



Shine Yoga and Wellness Yoga Teacher Training Application 2020

Shine Yoga and Wellness Teacher Training Program

This training is an incredible way for you to discover a new path and purpose for your life, all while receiving a 200 hour certification for yoga teaching, if you so choose. This 200 HR RYT program will give you the tools, hands-on experience and confidence needed to teach and live a dynamic life sharing your light with everyone around you. We invite you to be a part of our community and to step into your life in a whole new way! Whether your intent is to teach, or to deepen your knowledge of this beautiful practice called Yoga, the reality is:

It's time to Shine your Light! It's YOUR time to SHINE!

Textbook and Materials

- Yoga Anatomy (Optional pocket guide to Anatomy and Physiology)
- The Heart of Yoga T.K.B. Desikachar
- 7 Spiritual Laws of Yoga by Deepak Chopra
- The Yoga Tool Box by Joseph and Lillian LePage
- The Yoga Sutras of Patanjali (we will discuss which copy to purchase)
- One additional book (TBD) for group book study.

Training Dates and Times

Shine Yoga Teacher Training will begin January 2020 with a completion in May 2020, Graduation held June 2020.

Students needing daytime training hours will meet on Tuesday's from 9-2 pm.

Evening training hours for TBD (typically held on Wednesday nights). Each class will begin with an hour long yoga practice followed by a short break before the training begins. There will be a 6 student minimum for each session (Day and Evening).

Students will be required to attend one additional class led by a lead/SHINE teacher each week.

Bi-monthly Sunday training sessions will be held from 8:30 am to 2pm.

Holiday's and breaks will be taken in account.

Additional workshops or classes may be recommended.

2 exams, 1 final independent project, 1 final teaching class, 1 book study, independent volunteer hours required and 1 group project will be completed prior to graduation.

Additional training sessions may be required to complete our 200 hour program before May 31, 2020. Additional workshops may be recommended and available to attend.

Please try to make all training sessions. Makeups will be made available on an individual basis.

Areas of study will include:

Yoga Philosophy

Yoga Teaching Methodology

Yoga Teaching Techniques

Anatomy and Physiology

Group service project

Independent Study



Terms and Conditions

- Application Deadline for Registration: **December 1, 2019**
- **\$100 application fee due with application**
- You will be contacted once your application is approved with payment details.
- To confirm your space, a \$500.00 deposit (that will be applied to the total amount of YTT) must be made.
- Final deposits must be received by **December 15, 2019**.
- All fees are payable by cash, personal check or credit card (AMEX, VISA & MC).
- Payment plans are available. All payment plans must be scheduled and auto drafted to begin on January 15th, 2020. A fee of \$300 (or one additional payment of \$300) is required for those paying monthly.
- If not participating in a payment plan, tuition payment of \$2500 in full must be received by January 15, 2020 or one payment of \$3000 will be due at the time of deposit.
- Payments can be made via cash or check in person, or with a credit card online. All payments must be received and outstanding balances paid prior to June 1, 2020 in order to graduate and receive Yoga Alliance certification.
- **EARLY BIRD APPLICATION:**
- **NO APPLICATION FEE IF SUBMITTED IN JUNE 2019**
- **\$300 PAYMENT PLAN FEE WAIVED IF DEPOSIT RECEIVED BY SEPT 1, 2019**
- **SAVE \$250 IF PAYMENT VIA CASH OR CHECK IS RECEIVED IN FULL BY OCTOBER 1, 2019**

TOTAL COSTS OF YTT

\$100 APPLICATION

\$500 DEPOSIT

\$2500 TUITION

\$3100 TOTAL

Plus additional \$300 if Payment Plan is set up consisting of (5-\$500 payments paid monthly) No \$300 fee if paying in full prior to January 15, 2020.

- Please contact Tara at tara@shineyogawellness.com or 317-774-5570 with any questions at all.
- **STUDENTS ACCEPTED INTO THE SHINE YOGA TEACHER TRAINING PROGRAM WILL RECEIVE FREE UNLIMITED YOGA CLASSES AT SHINE THROUGHOUT THE TRAINING PROGRAM (JANUARY THROUGH MAY) AND WILL ALSO RECEIVE DISCOUNTS ON WORKSHOPS AND 10% ON ALL MERCHANDISE.**

Personal Information (can be emailed if preferred)

Name:

Date of Birth:

Address:

Phone:

Email:

What interests you the most about participating in the SHINE 200-RYT Training Program?

Tell us about yourself and your yoga experience including approximately how long you have been practicing yoga.

What areas of yoga interests you, and what styles of yoga are you most drawn toward?

Any additional information you would like for us to know.