

Yoga Balance Studio

200 Hour Yoga Balance Teacher Training

**APPLICATION FORM
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September 6, 2008 - June 19, 2009

- In-depth study and practice of asanas most commonly taught in Vinyasa and Classical Hatha Yoga. Includes guided practices and analytical training in how to teach and practice the techniques along with guided practices of the techniques themselves.
- Guidance in teaching and practice of pranayama, meditation, mantra and kriyas
- Teaching Methodology includes principles of demonstration, teaching styles, instruction, assisting, students learning processes and business aspects of teaching.
- The study of human and energy anatomy and physiology as it applies to the principles to yoga instruction.
- The study of Yoga philosophy, lifestyle and ethics for yoga teachers
- Opportunities to practice teaching and assisting along with observation of others teaching and hearing/ giving feedback.

Qualifications

Before applying for this program you must have attended at least one vinyasa class with Tracy and one classical hatha yoga class with Joanne at Yoga Balance. One year of experience practicing yoga is highly recommended. You will need to purchase a few books for required reading. Homework assignments and required weekly yoga classes will also be a part of the training schedule.

Schedule

- Teacher training begins Saturday Sept. 6, 2008
- We will meet the **first Saturday and Sunday of the month from 11am-7pm** and the **third Friday from 6-10pm (except in October - please see schedule)**
- Students are required to take and document at least two classes per week - preferably at Yoga Balance.
- As we near the end for training in June, we can reserve days to make up hours required.

How to Apply

- Mail or drop-off application form to Tracy Carruth:

**Yoga Balance Studio
213 North Kentucky Street
McKinney, TX 75069**

- Application deadline is Saturday August 16, 2008

If you have any questions, please contact Tracy Carruth.

phone – 972.832.5864

email – tracycarruth@sbcglobal.net

Tuition

- Full tuition for this program is \$2,400
- A non-refundable deposit of \$200 is due upon acceptance to the program.
- Installments of \$550 are due on:
September 6, 2008 | November 1, 2008 | January 1, 2009 | March 7, 2009
- We will deduct the \$200 deposit for those who would like to pay in full by August the 16, 2007 making the tuition for the program \$2,200

Tuition does not cover the cost of a small number of books that are required reading, but does include all training sessions, materials and unlimited classes at Yoga Balance during teacher training.

Yoga Balance Studio

200 Hour Yoga Balance Teacher Training **Application**

Name: _____

Address: _____

Email: _____

Home Phone: _____ **Cell/Work Phone:** _____

How did you hear about Yoga Balance Teacher Training?

What style and aspects of yoga do you practice and how often?

How long have you been practicing yoga?

Who have been your teachers and could you share a little about your experience?

Do you hold any yoga or holistic certifications?

What is your intention for attending teacher training and what would you like to do upon completion of the program?

Do you have any scheduling conflicts that would hinder your completion of the training?

Please share any additional information about yourself that you would like us to know.

We will be contacting you about your acceptance into program at which time a \$200 non refundable deposit is required. Thank you for your time and interest in the Yoga Balance Teacher Training. **If you have any questions, please contact Tracy Carruth. phone – 972.832.5864 email – tracycarruth@sbcglobal.net**