

Application for Acceptance:
200 hour Yoga Teacher Training Program

STEP 1: Submit the following information online Registering for Training.

1. Shala Santosha Ashtanga Yoga & Ayurveda Wellness Waiver of Liability (see below), Print, Fill out, Scan, & email
2. Application Questions (see below) Type answers, save as a PDF, & email
3. 1 letter of Recommendation. Preferably from a Yoga Teacher who can speak to your dedication to the practice of Yoga. If this is not an option, then from someone who can speak to your dedication and character

STEP 2: Interview:

Once all of Step 1 has been completed, Christina , Shala Santosha will contact you to set-up an interview. When possible, interviews will be held via telephone

STEP 3: Submit Deposit or Full Payment to secure your spot. After a successful interview, students will receive an Acceptance Email from the studio. Students must submit a tuition payment to be enrolled in the program.

Shala Santosha Ashtanga Yoga & Ayurveda Waiver of Liability are online and / or below

I have read, understood and agree to the terms and conditions for application, admission, payment and participation in the 200 hour Yoga Teacher Training Program at Shala Santosha Ashtanga Yoga & Ayurveda Wellness

Initial:_____

I understand that by completing the 200-hour program, that I am not a Professional Yoga Therapist. I must complete a Professional Yoga Therapist certification to hold this title.

Initial:_____

I am aware that participation in Yoga or any other physical activity may result in accident or injury, and student assumes the risk connected with the participation in Yoga and represents that Member is in good health and suffers from NO physical impairment which would limit their use of Shala Santosha Ashtanga Yoga facilities. Student acknowledges that Shala Santosha Ashtanga Yoga has not and will not render any medical services including medical diagnosis of Student's physical claim, demand, cause of action of any kind resulting from or related to Student's use of the facilities or participation in any Yoga, exercise or activity within or without the studio premises, and Student agrees to hold Shala Santosha Ashtanga Yoga harmless from same.

Initial:_____

Print Name
Sign Name
Date

Application Questions

INSTRUCTIONS:

Complete the following questions and email as a PDF to shalasantoshayoga@gmail.com.
(Typed applications are preferred. Thank you)

Name:
Address:
Phone:
Birthday:
Gender:
Email:
Emergency Contact:
Occupation:

Please list any medical concerns (physical limitations, disabilities, psychological disorders, communicable diseases, recent surgeries or hospitalizations, pregnancy, current medications, etc) that may be relevant to participation:

Short Essay Questions

What is your background and experience with Yoga/meditation?

How long have you been practicing?

Where and how often do you currently practice Yoga and what is your/their style?

What is your educational background outside of Yoga?

Do you currently teach yoga?

What is your intention for attending this course?

Do you intend to be Yoga Alliance Certified?

What training dates do you plan on attending ?

Per the Yoga Alliance, curriculum must incorporate training hours in the following educational categories:

Techniques Training/Practice (100 hours): 75 contact hours, 50 with primary E-RYT@s (Experienced Registered Yoga Teachers)

Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Note: Contact Hours in this category must be in a dedicated yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

Teaching Methodology (25 hours): 15 contact hours, 10 with primary E-RYT@s

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga. Although your curriculum may include more than five hours on business aspects of teaching yoga, a maximum of five such hours can be counted

Anatomy and Physiology (20 hours): 10 contact hours

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of five hours must be spent applying anatomy and physiology principles to yoga.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (30 hours): 20 contact hours

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. A minimum of two contact hours must be spent on ethics for yoga teachers.

Note: A minimum of 2 contact hours must be spent on ethics for yoga teachers.

Practicum (10 hours): 5 contact hours with primary E-RYT@s

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)

Electives (15 hours): Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

55 Remaining Contact Hours

Contact hours to be distributed among educational categories according to the school's chosen emphasis.

Total: 200 hours

Total Contact Hours: 180

Yoga Teacher Training 200 Hour Teacher Training Program at Shala Santosha Ashtanga Yoga & Ayurveda

Goals:

Yoga Teacher Training is for those who want to teach Yoga as a healing art. You will learn to teach Yoga for a wide range of complementary settings including health care as well as Yoga classes for the general public. This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals, therapists and anyone with a desire to teach the healing art of yoga.

This program is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200).

Primary areas of focus:

- Explore a comprehensive approach to teaching Yoga including smart sequencing, physical anatomy, subtle body or anatomy of the subtle body, pranayama (breath work), mudras (Yoga postures for hands), bandhas, drishti, chakras, meditation, yoga nidra, yoga philosophy and hands-on assists.
- Develop your Yoga teaching as part of your own unique life vision and mission.
- Learn all the key concepts of teaching such as class design, sequencing, pacing, use of voice instructions and hands on assists.
- Learn to teach hatha, vinyasa & gentle yoga classes to a vast spectrum of students including special population, beginners, intermediate and advanced Yogis.
- Learn to teach asana through the Integrative Therapeutic Posture Principles -- working at physical, energetic, emotional and spiritual level and how to modify them for individual needs.
- Learn the nature of health and illness from the Yoga perspective.
- Learn the main aspects of the psychology and philosophy of Yoga in a way that is clear, well organized and can be integrated into your teaching and daily life.
- Learn to teach Yoga classes that are exceptional and creative, that develop a theme from start to finish and leave your student(s) with a complete experience of integration which is Yoga.

Shala Santosha Ashtanga Yoga & Ayurveda School Philosophy & Mission Statement:

SSAY is eastern philosophy centered, community based school /shala committed to enriching the lives of the community through yoga and other forms of natural ayurveda wellness. Our Yoga teacher /therapy teacher training program provides a well-rounded program that deepens the understanding of the physical yoga practice, the yoga lifestyle and the underlying philosophy of yoga as a healing modality in the traditions and lineage of Ashtanga Vinyasa, Ashtanga 8 limbs of Patanjali, Ayurveda and Wellness.

200 hour Program Description: is a pioneer and leader in training Yoga professionals who can bring the ancient insights of Yoga into mainstream wellness programs. Our program is based on a vision of health as a unity of body, mind and spirit. The Yoga Teacher Training Program at Shala Santosha Ashtanga & Ayurveda is registered with the Yoga Alliance as a 200-hour Teacher Training certification program (RYT-200). Yoga Alliance requires 150-180 contact hours (classroom) and 20 -50 non-contact hours. The program is comprised of 150 hours of contact study and 50 hours of non-contact hours. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of at home independent study (assignments, reading, tests and take home assessments) and specified hours of volunteer teaching hours. Students will keep a log of hours and dates to record non-contact hours.

What makes a Yoga Teacher RYT 200 certification special?

Yoga is taking on a wider role in modern life; an expansion beyond the Yoga classroom into all areas of our community as a vehicle for health, wellness, healing and personal transformation. Shala Santosha Ashtanga Yoga & Ayurveda Wellness is a leader for over 15 + years in training Yoga professionals who can bring the ancient eastern philosophy and practices including deep rich histories of insights of Yoga into mainstream wellness programs. Our programs are based on a vision of prioritizing health and wellness as a unity of body, mind and spirit. Yoga is a vehicle for deepening this experience of Unity and Healing and bringing it into the world as a resource for personal growth, development, transformation, healing and awakening. Over 100 + students have developed personally and professionally through our training programs.

School Facilities:

Shala Santosha Ashtanga Yoga & Ayurveda Wellness 200 hour training is in a yoga studio located in Maui, Hawaii and off site when hosted at our studios /shala or retreats. Our studio offers classes 6 days/week . It is a Yoga Alliance registered school at the 200 and YACEP hour level and an authorized school and teachers of the Ashtanga Yoga Traditional Lineage.

Admissions & Entrance Requirements

In order to participate in the Yoga Teacher 200 hour /Yoga Therapy Training Program, the student must meet the following requirements:

- Minimum 1 Year Yoga Experience. Preferably in the form of Ashtanga Vinyasa classes taught by a certified teacher.
- Minimum age of 25
- Email Application to shalasantoshayoga.com
- Successfully complete admissions Interview (in-town/in-person -or- out of town/over phone)
- To secure a place in the program, a non refundable deposit 15% and full balance of tuition payment must be submitted prior to first day of class. (Please See Tuition and Fees for payment details)
- *Please note that application to the program does not guarantee acceptance. The interview process is an ideal opportunity to have any of your questions answered regarding the program. Please submit your application early (recommend a minimum of 2-4 weeks prior to the program start date) as space is limited and filled in order of approval of application. Application deadline is one week prior to program start date. Applicants will be notified of acceptance by telephone, in writing or by email.

Advanced Standing

Shala Santosha Ashtanga Yoga & Ayurveda School does not offer advanced standing for any previous training's or course work. Graduation from the program does not mean guarantee of employment.

Non-Discrimination Policy

Shala Santosha Ashtanga Yoga & Ayurveda does not discriminate on the basis of age, gender, marital status, national or ethnic origin, vaccine , sexual orientation, color, race or religion.

Housing

Shala Santosha Ashtanga Yoga & Ayurveda does not provide housing for students. If you expect to require housing, names and accommodation locations can be provided upon request. On limited basis there may be guest student rooms available , inquire within.

Employment Assistance Services

Shala Santosha Ashtanga Yoga & Wellness does not offer employment assistance services. We do offer suggestions for pursuing your career in yoga and devote class time to the business aspects of yoga. Given that yoga teaching is often an independent endeavor, the school will follow up with graduates to provide needed letters of recommendation, mentorship and guidance and support.

Academic Requirements and Standards of Progress

All students enrolled in the teacher training program are required to complete all assignments, assessments, and reflections on a pass/fail basis to receive credit for modules. Students who do not complete the necessary course work will not receive credit for assigned requirement. Homework is due within contact and non contact specified dates of the completion of the program.

Requirements:

- **COMPLETION:** All students are required to take personal practice each morning as scheduled
- **BINDER:** All students enrolled in teacher training are required to maintain a 200 RYT Binder including additional hand-outs. Students must purchase/bring a 1" or 2" 3-ring binder to keep materials organized.
- **HOMEWORK:** Each will have homework, including lesson planning, reading assignments, participation in Yoga classes, personal practice, reflection and concept/terminology , sanskrit review. All students are required to complete 100% of the homework. Homework is submitted during the program. Once after the completion of assigned for requirements , a certificate can be earned to register as a RYT Teacher.

Homework/non-contact hours:

- Required readings
- Homework & On-Going Assessments

On-Going Assessments

- Practice Teaching: Completed during the contact hours. Students will receive evaluation from trainer.
- Personal Practice & Reflections: Participate in classes with an experienced teacher (in person or online), complete assigned reflections, personal practices at home.
- Teaching Cues: Directed self-study of physical & energetic body using Teacher Training Textbooks to create teaching cues
- Reading: Complete pre and post reading assignments.

Required Readings (included in tuition):

- Teacher Training Manual
- Ashtanga Practice Manual

Required Readings (not included in tuition):

- Bhagavad Gita, Edited by Sri Swami Satchidananda (Module 8)
- Yoga Sutras Patanjali
- Yoga Psychology
- Pranayama
- Light on Yoga, Light on Life by BKS Iyengar
- Developing a personal practice, TKV Desicachar

• Volunteer Teaching Hours

To complete the 200 RYT program, students are required to complete 2 hours of community service teaching. The community service classes must be adult classes. All students must complete class sequencing and teaching reflections for each of their community classes. These must be turned in with a teaching reflection at the completion of the program deadline date assigned and may begin their community service hours after completing teacher training program.

Final Exam Assessment

To successfully teach a 60 minute Yoga Practice with the following specifications.

1. Adhering to the sequencing guidelines taught in the program
2. Including 1 pranayama, 1 breath & 1 guided meditation

The 60 minute class will be scheduled. At least 1 of the trainers will be present to grade the class.

Completion Deadlines

- After the completion of all requirement for graduation, students have 1 year to complete their non contact hours of continued support, reading and practices on zoom or in person. After 1 year, the students are invited for ongoing continued education, advanced programs and training to continue to develop growth, further education and hands on training at an additional costs. • Students in the Flexible Program have one year to complete all assignments for graduation as the arrangement made.

200 RYT Yoga Teacher Training Program

Eligibility for RYT 200 hour certification includes completion

All Meet 7am -2pm most days, schedule will vary and will be discussed and this will include a 30 min morning break.

Our program is offered ongoing throughout the year. If in doubt about the dates , check in with school.

1: History of Yoga & Intro to Ashtanga Vinyasa Lineage Yoga Teaching

2: Yoga Teaching Essentials & Sequencing

3: Philosophy, Yoga Sutras, & Hand's On-Assists

4: Anatomy & Physiology

5: Koshas, Vayus, Chakras, Doshas

6: Pranayama's & Pranavayu's

7: Additional Yoga Texts, Mudra's, & Hands-On Assists

8: Ayurveda, The Elements, & Wellness Yoga

9: Special Conditions, Injuries & Modifications/Props

Students Records:

We will keep the students application on file as well as a copy of certificate of completion. (Attendance records) All students records/files will be kept with studio owner and not shared. Paper records will be kept for 2 years/ electronic files kept indefinitely. The replacement fee is \$25 per certificate.

