

powerflow yoga

200 HOUR TEACHER TRAINING: FIND YOUR POWER

Led By: Stacey Bell and Carrie Parker

Assisted by Christine Joseph

September 30th 2016 – February 26th 2017

TRAINING DATES:

Sept 29th, Oct 1st & Oct 2nd

Oct 14th, Oct 15th & Oct 16th

Oct 29th & Oct 30th

Nov 11th, Nov 12th & Nov 13th

Dec 3rd & Dec 4th

Dec 10th & Dec 11th

Jan 6th, Jan 7th & Jan 8th

Jan 14th & Jan 15th

Jan 27th, Jan 28th & Jan 29th

Feb 11th & Feb 12th

Feb 24th, Feb 25th & Feb 26th

Fridays: 6:30 PM - 9:00 PM

Saturdays: 10:00 AM - 6:00 PM

Sundays: 10:00 AM - 5:00 PM

LOCATION: Powerflow Yoga Bloomfield (71 Washington Street)

WHAT TO EXPECT: Whether you're looking to become a 200 hour certified yoga instructor, or you simply want to deepen your own practice, this teacher training is for you! Powerflow Yoga's 200 hour teacher training program is an invitation for self-study through the eight limbs of yoga. In this training, you will develop the confidence and leadership skills to successfully lead students through a power vinyasa class. Our experienced teachers Stacey and Carrie will provide you with the time and support you need for personal growth and professional development as a yoga teacher. This is the perfect, well-rounded training that prepares you for the classroom—and for life!

YOU WILL LEARN:

- Confidence through your voice
- Leadership
- Cueing a class
- Yoga anatomy
- Alignment
- Meditation
- Pranayana
- Philosophy
- History of yoga
- Physical assists
- Classroom management
- Business of yoga
- Ethics

PAYMENT & DEADLINES: To lock in your spot and your rate, submit your application and a \$500 non-refundable deposit.

Early Bird Rate & Deadline: \$3,200 if application and deposit received by 8/31/16

Tuition and Application Deadline: \$3,600, 9/26/16

Monthly Payment Plan Available: Ask for details (\$25 monthly processing fee will be added)

REFUND POLICY, PLEASE PLEASE READ THE BELOW REFUND POLICY AND SIGN YOUR ACKNOWLEDGEMENT : No refunds will be given after 9/15/16.

Should you exercise the refund option before September 15th, there will be a \$100 processing fee.

\$500 deposit is non-refundable.

I have read and accept the above terms and requirements. Yes No

Please initial:

Please complete the application and email to teachertraining@powerflownj.com. If you have any questions about how to complete the application please email or call us at 973.680.1400.

PERSONAL INFORMATION

Name:

Street Address:

City, State & Zip:

Cell Phone:

Email Address:

Occupation:

Emergency Contact

Name:

Phone:

Relationship:

ADDITIONAL INFORMATION

1. How long have you been practicing yoga?

2. Do you practice outside of Powerflow? If so, where?

3. Do you practice any other style other than vinyasa? (i.e. Bikram, Yin, Ashtanga)

4. Why do you want to do Powerflow's training?

5. What do you hope to gain from this training?

6. Have you attended any teacher trainings in the past? If so, where?

7. Do you have a pranayama practice? If so, please describe.

8. Do you have a meditation practice? If so, please describe.

9. Please list any injuries or medical conditions that may affect your ability in certain postures.

10. Please share anything else about yourself that you feel we should know.

PROGRAM PARTICIPANT AGREEMENT: I understand that I must pay in full and fulfill all the requirements of the training, including in-class hours and homework, in order to receive my 200 Hour certification. During my training, I will take at least 3 classes per week at Powerflow. I also agree to teach a new talent community class at Powerflow before the completion of my training. Upon completion, my training hours can be submitted to the Yoga Alliance to register my hours. I understand that Stacey Bell and Carrie Parker reserve the right to ask me to leave the program if my behavior is disruptive, inappropriate, negatively impacting other students learning, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances I understand I will not be refunded my tuition.

I understand that I will receive a full refund minus the \$500 non-refundable and \$100 processing fee if requested by 9/15/16. No refunds will be issued after 9/15/16.

I understand that all training materials are proprietary and cannot be reproduced or distributed by me without the permission of Powerflow Yoga.

I have read and accept the above terms and requirements. Yes No

Please initial:

ASSUMPTION OF RISK, HEALTH WARRANTY, RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following: That I am participating in yoga classes and in training at Powerflow Yoga LLC, during which I will receive information and instruction about yoga. I recognize that yoga requires physical exertion that may be strenuous and may cause injury. I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the yoga class/training. I further understand that if I become pregnant it is my responsibility to inform the instructor and consult a physician prior to and regarding my participation in the yoga class/training. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in yoga classes/training. I understand that instructors may sometimes physically adjust a student during yoga classes/training. If I do not want such physical adjustments, I will inform the instructor at the beginning of each class or training. I also acknowledge that it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time. In consideration of being permitted to participate in yoga classes/training, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the yoga class/training. In further consideration of being permitted to participate in yoga classes/training, I knowingly, voluntarily and expressly waive any claim I may have against Powerflow Yoga, LLC, its owners, instructors, employees and agents for any injury or damages that I may sustain during or as a result of participating in the yoga class/training. I, my heirs or legal representative forever release, waive, discharge and covenant not to sue Powerflow Yoga, LLC, this includes Powerflow Yoga's owners, instructors, employees, agents and representatives for any injury or death caused by their negligence or other acts. Powerflow Yoga LLC, is not responsible for any personal belongings I bring to or leave at the studios. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions.

I have read and accept the above release and waiver. Yes No

Please Initial:

Signature:

Print Name:

Date: