

## Yoga Teacher Training 200 Hour Certificate Program **Application**

Dear Student,

Welcome to Teacher Training! Thank you for exploring the possibility of our program. Whether your intention is to become a yoga teacher or deepen your own practice, this program is designed to inspire a full understanding and a complete experience of yoga.

Sincerely,

Kat Raedy, Instructor, Owner

### **Program Dates: January 27th Through May 19th**

Please refer to the **Schedule and Tuition page** for more detailed information about the program.

#### **Program is Held at:**

The Haven Yoga Studio, 13019 Stockdale Unit 100, Bakersfield, CA 93314

#### **Program Director and Instructors:**

Kathy Raedy- E-RYT® 200, E-RYT® 500, YACEP®

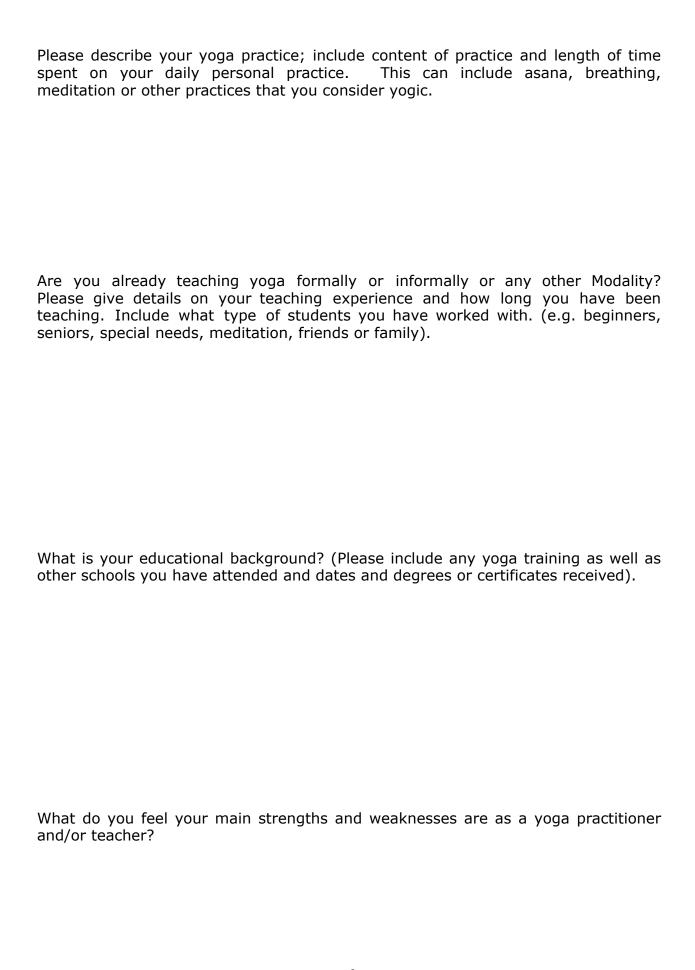
#### This comprehensive 200+ hour yoga teacher training includes:

- Traditional Hatha Yoga (Vinyasa)
- Pranayama and Meditation
- Practice of Self Inquiry throughout the program
- Yoga Philosophy 8 limb path of Patanjali
- Teaching Methods Evovlecore Methodology, Cueing, Sequencing, and Class Style
- Alignment and Assisting others in Yoga Poses
- Yoga Anatomy & Physiology
- Practical Yoga Lifestyle Yoga Teacher Ethics, Student/Teacher Relationships
- Mantras, Mudras, and Subtle Anatomy
- Business Skills and Professional Development
- Certification upon successful completion
- Teacher Registry and job placement assistance for all who complete the program

# The Haven Teacher Training Application Form 2024 Program

This application is to assist us in determining if this training is suitable for you. Please be honest with your answers and be assured that all information you provide will be kept confidential. This information will help us to best serve you during the training.

Name:	
Address:	
Phone: Cell:	
Email:	
Contact of closest relative or friend in case of emergency:	
Relationship	
Describe your yoga experience. Please include teachers the methods or types of yoga that have been influential to	
How long have you been practicing yoga?	



What is your intention for taking this training? Please describe in at least 100 wowly why you want to be a yoga teacher, or to gain a deeper understanding of your though this training.	ords self
What are your expectations upon completion of this training?	

Do you have any physical or emotional conditions that could affect your participation in this training? Please answer carefully and honestly.
Please note: This training is highly experiential in nature. You will be working deeply with yourself, closely with other individuals and the group as a whole. You will be presented with a range of different teaching and learning styles some of which you may be unaccustomed to. While emotional issues can sometimes arise, participants need to process, express and contain these experiences appropriately. If you are currently undergoing psychiatric or psychotherapy treatment for issues which are still very traumatic for you, you may wish to discuss attending this training with your therapist or health care professional.
I have answered these questions honestly and submit them as my application to this training.
Signature: Date:
Deposit of \$50 (non refundable) With Application Date: