



Application for Teacher Training, 2017 - 2018

2329 Parrish Street; 1839 E. Passyunk Avenue

2030 Samson Street

Philadelphia, PA

215.235.1228; WakeUpYoga.com

Thank you for your interest in Wake Up Yoga's Teacher Training program! This program is a 250-hour certification program that is recognized by the Yoga Alliance. Upon completion you will be able to register with the Yoga Alliance to become a Registered Yoga Teacher at the 200-hour level.

Because our program is intense and intensive, we accept applications from dedicated students who have had a committed vinyasa yoga practice for at least 2-years. In order to have your application considered, you must take a vinyasa class with Corina; it is highly suggested that you also take a vinyasa class with Felicia. Check out www.WakeUpYoga.com to see current class schedules.

Before submitting an application, please carefully review the dates we will meet. Because the Yoga Tradition is essentially about love it cannot be learned just from books or notes, rather it is passed on from Teacher to Student. Therefore it is essential that students be in the classroom to receive the transmission. We aim for Perfect Attendance; no-one can complete the program if they miss more than 15 cumulative hours; some hours missed will have to be made-up in order to be considered for certification. Once the program begins, students are required to practice yoga at least 4 times per week (at least twice a week vinyasa yoga classes at Wake Up Yoga), and keep a practice journal. Teacher Trainees will observe (2) classes, read books, write responses, and practice hands-on adjustments. Each TT creates an opening vinyasa, teaches many individual poses and sequences, and eventually writes out two detailed class plans. And each TT will teach (3) complete classes to complete the training. Along the way, we study Anatomy for Yoga, Sanskrit, the Yoga Sutra of Patanjali, Meditation, Ayurveda, Vibration & Bhakti, Pranayama, and Subtle Anatomy, Nadis & the Chakras. This program is a thorough foundation for the exploration of yoga, teaching participants how to be lifelong and reverential students of yoga in order to be powerful, effective and inspiring yoga teachers. ***If yoga has changed your life and you want the profound privilege of sharing that with others, this program will prepare you to embark upon that journey.***

Here are the dates; please print and keep this first page for your records!

Classroom time will be:

Tuesdays @ Wake Up Yoga Rittenhouse, 7:30 - 9:30pm: 9/19, 10/3, 10/10, 10/24, 11/7, 11/28, 12/12, 1/9, 1/23, 2/6, 2/20, 3/6, 3/20

6 Thursdays, 7:30 – 9:30 pm, @ Wake Up Yoga South: November 9, December 7, February 8, March 1, April 5, April 26

Weekends: Saturdays, 10 am – 5 pm, Sundays, 10 am – 4 pm, @ Wake Up Yoga South:

September 23 & 24; October 14 & 15; October 28 (Saturday only); November 11 & 12; December 2 & 3; December 16 (Saturday only); January 13 & 14/2018; January 27 & 28, 2018; February 10 & 11, 2018; February 24 & 25, 2018; March 10 & 11, 2018; April 14 & 15, 2018; April 28 (Saturday only); May 12 (Saturday only); May 19 (GRADUATION!)

Students will be accepted into this program on a rolling basis. The maximum number of students we can accept is 18.

The cost of the full program is \$3000. (includes unlimited yoga classes at Wake Up Yoga between September 19th – May 19th!). Receive a \$300 discount if paid in full by January 9, 2018. Payment plans available. Please submit a non-refundable deposit of \$300 (checks payable to: Wake Up Yoga) with your application. If you are not accepted into the program, your check will be returned to you.

If you feel confident that this is the program for you and you are ready and willing to make this extraordinary commitment, please submit this application, either in person, through email or snail mail. If you have questions about the program, please email Corina@WakeUpYoga.com or Alane@WakeUpYoga.com. We will be happy to answer your specific questions, and even put you in touch with past graduates to inquire about their experience.

Thank You and Namaste!

1. Name _____

2. Address _____

City/State Zip _____

3. Phone _____ email _____

4. How long have you been practicing Yoga? _____

5. Who have been your teachers? _____

6. Why do you want to enroll specifically in this teacher training program?

7. What are your hopes/expectations of the program?

8. Do you meditate? If so, what technique(s)? How often?

9. Do you have any scheduling conflicts? (please list)

10. What does it mean to be a student (of yoga, of a teacher training program)?

11. What does it mean to be a teacher?

12. This training program is a sacred, transformational fire. It is demanding, and rigorous (and deeply rewarding/satisfying!). What has been the most rigorous, demanding undertaking you have been engaged in, and how did you navigate the difficulties?

(# 12, continued) _____

13. What qualities are essential in an excellent yoga teacher?

14. (complete this sentence) To me, Yoga is _____

By submitting this application, I, _____, acknowledge that this is a
(print name)
tremendous undertaking. Should I be accepted, I will do everything in my power to be
present and prepared for all scheduled classes.

(sign)

(date)

Thank you very much for your time and interest! We will notify you very soon!