

Flow Yoga SLC Teacher Training Overview

Thank you for your interest in Flow Yoga SLC's Teacher Training Program. This package represents an overview of our teacher training program along with an application.

Yoga History & Philosophy

What is yoga? This ancient system of health and well-being reveals a path to develop and expand our fullest potential in body, mind, and spirit. We will look at the ancient beginnings of yoga, and understand its journey to the west, utilizing resources such as "The Yoga Sutras" of Patanjali, which reveals the original codification of yoga, and the Bhagavad Gita. We will also study the eight-fold path known as ashtanga yoga.

- Yama – Relationship with Others
- Niyama – Relationship with Ourselves
- Asana - Postures
- Pranayama – Breath/Energy Control
- Pratyahara - Turning the Mind Inward/ Withdrawal of senses
- Dharana - Concentration
- Dhyana - Meditation
- Samadhi – Bliss

Theory & Practice of Asana

Because of the dynamic, physical nature of vinyasa yoga, we believe that teachers should have a solid grounding not just in the body's subtle-energy system, but in modern anatomy, physiology and kinesiology, as well. Because of this, we will spend a considerable amount of time understanding anatomical and bio-mechanical principles through the lens of hatha yoga postures (asana). In addition, we will explore energetic techniques such as bandhas, dristi, kriyas, mudras, and chakras in order to expand our awareness and understanding of the subtle movement of energy and vital force (prana) through asana.

Theory & Practice of Pranayama

Conscious breathing requires sensitivity to properly direct life energy (prana), which makes all physical, mental, and spiritual life possible. It is the subtle thread that connects us with universal consciousness. Pranayama is a way of using the breath to receive, generate, distribute, and store this vital energy. We will explore ujjayi (victory breath), nadi shodhanam (alternating nostril), kappalabhati (breath of fire), sitali (cooling breath), and bhaistrika.

Theory & Practice of Teaching

The art of teaching is yoga in itself, requiring sensitivity, compassion, and practice. A teacher must encourage and inspire, being sensitive to the needs of both the individual and the group.

- How to properly guide a class using visual (body language), verbal (voice), and kinesthetic (touch) tools
- Sequencing, counterposes, and routines
- Integrate themes, rhythm, focus, direction
- Psychology and ethics of the student/teacher relationship

Experiential Learning

We will instill you with the confidence, tools and experience to teach dynamic and inspiring yoga classes for a variety of students. Understanding from within requires the student to not only expand inner awareness and trust of intuition, but also to gain practical experience in the art and science of yoga in a variety of situations and venues. In addition to cultivating a strong personal practice, you will expand your awareness by receiving feedback in real-world situations. Some of the tools we'll use are:

- Observe, adjust, and assist in class with various teachers
- Develop and execute individualized private lessons, and class lesson plans
- Teach a basic level vinyasa community class
- Give selflessly and refine your teaching skills by teaching at the studio free of charge

Required Texts:

- **The Yoga Sutras of Patanjali**, Swami Satchidananda translation (Available at the Studio)
- **Bhagavad Gita**, Stephen Mitchell translation (Available at the Studio)
- **The Key Muscles of Hatha Yoga**, Ray Long (Available at the Studio)

Application Requirements

Applications must include all of the following items, delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A. Completed application form including all approval and recommendation forms.
- B. Letter of Recommendation from an employer or mentor (non-family).
- C. \$500 deposit. Deposit will be applied toward tuition if accepted and refunded if not accepted (less a \$75 fee for processing). If paying the deposit by check or money order, please make it payable to **Flow Yoga SLC** and attach to the application. Please note: if you wish to pay in full at the time of application, fill in the appropriate amount and method of payment in the "Payment Information" section of the Teacher Training Application.

**Deliver Application To
Flow Yoga SLC
Attn: Jennifer Ellen Mueller
Re: TT Application
2065 East 2100 South
Salt Lake City, UT 84109**

Acceptance Notification

Applicants who have been accepted will be notified via e-mail. If you do not use e-mail regularly, contact **Jennifer Ellen Mueller (801) 485-5933** on the acceptance notification date. Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone.



2010 Application Teacher Training Program

Tuition Payments

Participants must pay their remaining balance in full by **one week prior to the start date of Teacher Training**. Payment must be made by credit card, check, or money order payable to **Flow Yoga SLC**. **If you need to make payment arrangements, contact the studio.**

Tuition Refunds

Cancellations received 14 days prior to the start of the training will receive \$500 credit towards a future teacher training. The remaining balance will be refunded. Cancellations received less than 14 days prior to the start of teacher training will forfeit the \$500 deposit, but the remaining balance will be refunded. Once the training has begun, no refunds or credits will be given. Notice of cancellation must be made in writing.

Questions?

