



Smiling Dog Yoga
200 Hour Yoga Teacher Training 2019

First Name _____ Last Name _____

Address _____

Phone Number _____ Email _____

Date of Birth _____

Emergency Contact: _____

1. How long have you been practicing yoga?

2. Have you ever been to our studio? If so, which classes or with which teachers?

3. Please provide a description of your current yoga practice. What are your strengths and what are your weaknesses?

4. Do you apply any of your yoga skills to your life off of your mat?

5. Of the styles of yoga that you have practiced which do you most enjoy and why?

6. Have you read any yoga books, attended any workshops or retreats? Please list any of these that would be relevant to your training.

7. What interested you in yoga teacher training?

8. What are your goals and objectives for taking the teacher training program? Do you have long-term vision once you have completed the training?

9. Besides yoga, please list any other types of physical activity you typically engage in and how often.

10. Describe your current physical health and indicate any challenges which would inhibit your participation in physical activity at this time?

11. What is your current occupation?

12. Are there any other hobbies that you enjoy?

13. Is there anything else you would love to tell us about yourself?

2019 Part Time Teacher Training Dates

*Weekend sessions will be from 8:00AM -6:00PM both days

- September 21 & 22
- October 5 & 6
- November 2 & 3
- Nov 30 & Dec 1
- January 11 & 12
- February 8 & 9
- March 7 & 8
- April 4 & 5
- May 2 & 3

Certification Requirements:

- Attend all teacher training sessions
- Attend 10 hours of group classes with the Lead Instructor or lead instructor present. These 10 classes are free of charge.
- Minimum 10 hours of practice teaching (to friends, family or community classes set up at the studio)
- Pass written quizzes and the final exam
- Program tuition must be paid in full in order to receive certification
- Must be able to perform basic asanas with good alignment and respect to their body
- Certified Yoga Teachers from this program must possess the skills necessary to safely and competently teach a yoga class. Smiling Dog Yoga reserves the right to withhold certification from any student who fails to develop the skills necessary to competently and safely teach yoga as outlined in the teaching program. That being said, every attempt will be made to provide input throughout the program about teaching deficits that might impede certification.

Attendance Policy

Smiling Dog Yoga's yoga teacher training is certified by Yoga Alliance, an international accreditation body that ensures the program has met minimum standards and hourly requirements. As a result, attendance for all scheduled yoga classes and weekend training sessions is mandatory. If you miss a training day or class, you are responsible for the material and must make up the hours at your own expense, at \$50/hour, in order to meet SDY's certification criteria.

Tardiness Policy

All students are expected to arrive before class begins. You must be ready and prepared to begin class on time.

Tardiness Procedure

Tardiness and leaving class early is subtracted from the total time of the program and counts against the attendance record. For example, if a student is late by 30 minutes for 5 days during the program that will equal 2.5 hours of missed class time. Depending on the format and schedule, this could equal more than 20% of the day and thus the student would be counted as absent for one day of the training. If this is the case, the student would have to pay to make-up this missed class in order to learn the missed content as per the Attendance Procedure.

Tuition Information (CAD)

Investment: \$2800.00 + GST*

Initial deposit of \$500.00 GST due at time of registration.

*Receive \$300 off the price of your training if you register before July 15th

Payment Plan:

Registration received before July 15th: 6 payments of 333.33 per month (plus GST)

Registration received after July 15th: 6 payments of 383.33 per month (plus GST)

Refund Policy

\$500.00 + GST with application is non-refundable.

If you are accepted into the program and are unable to participate, you will be refunded your full tuition, minus the deposit to reserve your space. Notice must be received in writing no later than 30 days prior to the start of the program.

This program requires a minimum number of participants to run. If a program is cancelled for this or any other reason, your payments to date including the application fee will be refunded in full.

Audio Visual Disclaimer

I grant permission for audio and visual recordings of myself to be used for promotional purposes on behalf of Smiling Dog Yoga. This promotion may include, but is not limited to, the use of the photographs our website, newsletter and in marketing material such as posters or pamphlets.

Agreement

I have read and understood the all of the above criteria for certification as a Yoga Teacher through Smiling Dog Yoga's 200 Hour Yoga Teacher Training Program. I agree to inform SDY should my health status change, and I take full responsibility for my own health and well-being during my time in this teacher training program. I have read, understood and agree to the Attendance Policy, Refund Policy, Audio Visual Disclaimer.

Name _____

Signature _____

Date: _____