

powerflow yoga

300 HOUR TEACHER TRAINING: REFINE YOUR POWER

Led By: Emma Kealy, MJ Turnbull & Jody Domerstad

TRAINING DATES:

MODULE #1

Sept 15, Sept 16, Sept 17, Sept 27, Oct 20, Oct 21, Oct 22, Nov 1

MODULE #2

Nov 10, Nov 11, Nov 12, Nov 29, Dec 15, Dec 16, Dec 17, Jan 3

MODULE #3

Jan 19, Jan 20, Jan 21, Jan 31, Feb 9, Feb 10, Feb 11, Feb 28

MODULE #4

Mar 16, Mar 17, Mar 18, Mar 28, Apr 6, Apr 7, Apr 8, Apr 18

MODULE #5

May 19, May 20, May 30, June 8, June 9, June 10, June 20

MODULE #6

July 13, July 14, July 15, July 25, Aug 10, Aug 11, Aug 12, Aug 22

Fridays: 7:00 to 9:30 pm

Saturdays: 9:00 am to 5:30 pm

Sundays: 9:00 am to 5:30 pm

Wednesdays: 6:30 to 9:30 pm

LOCATION: Powerflow Yoga Bloomfield (71 Washington Street)

May & June will be at Powerflow Yoga Glen Rock (530 South Broad Street)

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WHAT TO EXPECT: This is the training for people who are already yoga teachers and have studied the foundations of the practice. If that's you, you can refine your craft and sharpen your skills. In our 300 Hour Refine Your Power Teacher Training, you will truly step into who you are as a teacher. This training is designed for you to improve the experience of your classes and advance your career. You will learn a variety of techniques to enrich your teaching and effectiveness. Upon completion, you will be able to register with Yoga Alliance as a RYT 500.

WE WILL COVER:

- teaching advanced asana
- skillful sequencing
- effective language
- hands-on assists and adjustments
- deeper study of anatomy
- working with special conditions and populations
- injuries
- energy
- dharma talks
- theming a class
- deep study of philosophy and history
- mythology
- creating a workshop
- working with privates

PAYMENT & DEADLINES: In order to secure your space and rate in teacher training, you will have to submit your complete application and \$1,000 non-refundable deposit.

Early Bird Rate & Deadline: \$4,200 if application and deposit is received by 7/31/17

Final Deadline: 9/8/17

Regular Rate: \$4,500

Monthly Payment Plan Available: \$35 monthly processing fee will be added

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REFUND POLICY

IMPORTANT: PLEASE READ THE BELOW REFUND POLICY AND ACKNOWLEDGE

- No refunds will be given after 8/25/17.
- Should you exercise the refund option before 8/25/17, there will be a \$200 processing fee.
- \$1,000 deposit is non-refundable.

I have read and accept the above terms and requirements: Yes No
Please initial:

QUESTIONS ABOUT APPLICATION, PLEASE EMAIL: cjoseph@powerflownj.com

PERSONAL INFORMATION

Name:

Street Address:

City, State, Zip Code:

Phone:

Email Address:

Occupation:

Emergency Contact

Name:

Phone:

Relationship:

ADDITIONAL INFORMATION

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1. How long have you been practicing yoga?
2. How long have you been teaching yoga?
3. Where did you receive your 200 hour certification?
4. What teachers have you studied with?
5. How many classes do you teach per week?
6. What studio do you teach for?
7. What did you love most about the 200 hour training you completed and why?
8. What would you change about your 200 hour training and why?

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9. Are you comfortable teaching Surya Namaskar A and B?

10. Did you learn pranayama in your 200 hour training? (If trained by Carrie Parker and Stacey Bell in Powerflow Yoga's 200 hour training, you may skip.)

11. Did you study the Bhagavad Gita and the Yoga Sutras Padas 1 and 2? (If trained by Carrie Parker and Stacey Bell in Powerflow Yoga's 200 hour training, you may skip.)

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

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

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

PROGRAM PARTICIPANT AGREEMENT:

I understand that I must be paid in full and fulfill all the requirements of the training, including in-class hours and homework, in order to receive my 300-hour certification. During my training, I will take at least 2 classes per week at Powerflow. I also agree to have 3 of my classes observed 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 Emma Kealy, MJ Turnbull, and Jody Domerstad reserve the right to ask me to leave the program if my behavior is disruptive, inappropriate, negatively impacting other students' learning, or violates the Yoga Alliance ethical guidelines. Under such circumstances, I understand I will not be refunded my tuition.

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I understand that I will receive a full refund minus the \$1,000 non-refundable deposit and \$200 processing fee if requested by August 25, 2017. No refunds will be issued after August 25, 2017.

I understand that if I am unable to complete the teacher training, and I am on a payment plan, I am still responsible to make all remaining payments due to Powerflow Yoga LLC.

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

I understand that if I am unable to complete the teacher training, I need to return the Powerflow Yoga teacher training manual and other training materials that were provided to me.

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.

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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: