



Live Your Yoga

RYT300/500 Advanced Teacher Training Program

October 2020 – March 2022

[Registration Deadline: August 1, 2020](#)

Beginning October 2020, this 18-month program is designed for the existing RYT200 instructor wishing to inspire, challenge, and transform their teachings by taking their personal practice to the next level through advanced sequencing & theming, subtle anatomy teachings, and advanced business tips for yogis. You will receive in-depth training on teaching meditation, hatha, vinyasa, restorative and yin yoga, and yoga nidra while routine yogic rituals will immerse you in the personal yogic lifestyle. Our Advanced Yoga Teacher Training will immerse you in yoga philosophy and teaching applications to enhance your career. Graduate with expanded knowledge and the teaching tool-kit to become a yoga professional with RYT-500 Yoga Alliance* certification.

Om Shanti, Peace.

2020-2022 Weekend Times & Dates:

Classes meet Saturdays, 8:00am-6:00pm, daily times may vary

2020: Oct. 10, Nov. 14, Dec. 5

2021: Jan. 9, Feb. 6, Mar. 6, Apr. 3, May 8, Jun. 5, Jul. 10, Aug. 7, Sep. 11, Oct. 2, Nov. 13, Dec. 4

2022: Jan. 8, Feb. 5, Mar. 5

Attendance is mandatory. If you have any scheduling conflicts, please email yogagardenpbo@gmail.com. Under extenuating circumstances if any dates are missed, we will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$100/hr), while upholding the integrity of our program.



Yoga Garden PBO * 184 East Street * Pittsboro NC * 27312 * 919.533.7935

www.yogagardenpbo.com * yogagardenpbo@gmail.com



Considerations

Considerations: Not-Included in tuition, but Required for completion of RYT-500 Certifications:

- Final Thesis
- One yoga class per week
- 40-Day Personal Practice
- Access to computer/email
- Required Reading Books - Est. \$125 (List available upon registration)
- 10% of class-passes and retail products
- Daily practice, journaling & record keeping
- Vegetarian diet requested; otherwise, daily diet journaling is required
- Minimum of 8 students; Maximum of 12 students
- *Yoga Alliance RYT500 Registration Requires: Yoga Alliance Registration Fee (currently \$55-\$85) plus 100 personal teaching hours

Course Topics Overview

Yin Yoga * Raja Yoga * Yoga Nidra * Hatha Yoga * Classical Yoga * Kundalini * Restorative * Yama & Niyama * Business & Ethics * Mudras & Bandhas * Yoga Nidra * Mantras & Sacred Sound * Ancient Yogic Texts * Tantric Yogic Practices * Kriya * Creating Sacred Space * Self-study through Journaling * Intuition & Psychic Development * Chakra System * Nadi Channels * Developing Safe and Sacred Community * Advanced Asana, Pranayama & Meditation * Spiritual Ethics for Practitioners & Facilitators * Developing a deep relationship with Nature & Elements * Deepening Your Personal Practice * Advanced Teaching Methodologies * And Much More!

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Live Your Yoga & Teacher Training Program Application

(Registration deadline August 1, 2020!)

October 2020 – March 2022

Name: _____ Birthdate: ____/____/____

Home Phone: _____ Mobile: _____

Email: _____

Address: _____

City: _____ State/Zip: _____

Emergency Contact: _____ Phone: _____

List any medical issues or concerns: _____

Investment Plan

\$300 non-refundable deposit plus \$229/month Auto-Pay plan for the first 12 months, non-refundable after start of program. See Cancellation Policy attached.

Auto Pay Debit Information

Circle One: Visa MasterCard Debit Card

Card Number: _____ Expiration: _____ CCV#: _____

Name on Card: _____

Signature of Acceptance of Terms Above: _____

Please initial: _____ I have read and accept the Cancellation & 100% Attendance Policy

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Cancellation & Attendance Policy – NO EXCEPTIONS. Please initial on each '____' and sign:

____ Withdrawals up to 90 days before the start of the program: All payments will be refunded minus non-refundable deposit.

____ Withdrawals 60-0 days prior to start of the program: All payments are non-refundable unless a replacement student is found.

____ Once you begin the program, all payments are non-refundable. Non-attendance is non-refundable. See Attendance policy below.

____ Withdrawals from the program must be made in writing or email.

____ Yoga Garden reserves the right to postpone or cancel the training if the required minimum of registrants is not met, with full refund.

____ Attendance is mandatory. If you have any scheduling conflicts, please email yogagardenpbo@gmail.com. Under extenuating circumstances if any dates are missed, we will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$100/hr), while upholding the integrity of our program.

____ We want to make sure that those who are dedicated to attending are able to. If you have any question as to the time and commitment required or the scheduled dates for the program, please email us at info@yogagardenpbo.com with any questions or concerns before enrolling in the program.

I have read and accept the Cancellation & Attendance Policy:

Signature

Print Name



What is your profession?

Where did you obtain your RYT200 or equivalent?

What is your current state of health? List all health ailments, if any.

Do you have any injuries? Please describe.

Are you currently on any medications? If so which ones and what for?

Do you currently see a therapist?

Describe your yoga experience and current practice? Include how long you have been practicing, with who, and any teaching experience.

What is your intention for applying for this program?



How will you make the time for a daily practice?

What are your biggest challenges in life?

How will you meet the financial requirements?

How is your diet and how do you feel about it?

Is there anything else you would like to share, or any further questions or concerns?

Submit Completed Application Options:

- Email (clear photo or scan) to yogagardenpbo@gmail.com
- Hand Deliver to Yoga Garden PBO at 184 East Street, Pittsboro, NC 27312
- U.S. Mail to Yoga Garden PBO, c/o Lexie Wolf, 431 Riverwalk Trail, Pittsboro, NC 27312

Allow 5-7 business days to process application and receive confirmation email.

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