- I understand and agree to this policy.

I understand by registering for this 200 Hour Teacher Training I am agreeing to keep the Training Agreements and understand the graduation requirements. I understand in signing this agreement that if I break the Training Agreements I may be asked to leave the training as stated above and my tuition will not be refunded.

Signature _____

Date _____

Trainer's Signature _____

Date _____

Sample Training Format

Friday Evening

6:00-8:30 Opening Evening

- Chanting, Meditation and Centering
- Introduction of Weekend Focus
- Posture Clinic

Saturday 8:00-Noon

- Sadhana
- Lecture
- Posture Clinic
- Philosophy Study

Saturday 1:30-6:00

- Posture Clinic
- Partner Work
- Lecture or Discussion
- Yoga Practice

- Integration

Sunday 8:00-Noon

- Sadhana
- Lecture
- Posture Clinic

Sunday 1:00-3:30

- Posture Clinic
- Integration
- Homework and Integration
- Closing Meditation

Training Schedule

Teacher Training Dates, attendance at all sessions is required:

March 7-10

April 12-14

May 10-12

June 7-9

July 12-14

August 9-11

September 13-15

October 11-13

November 8-10

December 13-15 (Make-Up Date Only)

Training Times:

Opening Weekend Schedule March 7-10

Friday 8-8:30 Registration and Arrival, 8:30-Noon, 1-6 pm, 7-8:30 pm

Saturday 8-Noon, 1:30-6:00 pm,

Sunday 8-Noon, 1-3:30 pm

All Other Weekends

Friday 6-8:30 pm

Saturday 8-Noon, 1:30-6:00 pm

Sunday 8-Noon, 1-3:30 pm

- I understand the dates and times of each training weekend

I understand by registering for this 200 Hour Teacher Training I agree to be present at each training session. I understand that if I must miss any session due to an emergency I must make-up the session in order to meet graduation requirements and that this may result in additional costs to me. I understand in signing this agreement my tuition will not be refunded if multiple conflicts prevent me from attending the training or from completing the graduation requirements due to absence.

Signature _____

Date _____

Trainer's Signature _____

Date _____