

YOGALIGN



Kauai Yoga School RYS 200 Hour Teacher Training Application

Name _____ Date _____

Address _____ City _____ State _____

Phone _____ Date of birth _____

Email _____

Emergency contact and phone _____

Questions:

1. Why do you want to take this training? If you are not currently a yoga teacher, do you plan to teach?

2. How has yoga affected your life?

3. What do you hope to receive from this training?

4. Are you a yoga teacher? If so what is your training and what do you teach? How do you think this training will help your teaching?

5. Describe your current yoga practice including the frequency, duration and number of years you have been practicing.

6. Please list any yoga workshops, seminars, trainings or retreats you have attended.

Medical Application:

1. Do you have any physical injuries or other limitations that might inhibit your yoga practice?

2. Have you had any previous surgeries? Please describe.

3. Are you on medication? Please describe.

Kauai 2010 Spring Session will be held in a 6 week segment from
March 22 – April 30th

Classes are held 5 days a week for 6 weeks, Monday to Friday

Mon. 9am -1pm and 2-4:30pm

Tues. Wed, & Thurs. 9am-1:30 pm and 6-8pm

Friday 9-1:00 pm

Class time hours comprise 180 of the 200 hour course. There is also a mandatory 20 hours of self study and independent teaching which must be logged in order to receive your graduation certificate. It is strongly recommended that you do most of these hours practicing teaching skills. There is also a list of essay questions I require you to answer in order to get your teaching certificate.

The cost for the spring training is \$3500 plus state tax of \$140 for a total of \$3650. A \$500 deposit will hold your space in the workshop but all fees must be paid by March 1st to retain your placement in the class. In case you have paid and need to cancel after March 1st, a full refund is available if I am able to book your space.

\$500 discount if you pay in **FULL** by February 1st !!! Total cost with tax (\$120) is then \$3120 instead of \$3650!

I agree to these conditions _____
(please sign and date)

Check information: Make checks to Michaelle Edwards and mail to PO BOX 681, Hanalei, HI. 96714.

By Credit Card

You may pay for the course by credit card by calling me with your card information and I will process it with my merchant account or if you prefer to use PAYPAL < you can log in using my email address for payment.

Please submit this information via email to manayoga@yahoo.com or print it out and mail to:

Kauai Yoga School RYS
Michaëlle Edwards, E-RYT, LMT, Director
PO Box 681
Hanalei, Hi. 96714

www.manayoga.com

808-826-9230

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Kauai Yoga School RYT

Ethical guidelines for 200 hour Yoga teacher training

I _____ date _____ agree and accept the following ethical guidelines and will follow them to the best of my abilities as a yoga teacher. I understand that being a Yoga teacher is a noble and sacred endeavor that aligns me with a long line of honorable teachers.

1. Yoga teachers are committed to maintaining impeccable standards of professional competence and integrity.
2. Yoga teachers dedicate themselves to a thorough and continuing study and practice of Yoga, in particular the theoretical and practical aspects of the branch of Yoga that they teach.

3. Yoga teachers are committed to avoiding substance abuse, and if for some reason they succumb to chemical dependency agree to stop teaching until they are free again from drug and/or alcohol abuse. They will then do everything in their power to remain free, including being fully accountable to a support group.
4. Yoga teachers especially embrace the ideal of truthfulness in dealing with students and others, including accurately representing their training and experience relevant to their teaching of Yoga.
5. Yoga teachers are committed to promoting the physical, emotional, mental, and spiritual wellbeing of their students. Yoga teachers stay informed of student injuries and take serious precautions on keeping yoga safe and comfortable for all in the class.
6. Yoga teachers, especially those teaching Hatha-Yoga, will abstain from giving medical advice or advice that could be construed as such, unless they have the necessary medical qualifications.
7. Yoga teachers are open to instructing all students regardless of race, nationality, gender, sexual orientation, and social or financial status.
8. Yoga teachers are willing to accept students with physical disabilities, providing they have the skill to teach those students properly.
9. Yoga teachers agree to treat their students with respect and never strike, insult, or use unkind words with them.
10. Yoga teachers will never force their own opinions on students but rather will appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs. At the same time, Yoga teachers must communicate to their students that Yoga seeks to achieve a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change, or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then Yoga teachers are free to decline to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.
11. Yoga teachers agree to avoid any form of sexual harassment of students.
12. Yoga teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action. This is to ensure that the teacher in question is sufficiently clear about his or her motives.
13. Yoga teachers will make every effort to avoid exploiting the trust of students and their potential dependency, and instead encourage students to find greater inner freedom.
14. Yoga teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, which includes observing proper decorum inside and outside of the classroom.
15. Yoga teachers strive to practice tolerance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done with fairness and with focus on facts.
16. As a yoga teacher, you agree that communication skills need to follow the guidelines of compassionate intention. When speaking, yoga teachers

strive to say only what is kind and only what is necessary following the principle of ahimsa (non-violence) .

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Kauai Yoga School RYT

Book List

Required Books for the course:

Trail Guide to the Body by Andrew Biel

YogAlign teacher training manual by Michaelle Edwards

The Heart of Yoga by TKV Desikachar

Suggested Reading List:

Autobiography of a Yogi by Paramahansa Yogananda

The yoga Sutras by Swami Satchidananda

Moving Into Stillness by Erich Schiffman

Bhagavad Gita

Light on Yoga by BKS Iyengar

Relax your neck and liberate your shoulders by Eric Franklin

Pelvic Power by Eric Franklin

A path with Heart by Jack Kornfield
The Power of Now by Eckhart Tolle