

Leap Yoga 300-hr Advanced Hatha Yoga Teacher Training

Teacher Application 2020 Session

Program Meeting Times (subject to moderate changes):

Thursdays 5-9pm

Fridays 8-8pm

Saturdays 9:30-4:30pm

Sundays 7-1pm

Program Dates:

MODULE 1 — EMBODYING EARTH — MUSCULOSKELETAL SYSTEM

Included: Define and clarify the principles for healthy support and movement of bones, muscles, tendons, ligaments and joints. Create ease and integrate the forces of movement and support throughout your whole bod-mind. Learning to support ourselves with the whole body encourages the experience of Unity at all levels of being.

Weekend 1- January 23-26, 2020

Weekend 2- February 6-9, 2020

Including: advanced practices in standing postures, arm balances, inversions, pranayama and meditation.

Embodying the vertebral column

Integrated patterns of movement through the lower limbs, upper limbs and core

Sequencing for stress free, injury free practice

Therapeutic approaches for musculo-skeletal injuries & limitations

Introduction to Fascia and the fascial meridians

Bandhas and breath mechanics

Advanced pranayama

meditation

Philosophy: Georg Feuerstein's Philosophy manual for 300-hour students --woven throughout the entire training

Sanskrit pronunciation

Yoga of Sound/Mantra

MODULE 2 — EMBODYING WATER & FIRE — ORGANS & GLANDS

Learn to feel your own organs and glands. Discover how to initiate movement from them. Learn to access these systems through asana, mantra, pranayama and meditation.

Included: advanced practices in forward bending, twisting, arm-balances, vinyasa, pranayama and meditation.

Weekend 1- February 20-23, 2020

Weekend 2- March 12-15, 2020

Included: Experience postural alignment from organs & glands

Integrate glands through the skeletal structure

Learn modalities for organs

Learn modalities for glands

Deepen understanding and practice of bandhas/diaphragms

Pranayama

Meditation

Prenatal Yoga

MODULE 3 — EMBODYING OPTIMAL MOVEMENT

DEVELOPMENTAL PATTERNS AND NEUROLOGICAL INTEGRATION OF BODY-MIND-SPIRIT: EXPLORING THE FASCIAL WEB

Yoga is a developmental process of growth toward the experience of Unity. In this module we explore the movement patterns that support our experience of wholeness and connection to source. We integrate these patterns into our asana practice, and gain a deeper understanding of the various practices of Yoga.

Weekend 1- April 2-5, 2020

Weekend 2- April 16-19, 2020

Included: Advanced practices in standing postures, arm balances, inversions, pranayama and meditation.

Cellular Breathing and Whole-Body-Ujjayi

Levels of Core: Navel, Soft Spine and Spine

Integration of Autonomic Nervous System

Integration of all systems through the fascial web

Vinyasa Yoga

Restorative Yoga/Yin Yoga

Pranayama

Meditation

MODULE 4—INTEGRATION

EMBODYING AIR, SPACE AND CONSCIOUSNESS: CORE—LOVE—UNITY

Define and clarify the principles for healthy support and movement of bones, muscles, tendons, ligaments and joints. Create ease and integrate the forces of movement and support throughout your whole-body. Fascia as communication organ and supports via the fascia meridians.

Module 4 is the culmination of the 300-Hr. Training. Successful completion of Modules 1-3 is required for attendance in this module. Material includes:

Weekend 1- June 4-7, 2020

Weekend 2- Testing Out, TBD

Included: Weaving Movement and support principles into Classes

Resonating Through Presence, Voice and Touch

Beyond Seeing: Perception with all of your Senses

Advanced Sequencing and Teaching Clinics/Assisting

Teaching Trauma Sensitive Yoga

Pranayama/Meditation

Final Assessment

Meeting Times Each Weekend: Thursdays 5-9pm, Fridays 8-8pm, Saturdays 9:30-4:30pm, Sundays 7-1pm

Investment:

\$3550 early-bird pricing available through October 31st, 2019

\$3700 regular pricing (begins November 1st, 2019)

Option to pay per module \$950/per module (Tuition due 2 weeks prior to the beginning of the module)

Deposit: \$400 deposit due with application to be considered. This will be applied towards tuition for Module 4.

To be eligible to receive early-bird discount pricing you must meet the following criteria: Application and deposit of \$400 received by **October 31st, 2019. Upon acceptance remaining balance (\$3150) due by **December 15th, 2019**.*

**Payment plans for special circumstances can be made available upon request.*

Tuition Includes:

300-hr Certified Yoga Teacher Certification (pending all program requirements are met)

Tuition and Teacher Training Manual

**Tuition does not include books for required reading*

Refund Policy:

The \$400 deposit is non-refundable and non-transferable and will be applied towards tuition for Module 4. (If for any reason you are not accepted into the program your deposit will be refunded in full.)

If a student withdraws from the course:

31+ days prior to January 8th, 2019, full refund minus deposit

15-30 days prior January 8th, 2019, 50% of training balance, minus deposit

14 days prior to training, tuition non-refundable

Once training begins: tuition non-refundable

I have read and accept the refund policy.

Signature: _____

Date _____

Payment (please check one)

Option A: Early-bird special pricing payment in full due October 31st, 2019 **\$3550**

Option B: Regular Enrollment payment in full due December 1st, 2019 **\$3700** _____

Option C: Pay per module **\$950/Module** _____

I would like to be considered for a payment plan _____

PERSONAL INFORMATION

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Email _____

Current Occupation _____ How long? _____

Mobile Phone (____) _____ - _____

EMERGENCY CONTACT INFORMATION

Name _____

City _____ State _____ Zip _____

Country _____ Relationship _____

Mobile Phone (____) _____ - _____

Email _____

EXPERIENCE & PREVIOUS TRAINING

Please list previous yoga teacher trainings that you've completed:

Are you currently teaching yoga? YES / NO

If yes, for how long? _____

What type/style of yoga do you currently teach?

How did you hear about this Teacher Training Program?

Do you have any medical conditions or are you taking any prescription medication that might affect your practice and/or that you would like to share with us. (note all information is confidential) Yes / No

If yes, please explain briefly.

Do you have any injuries or other physical impairments? Yes / No

If yes, please explain briefly:

Do you have any allergies? Yes / No If yes, please explain briefly.

What are your expectations for this training? What do you hope to gain, learn more about or work on?

List anything else you want your teachers to know in order to insure the best possible experience.

Tuition Policy

A non-refundable and non-transferable deposit of \$400 is due with your application. This deposit is credited towards balance of tuition due.

You will be notified no later than 14 days from receipt of your application if you have been accepted into the training. If for any reason you are not accepted into the program your deposit will be refunded in full.

Deposit can be made to Leap Yoga via credit card, check, or cash.

\$400 deposit applies to the fourth module if paying by modules.

ATTENDANCE POLICY

By signing up for this program, there is an expected commitment for you to attend 100% of the training. Be sure you check the dates carefully before signing up and plan your schedule accordingly. This is a 300-hour Yoga Alliance certified teacher training and

your attendance is required to ensure your eligibility for certification through Yoga Alliance. In order to qualify for the above certification we ask that you attend the training in its entirety.

I have read and accept the attendance policy.

Signature: _____ **Date**

To Register please deliver completed application along with \$400 deposit to Stacy Whittingham at Leap Yoga. Mailing Address: 1725 Iron Point Road, Folsom CA 95630. Checks made payable to Leap Yoga.