Attendance:

Attendance is mandatory. All missed time must be made up. If 2 hours or less, it can be made up privately with an instructor for \$50/hour. If more than 2 hours of a module is missed, the entire module must be retaken at the expense of the student. For students enrolled in special arrangement program, an additional fee may apply.

Tardiness:

Students must arrive on time to receive their certifications for the training. Students more than 30 minutes late to the start of session, must follow attendance rules.

Probation, Dismissal and Re-Admittance:

Students who are not fulfilling Student Conduct codes (see Student Code of Conduct) will receive a verbal or written warning and be placed on probation for training . Should a second incident of conduct policy violation occur during this probation period, termination from the program will result at no refunds for all expenses incurred. The School Co-Directors will make this decision. Students may reapply for re-admission to a future date, however admission is not guaranteed.

Standards for Academic Progress:

Students cannot participate in other programs and trainings until all the homework/coursework from the previous training has been completed at a satisfactory level. Students who need help completing their coursework at a satisfactory level can work privately with the Program instructor at a rate of \$50/hour.

Student Code of Conduct:

Ethics are at the very core of yoga and living a yogic lifestyle. Therefore, this topic is taken very seriously at our Yoga Teacher Training Program. The ethics statement outlines our behavioral expectations. Please review the statement and become familiar with its contents. During the program the importance of ethics will be discussed. Students are expected to follow all school rules and policies as outlined.

Students are expected to behave as mature responsible adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property and or housing property offered , behavior creating a safety concern, abusive language and/or rude/menacing behavior. The school will provide a student with one verbal or written warning. Continued disruptive behavior will result in immediate termination from the program.

Student Complaints:

If a student has a complaint it should be communicated in writing to Inner Light Yoga Studios and will be reviewed by Program Managers. All complaints will be responded to within 30 days. If further action is needed/student requires reimbursement for withdrawal from program, please follow guidelines listed in Tuition, Fees and Refunds section.

Tuition & Fees

All deposits and tuition payments are due prior to start of program and training and is not refundable due to non completion, dismissal, cancellation however a one year credit will be given to accommodate a different date for completion.

Option One RYT 200hr Program

- This plan is for students who plan to attend in person
- The Training and Practice Manual is included in the price of tuition. All other books must be purchased by the student.
- Tuition includes 150 hrs Yoga teachings, discussions, classes at Shala Santosha Ashtanga Yoga & Wellness and 30 days thereafter on zoom .
- After the course of the program, graduate Students receive a discount for ongoing practices in person and on zoom.

OPTION 2 is for Online Hybrid Program - This plan is for students who plan to attend online only or hybrid online and arrangements for in person visit and training.

The Training and Practice Manual is included in the price of tuition. All other books must be purchased by the student.

- Tuition includes 150 hrs Yoga teachings, discussions, classes at Shala Santosha Ashtanga Yoga & Wellness virtual zoom and 30 days thereafter .
- After the course of the program, graduate Students receive a discount for ongoing practices in person or on zoom.

Cancellation & Refund Policy:

All payments ; Deposits and Tuition are non refundable. A one year expiration will be given to choose another training dates for completion,

Certification:

To receive a certificate of completion from Shala Santosha Ashtanga Yoga & Ayurveda 200 hour Yoga Teacher Training Programs, students must pass all assessments, complete all required readings/papers/binder reflections in a satisfactory manner, and meet attendance requirements. At that point students are eligible to apply for Yoga Alliance 200-hour recognition.

Graduation Requirements:

Graduates will meet the program requirements as discussed In order to receive a Certificate of Completion the student is required to have a minimum of 150 contact hours and a minimum of 50 non-contact hours. Shala Santosha Ashtanga Yoga & Ayurveda Teacher Training Program is available to fulfill deficit contact hours at a discounted \$50/hour.

Yoga Alliance 200-Hour Standards (directly from Yoga Alliance)

The Integrative Yoga Therapy 200-hour teacher training program meets and exceeds the Yoga Alliance 200-hour standards. In addition to the standards required below, Shala Santosha teacher training program will help you learn to teach Yoga for a wide range of complementary settings including health care as well as Yoga classes for the general public. This program is open to anyone with a basic foundation in Yoga and is especially suitable for body-workers, health care professionals and all therapists.