Contact: **Jennifer Ellen Mueller (801) 485-5933**

Email: jenniferellen@flowyogaslc.com



Flow Yoga SLC Teacher Training Application

APPLICANT INFORMATION		
Name:		
Address:		
City:	State:	Zip code:
Home phone:		Work phone:
Cell phone:		E-mail address:
Fax number:		Date of birth:
EMERGENCY CONTACT		
Name:		
Phone:	Relationship:	
PROGRAM DETAILS		
2010 4-month Program		
March 11-13 10, April 8-11, May 6-9 (Note: Mother's Day, 10-4), June 10-13 + Wednesday Night Practicums March 17 - June 16, 6 - 8:30pm		
MEDICAL HISTORY		
Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.		
<ol style="list-style-type: none"> 1. How would you evaluate your current health (Excellent, Good, Fair)? _____ 2. Some challenges (Briefly describe) _____ 3. Do you have any of the following conditions? <ol style="list-style-type: none"> a. _____ Epilepsy? b. _____ Diabetes? c. _____ Pregnant, or plan to become pregnant during training? d. _____ No, I do not have any of the above to my knowledge 4. Please list medications you are taking that were prescribed to you by a health care professional? _____ 5. Is there anything else we should know about your medical history? 		

ABOUT YOU		
1. What is your background and experience with yoga? How many years you have been practicing yoga? Please list in detail:		
School/style(s):	Teacher(s):	Number of years:
2. What is your educational and professional background outside of yoga?		
3. Why do you want to take this Flow Yoga SLC yoga teacher training?		
4. Where do you currently practice yoga? If so, with whom/which style of yoga?		
5. In your opinion, what qualifies embody an excellent yoga teacher? Why?		
6. Is there anything else you would care to share that would help us know a little more about who you are and how you came to yoga?		

PAYMENT INFORMATION			
<p>\$500 non-refundable deposit is due with your application. You may also pay the full tuition in advance for a discount of \$300. If you wish to pay in full, please indicate the amount of \$2450 in the payment authorization below. Payment plan is available through the studio. You may divide your full, non-discounted tuition of \$2750 over six months. Please contact out studio manager, Amanda Buist for details.</p>			
<input type="checkbox"/>	<p>I am paying by check. If paying by check, please drop completed application and check to the desk staff. You can also mail the check to Flow Yoga SLC. Please include driver's license number, State and expiration date on the front of your check. Checks payable to "Flow Yoga SLC".</p>		
<input type="checkbox"/>	<p>I am paying by credit card. <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amex <input type="checkbox"/> Discovery</p>		
	Credit Card#		Expiration date
	Name as it appears on the card:		
	Is your billing address the same as your mailing address?		
	<input type="checkbox"/> Yes		
	<input type="checkbox"/> No. My billing address is:	Address:	
		City:	
		State:	Zip Code:
I hereby authorize the above payment of \$			Please initial:

I understand that if I fulfill all the requirements of the Flow Yoga SLC Teacher Training, including in-class hours, homework, quizzes, teaching practical final audition and final written exam, I will receive a letter of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200-hour Teacher Training program.

I understand that Flow Yoga SLC reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances I understand I will not be refunded my tuition.

I understand that if I cancel 14 days prior to the start of the training, my \$500 deposit may be transferred toward a future Teacher Training and I will be refunded my remaining balance. If I cancel less than 14 days prior to the start of teacher training I will forfeit the \$500 deposit, but the remaining balance will be refunded. Once the program begins, tuition is non-refundable and non-transferable.

I understand that all Flow Yoga SLC Teacher Training materials are under copyright protection and cannot be reproduced without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements:	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Student Name: _____ Student Signature: _____

Date: _____



2010 Application Teacher Training Program

SIGNATURE OF APPROVAL SHEET

Attending a class at Flow Yoga SLC is an essential part of the acceptance process to the Flow Yoga SLC Teacher Training Program. Please attend a class taught by Jennifer Ellen Mueller, Jami Larson, Aubri Barnes, Matt Newman or Scott Moore. Be sure to introduce yourself before the class, informing the teacher that you are there for evaluation. If you introduce yourself after class, you will be required to take another class. Please present this form to the teacher at the end of class to obtain their signature of approval.

Student Name:	
Student Signature:	
Date:	
Teacher Name:	
Teacher Signature:	
Date:	

RECOMMENDATION FORM *(for students who are unable to attend classes at Flow Yoga SLC)*

Applicants name: _____

Recommending Teacher Information

Recommending Teacher's name: _____

Phone # _____ Email _____

To the recommending Teacher:

The candidate above is applying for Flow Yoga SLC's 200 hr Yoga Alliance Teacher Training program, which includes several 1.5 - 2.0 hr intermediate vinyasa flow practices per week. We appreciate your assistance in determining the students' readiness to fully participate in our program in a way that is appropriate for the student, and aids their development as a healthy yoga practitioner as well as a blossoming teacher. Please be candid in your response to the following questions. **PLEASE mail or fax this form** to Flow Yoga SLC, ATTN: Jennifer Ellen Mueller 2065 East 2100 South, SLC, UT 84109. THANK YOU for your time. Namaste.

1. Is this student consistent in his/her yoga practice? ___yes ___no
2. Does this student have accurate alignment in general? ___yes ___no
3. Is this student respectful of teachers and other students in class and prompt in arriving? ___yes ___no
4. Briefly describe how long and in what capacity you have known this student.

5. Briefly describe if you would recommend this student for Flow Yoga SLC's Teacher Training program. Why or why not?

6. Please indicate your overall endorsement of the applicant:

- Highly recommend
- Recommend
- Recommend with reservations
- Do not recommend