



## 200-Hour Yoga Teacher Training at Yoga for Mankind

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Birthdate \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

The Yoga Studio is a Yoga Alliance Registered School. You may register with Yoga Alliance upon graduation from this training if you choose.

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Please type answers on a separate page.  
Drop completed application off at Yoga for Mankind or email to  
staci@yogadance.us.

*All Applications are Confidential.*

- 1) How long have you been practicing yoga?
- 2) Is this your first Yoga Teacher Training? If your answer is No: Please list other training programs completed.
- 3) What do you love about yoga?
- 4) What skills do you hope to gain from this Teacher Training program?
- 5) What styles of learning do you feel work best for you (visual, aural, verbal, physical, logical, social, solitary)?
- 6) Please share the highlights of your professional life to date.
- 7) Do you have any other teaching/training experience? (for example, do you lead trainings in your workplace? Have you taught math as a tutor? Are you the one at work that teaches everyone how to do the new thing?)  
If the answer is Yes: please briefly describe.
- 8) Can you commit to the attendance and homework obligations outlined in the program description? If you have conflicts, please describe them so we can see if they are compatible with the program.
- 9) Please let me know about any medical conditions or injuries that may affect your yoga practice.

## Program requirements

You must borrow or purchase the required reading material for the program.  
Required texts:

- *The Key Muscles of Yoga* – Ray Long (hard copy)
- *Big Magic* – Elizabeth Gilbert (audio or hard copy)
- *The Courage to Teach* (10<sup>th</sup> Anniversary Edition)– Parker Palmer (audio or hard copy)
- *The Bhagavad Gita* – Eknath Easwaran (audio or hard copy)
- *Don't Be An Asshole Yoga Teacher* – Dr. Lisa Dana Mitchell (hard copy)
- *Move Your DNA* – Katy Bowman (audio or hard copy. If you do audio, be sure to download the pdf—almost 100 pages)

You must commit to attend all program sessions and complete all homework assignments in order to graduate (illness or emergency absences will be assigned makeups on a case by case basis). Please review program dates. You will be asked to take on a steady home practice in addition to contemplations, journaling, research, and brief written assignments.

## Tuition Investment & Refunds

### *Deposit:*

A \$500 non-refundable deposit is due upon acceptance into the program to hold your place. Your deposit counts toward the total cost of tuition. (If the training does not meet the minimum student base, you will be notified by August 5, 2019 and your deposit will be refunded.)

### *Tuition:*

Applications are due by August 2, 2019.

The Teacher Training program is an investment of \$2,900 if you are paid in full by August 30, 2019.

Tuition is \$3,200 if a payment plan is in place by August 30, 2019. Contact Staci for details and to set up a plan.

- Tuition does not include lodging or meals.
- Tuition can be paid by cash, check, venmo, or credit card.
- Tuition includes membership (unlimited yoga classes) at Yoga for Mankind for the duration of the training.

Please note there are no refunds.

## Contact

Please contact me with any questions. I am excited and honored to facilitate your Yoga Teacher Training. It's going to be an incredible journey!

Staci Curry  
staci@yogadance.us  
www.yogadance.us  
585-808-9297

## 2019-2020 Yoga Teacher Training Schedule

August 30, 31, September 1  
September 20, 21, 22  
October 25, 26, 27  
November 15, 16, 17  
December 6, 7, 8  
January 24, 25, 26  
February 28, 29, March 1  
March 27, 28, 29  
April 17, 18, 19

The above dates meet at the following times:

Fridays 4-8pm  
Saturdays 9am-5pm  
Sundays 9:30am-5pm

The majority of these dates will meet at the Yoga for Mankind studio in Orcutt, CA. Two-three of the above dates will meet at Staci's home in Santa Maria.