

# powerflow yoga

## 200 HOUR TEACHER TRAINING: FIND YOUR POWER

*Led By: Stacey Bell and Carrie Parker*

*Assisted By: Christine Joseph & Michael Simpson*

**3/2/18 – 6/24/18**

### **TRAINING DATES:**

**March 2, March 3, March 4**

**May 4, May 5, May 6**

**March 9, March 10, March 11**

**May 18, May 19, May 20**

**March 23, March 24, March 25**

**June 1, June 2, June 3**

**April 13, April 14, April 15**

**June 8, June 9, June 10**

**April 20, April 21, April 22**

**June 22, June 23, June 24**

**Fridays: 7:00 - 10:00 pm**

**Saturdays: 10:00 am - 5:30 pm**

**Sundays: 10:00 am - 5:30 pm**

**LOCATION:** Powerflow Yoga Bloomfield (71 Washington Street)

**WHAT TO EXPECT:** Whether you want to teach classes, or you just love yoga, this foundational 200 hour program is perfect for you. You will deepen and transform your practice. You will dive into yoga teachings and anatomy. You will focus on building your confidence and finding your voice. You will learn to speak with clarity, creativity and precision. You will get the time and support you need for personal growth. This is the perfect, well-rounded training that prepares you for the classroom—and for life!

# powerflow yoga

## **WE WILL COVER:**

- Deep self-study
- Yoga philosophy 101
- Yoga anatomy 101
- Pose alignment
- Meditation
- Confidence using your voice
- Leadership
- Basic assists
- Classroom management
- Business of yoga
- Journaling
- Playlists

**PAYMENT & DEADLINES:** In order to secure your space and rate in teacher training, you will have to submit your complete application and \$500 non-refundable deposit.

**Early Bird Rate & Deadline: \$3,600 if application and deposit received by 2/1/18**

**Final Deadline: 2/26/18**

**Regular Rate: \$3,900**

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

## **REFUND POLICY**

**IMPORTANT: PLEASE READ THE BELOW REFUND POLICY AND ACKNOWLEDGE**

**Refund Window: No refunds will be given after 2/9/18**

**Should you exercise the refund option before 2/9, there will be a \$100 processing fee**

**\$500 deposit is non-refundable**

# powerflow yoga

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

**QUESTIONS ABOUT APPLICATION, PLEASE EMAIL:  
teachertraining@powerflownj.com**

## **PERSONAL INFORMATION**

Name:

Street Address:

City State Zip Code:

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?

# powerflow yoga

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.

# powerflow yoga

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 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 deposit and \$100 processing fee if requested by 2/9/18. No refunds will be issued after 2/9/18.

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 that 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:**

# powerflow yoga

## **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:**

# powerflow yoga

Date: