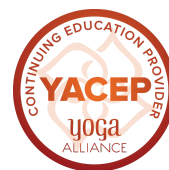




# Amara Vidya



## Yoga Teacher Training for Massage Therapists 1000 hour (500-hour Yoga Alliance certified) Application

Welcome! What a great opportunity for you to not just deepen your practice, but enter into a program that affords accessibility opportunities. We offer prerequisite and entrance quiz submission that you are free to use before you apply to this program, or take in conjunction. You have the option to complete the certification process **within six months to one year**. Please read the information carefully and submit the application as a .pdf attachment' to [info@amaravidya.com](mailto:info@amaravidya.com) with subject line "Application for 1000 hour YTT Program". As a Registered Yoga School with Yoga Alliance, Amara Vidya certifications enable successful graduates to apply to Yoga Alliance as a Registered Yoga Teacher. If accepted into the training, you will receive an official Letter of Acceptance by email. Only successful applicants will be contacted.

Advanced Placement. We recommend everyone takes ALL online programs prior to submission of this application. As a result you will receive your certification provided you have met all requirements and have passed the 1000 hour YTT Entrance Exam.

### Application Form Checklist:

- Completed Application Form and quiz (pages 8-9) and \$50 **WAIVED\***;
- Proof of completed prerequisite online content (\*or equivalent)
- Signed Code of Conduct and Live Web Connect\*\* (APPENDIX);
- A copy of your passport or government issued I.D. to be included in your student record; and
- Proof of purchase of prerequisites (can be done consecutively with the program)

*\*\*Students who cannot abide by the Code of Conduct and Live Web Connect may be subject to immediate removal from the course without refund.*

### Requirements for Staying in the Program:

- A minimum 100 hours posture practice.
- A minimum cumulative 50 hours meditation practice (10-15 min daily highly recommended);
- 6 faculty meetings (form provided)
- 30 hours practice teaching. 5 hours must include diverse/accessible community class practice
- 100% attendance for all applicable immersion training
- Personal essay

### Dates and Length of Program:

Course commences **May 1st, 2018** and the Graduation Ceremony will be held **October 1st, 2018**. Candidates for receiving the full Certification have a four month period to complete all assignments. Deadline for completion: Dec 31st, 2018 Extension request deadline: March 1, 2019 (added fee may apply)

### Recommended Training Sequence

We here at Amara Vidya believe no experienced teacher needs to “reinvent the wheel”. We accept recognized training that matches what we recommend as preparation for your **Exam and Portfolio submission**. All **EXEMPTIONS** for you as a Massage Therapist is highlighted and designated “**exempt**” in **green italics** (you are free to take that as a personal choice instead). All **PRICE REDUCTIONS** are highlighted in **bold blue**.

	Topic	Date	Location	Date Completed
PREREQUISITE: DISTANCE	INTRODUCTION: syllabus & interview	amaravidya.com	Online, \$145 Free if registered for gift sessions (\$0.00)	
PREREQUISITE: DISTANCE	Meditation Toolkit download		FREE	
<b>EXEMPT: ONLINE</b>	<b>Jason Crandell's Yoga Anatomy course, or equivalent</b>	<b><a href="https://www.jasonyoga.com/study-online/essential-anatomy-e-course/">https://www.jasonyoga.com/study-online/essential-anatomy-e-course/</a></b>	<b>Online, USD \$500</b>	
<b>EXEMPT: DISTANCE</b>	<b>Diaphragm and breathing course AND Pelvic floor functional yoga course</b>	<b>various</b>	<b>Typically \$175</b>	
PREREQUISITE:	Darren Main's Meditation Course, <b>or equivalent</b>	<a href="https://darrenmain.com/">https://darrenmain.com/</a>	*inquire	
<b>EXEMPT: ONLINE</b>	<b>Biomechanics course</b>	<b>various</b>	<b>Typically around \$174+</b>	
	<b>Estimated time to complete prerequisites</b>	1-3 months		
<b>Course Start: March 1, 2018</b>	<b>Full 500 hour Application submission review</b> <b>*Quiz WAIVED</b>	amaravidya.com	<b>*free</b>	
	<b>LETTER OF ACCEPTANCE -</b>			
DISTANCE	Amara Vidya Foundations	amaravidya.com	<b>Online, \$50</b>	
DISTANCE	5 Foundation FACULTY meetings, distance or in person	amaravidya.com	<b>Online, \$10 per session via Zoom (\$50)</b>	
ONLINE	Amara Vidya Transition Yoga Intro	amaravidya.com	Online, \$50	

ONLINE	Kathryn Bruni Young's Whole Body Immersion	<a href="https://kathrynbruniyoung.com/online-courses/upper-body-strength-handstand/">https://kathrynbruniyoung.com/online-courses/upper-body-strength-handstand/</a>	Online, \$149	
<i>ONLINE</i>	<i>Diane Bruni's Evolution of Movement Research Intensive</i>	<i><a href="http://dianebruni.com/portfolio-item/movement-research-intensive-mri-with-diane-bruni/">dianebruni.com/portfolio-item/movement-research-intensive-mri-with-diane-bruni/</a></i>	<i>Online \$120</i>	
ONLINE	<b><i>Intro to Restorative Yoga</i></b>	amaravidya.com	<b>Online, \$65</b>	
ONLINE	<b><i>Intro to Flow Yoga</i></b>	amaravidya.com	<b>Online, \$65</b>	
ONLINE	<b><i>Intro to Yin Yoga</i></b>	amaravidya.com	<b>Online, \$65</b>	
DISTANCE	Matthew Remski's Advanced Philosophy	<a href="http://matthewremski.com/wpordpress/contact/">http://matthewremski.com/wpordpress/contact/</a>	Online, \$175	
DISTANCE	Carol Horton's Seva and Social Action	<a href="http://carolhortonphd.com/contact">http://carolhortonphd.com/contact</a>	Online, \$175	
<i>ONLINE</i>	<b><i>Mettaversity Realigning Yoga Panel</i></b>	<i><a href="http://mettaversity.com/yoga-anatomy-online-workshop/">http://mettaversity.com/yoga-anatomy-online-workshop/</a></i>	<i>Online, USD \$87</i>	
SEVA	Accessibility Program	amaravidya.com	Online free	
SEVA	Diversity Program	amaravidya.com	Online free	
SEVA	Sustainability Program	amaravidya.com	Online free	
ONLINE	Business of Yoga (any course Yoga Alliance recognized) Amara Vidya Intro to Business, Online course	Course from YA approved school varies.	Online, \$50	
	<b>Estimated time to complete online components</b>	<b>3 months</b>		
CONTACT IMMERSION 1 = 60 HOURS	INTEGRATION PRACTICUM Includes: Practice teaching, group practice, peer group collaboration, YACEP completion, daily meditation sessions, Q&A formats and self evaluation and review. All under supervision by Lead trainer.	<b><i>Jivana Heyman's Accessible Yoga Training, June 18-21, 2018 Location: Toronto</i></b> <a href="http://accessibleyoga.org/trainings/">http://accessibleyoga.org/trainings/</a> <b><i>AY Conference Pass June 22-24</i></b>	In person requirement. <b><i>\$1200</i></b>  <b><i>Optional exemption if Dianne Bondy's Yoga for All, is completed</i></b>	

CONTACT IMMERSION 2 = 60 HOURS	INTEGRATION PRACTICUM Includes: Practice teaching, group practice, peer group collaboration, YACEP completion, daily meditation sessions, Q&A formats and self evaluation and review. All under supervision by Lead trainer.	Gananoque July 7-14. <b>Full retreat: \$1280+HST</b> (includes 2 meals/ day and full accommodation included. Family friendly. Activities include: 5hr1000 Island Cruise, Kayak tour, and Theatre tickets.	<b>Immersion (in person) requirement. \$500 base cost</b> <i>*livewebconnect possible</i> <b>Complete YACEP Yin</b>	
CONTACT IMMERSION 3 = 60 HOURS	INTEGRATION PRACTICUM Includes: Practice teaching, group practice, peer group collaboration, YACEP completion, daily meditation sessions, Q&A formats and self evaluation and review. All under supervision by Lead trainer.	Gananoque Aug 19-25. <b>Full retreat: \$1765+HST</b> (includes 2 meals/ day and full accommodation included. Family friendly. Activities include: 5hr1000 Island Cruise, Kayak tour, and Theatre tickets.	<b>Immersion (in person) requirement. \$500</b> <i>*livewebconnect possible</i> <b>Complete YACEP Flow and Restorative</b>	
COURSE READING	Complete books as per intro recommendations			
SELECT FROM THE FOLLOWING OPTIONS:	INDEPENDENT DEVELOPMENT. INDEPENDENT STUDY AND ONE ONLINE COMPONENT			
<i>I.S. A. OPTION 1 or</i>	<i>Certification in Children's or Prenatal/Postnatal Yoga</i>	<i>*consult for approved schools. *coming soon to amara vidya.</i>	<i>*credited as Independent Study. (\$400 depending)</i>	
<i>I.S. B. OPTION 2 or</i>	<i>Certification in Thai Massage</i>	<i>*consult for approved schools. *amaravidya.com/thaimassage</i>	<i>*credited as Independent Study. (\$395 per session)</i>	
I.S. C. OPTION 3	<b>Case Study Intensive, 60 hours</b>	*reserved for healthcare practitioners only	*free *credited as Independent Study.	
<i>ONLINE OPTION 1 or</i>	<i>Matthew Remski's Ayurveda course</i>	<i><a href="http://www.naada.ca/a-year-of-ayurveda-with-matthew-remski/">http://www.naada.ca/a-year-of-ayurveda-with-matthew-remski/</a></i>	<i>Online, \$265</i>	
<i>ONLINE OPTION 2</i>	<i>David Emerson Healing Trauma through Yoga or equivalent</i>	<i><a href="http://mettaversity.com/yoga-and-trauma-course-david-emerson/">http://mettaversity.com/yoga-and-trauma-course-david-emerson/</a></i>	<i>Online USD \$87</i>	
DISTANCE	Final: Portfolio submission, Interview, and Certification		\$50	

	Estimated time to complete I.S. and elective online components	1 month		
Course Completion Date: August 25, 2018	<b>*Candidates have a 3 month grace period where portfolio is due Nov 30, 2018</b>	6 TO 10 MONTHS MINIMUM* 1 YEAR MAXIMUM*		
FULL PROGRAM COST	Base program cost + Excluded foreign currency charge + Administrative and banking fee (\$369)		\$3800 (+HST)	
BASE PROGRAM COST	Gift session bonus + Administrative and banking fee (\$356)		\$3500 (+HST)	

*Modules listed in Bold Italics are eligible for Continuing Education hours with Yoga Alliance, as the instructor is a Yoga Alliance Certified Education Provider (YACEP). The YACEP designation is designed for experts in the yoga community to set themselves apart and teach courses that qualify as Continuing Education hours for Registered Yoga Teachers (RYTs). By participating in this training, RYTs can count their training toward meeting their Yoga Alliance Continuing Education Requirements. Request to complete in less than 6 months is dependent on the experience of that applicant and previous training (eg: previous 200 hour experience, or works as a healthcare practitioner). Upon acceptance into the course, the applicant must complete the work within the course of a full calendar year or be subject to additional fees. The Administration reserves the right to remove any applicant deemed incomplete after a full calendar year.*

Once completed, you will be required to submit your portfolio for final review.

### Portfolio Submission Form Checklist:

- Submission of pages 3-5 of this Completed Application form with proof of dates completed
- Portfolio submission and Interview fee, \$100
- Proof of Completion of all YACEP courses
- 2000 word essay
- Full Portfolio received in Amara Vidya Transitions

*\*In order to receive your Certification and all YACEP certifications, proof of completion must be provided by the Applicant. Failure to maintain adequate records can mean a component must be resubmitted. In cases of incomplete submissions, a charge of \$100 will apply each time*

## Immersion Schedule Example

The evening prior to the commencement of each Immersion session offers a welcome celebration, posture practice, meditation and optional sadhana. *Schedule changes may occur as per required by the needs of the training.*

6:30-9am	Group Yoga session and post reflection
9-10am	BREAK, with reflection
10am - 12pm	Methodology: combination of group work/lecture
12-1pm	LUNCH, with reflection
1-3pm	Practice teaching sessions
3pm-3:30pm	BREAK, with reflection
3:30-5:30pm	Meditation session, Q&A and self evaluation

## Retreat Immersion Schedule Example

All retreats count toward contact hours earned. Please note that retreat and prices vary, so not all hours may be counted as a complete "CONTACT IMMERSION". Example is the **Panama retreat** that counts as one COMPLETE immersion toward your program, and also includes a YACEP certificate

## Immersion Preparation:

- Wear proper attire for yoga that is comfortable enough to sit in lecture or stretch in practice; if this is a retreat immersion, please also ensure you pack appropriate wear for the area/location
- Bring a mat suitable for practicing yoga to every class, as well as whatever you need to be comfortable to be seated during the note taking and lecture components of the class;
- It is recommended that you bring two pillows, an eye pillow or face towel, a yoga strap or belt, and a thick bolster or couch cushion;
- Bring a journal or notebook and writing utensils (or compatible electronic equipment);
- To be considered enrolled, please obtain the following:

## Required Reading for Yoga Teacher Training

1. *Yamas & Niyamas, Deborah Adele;*
2. *Heart of Yoga, TKV Desikachar;*
3. *Inner Tranquility, Darren Main;*
4. *My Yoga Year, Chantel Ehler;*
5. *Roots of Yoga, James Mallinson and Mark Singleton;*
6. *Threads of Yoga, Matthew Remski;*
7. *Yoga Ph.D, Carol Horton;*
8. *Teaching Yoga, Donna Farhi;*
9. *Relax and Renew, Judith Lasater;*
10. *Yoga for Emotional Balance, Bo Forbes;*
11. *The Art of Slowing Down, Susi Hately;*
12. *Yin Sights OR The Complete Guide to Yin Yoga, Bernie Clark;*
13. *The Living Gita, Swami Satchidananda;*

## **Independent Study and 2000 word Essay Recommended Reading List (\*suggested minimum 2 books)**

- Engaged Yoga, Christopher Gladwell;
- Living Your Yoga, Judith Lasater
- Hatha Yoga Pradipika, (trans.) Brian Dana Akers
- Move Your DNA (expanded), Katy Bowman
- *Yoga Biomechanics\**, Jules Mitchell
- Overcoming Trauma Through Yoga, Emerson & Hopper;
- Studying Ayurveda: A Manual in Progress, Matthew Remski
- Ayurveda: The Science of Self Healing, Vasant Lad and/or Prakriti, Your Constitution, Robert Svoboda.
- The Inner Tradition of Yoga, Michael Stone;
- Awake in the World, Michael Stone
- Anatomy Trains, Thomas Myers
- Yoga for Pain Relief, Kelly McGonigal
- Kripalu Yoga, Richard Faulds
- Waking, Matthew Sanford;
- *Yoga and Body Image, Klein & Guest-Jelley;*
- Threads of Yoga, Matthew Remski
- Eastern Body, Western Mind, Anodea Judith
- Tai Chi Ch'uan. Horwitz, Tem and Kimmelman
- Yoga for Body, Breath and Mind, AG Mohan
- Light on Pranayama, BKS Iyengar;
- Yoni Shakti, Uma Dinsmore;
- Functional Anatomy of Yoga, David Kiel
- The Secret Power of Yoga, Nischala Joy Devi;
- Yoni Shakti, Uma Dinsmore-Tuli;
- Mudras, Gertrud Hirschi
- Healing Mantras, Thomas Ashley-Farrand
- A Sanskrit Dictionary, John M. Denton
- Introduction to Sanskrit, A. M. Ruppel
- Meditations from the Mat, Rolf Gates
- Stars at Dawn: Forgotten Stories of Women in the Buddha's Life, Wendy Garlin

When you complete the required reading, you can apply to receive Teaching certification by completing a Portfolio Submission\*. It is also highly recommended that trainees also obtain:

- Training and certification in Standard First Aid & CPR;
- And Professional Liability Insurance.

\*Note: Yoga Teaching Certificates are granted upon completion of the examination, the Independent Study, and all THREE Immersion contact hours. To receive Amara Vidya's 1000-hour certification (500 Yoga Alliance Certified), a 100% attendance record, and a pass of at least 70% on the exam is mandatory. Reexamination may be possible and each case will be considered individually. The Reexamination Fee is \$200.

### **Upon certification, you will receive:**

- Amara Vidya's 1000-hour certification. This includes a 500-hour Yoga Alliance Registered Certification, enabling you to register as an RYT-500
- Over 160 hours Yoga Alliance Continuing Education Participation (YACEP) credits. This is for teachers who register with Yoga Alliance
- An opportunity to apply for one of the partnerships the Amara Vidya Yoga School is affiliated with.

# Amara Vidya 1000 hour (500 hour Yoga Alliance) Yoga Teacher Training

Applicant Form for March 1, 2018 - August 25, 2018

Name:

Email:

Phone Number:

Address:

Examination and Portfolio submission date:

    /    /  
YYYY / MM / DD

**Referred by:**

Emergency Contact Information-

Name:

Phone number:

Email:

## **Application Questions (please complete on a separate sheet):**

1. What are you seeking in a yoga teacher training experience?
2. Do you have a regular yoga posture practice? If yes, which disciplines or styles have you explored?
3. Do you have experience with meditation? If yes, which disciplines or styles have you explored or gained formal training in?
4. Please list any other previous training you have that may be relevant.
5. Are you currently taking any medications or do you have any health concerns (eg: allergies) that we should be notified of?
6. What do you seek to gain from receiving a Certification? Is Yoga Alliance registration important to you? If yes, why?
7. Do you have anything else you wish to share with us? Or do you have any questions?

## **Payment**

All prices listed in the **Recommended Training Sequence** are in Canadian and US Dollar designations. Receipts for the core courses are required as part of your portfolio submission.

All Immersions are subject to price variance, as you can elect to attend retreats. Please note that some hours used in a live immersion with a qualified, listed faculty of the program (example: Dianne Bondy or Jules Mitchell), will count toward your Immersion hours.

**If accepted into this 1000 hour (500 hour Yoga Alliance) Yoga Teacher Training,**



I, \_\_\_\_\_, agree to pay the full cost of:  
NAME

- \$3800/ \$3500+HST in full via e-transfer or money order payable to Chantel Ehler
- The online courses \*(unless I receive Advanced Placement in a separate agreement)
- The above Immersion programs (which can include retreats) & YACEP programs
- The Examination fee and associated application fees
- The Portfolio submission and associated application fees.

OR:

- \$145+HST interview assessment and six monthly pre-authorized credit card payments of \$609.17 / \$583.34 (+HST & banking fees). Other **alternative payment plans** approved only by the Administration (submitted by request and reviewed on a case-by-case basis)

## Cancellation and Refund Policy

All courses and online courses are non-refundable. All Contact Immersion courses listed in a retreat format require a deposit fee, and have their own deadlines for cancellation.

The Contact Immersion training may be subject to rescheduling or cancellation due to insufficient participant or unforeseen circumstances. Any classes that do not occur will be remunerated minus banking transaction fees.

Note: students who book supervised appointments for practice outside course hours must pay an additional \$80+HST Supervisor Fee.

## Attendance Policy:

100% attendance for each Contact Immersion session is mandatory. Missing more than 20% of the contact sessions may result in an automatic withdrawal from the course, unless Chantel Ehler agrees to one of the following criteria:

- a) You receive an authorized "Advanced Placement" Form from Chantel Ehler entitling you to miss specific dates (contact us to request this Form); or
- b) You are granted leave due to family illness/emergency or have a doctor's note, in which case, more than a one day absence requires you to make up the additional hours missed in a private session with Chantel Ehler. Additional fees of \$80+HST per missed hour is applied.

Your signature below indicates that you have read, understood, and agree to all of the components of Amara Vidya's 1000 hour Yoga Teacher Training Application Package.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## CODE OF CONDUCT

As a student of the Amara Vidya Yoga School, I, \_\_\_\_\_ do consent and agree to the following:

I am responsible for myself and my own learning. I am aware that I must actively participate in the program to the best of my ability, including self-pacing and self tracking;

I will notify the Administration team (Founder/Lead Instructor, Chantel Ehler) of any concerns, issues or obstacles that are hindering my learning process or participation in this program. I will conduct myself in a mature manner and receive all feedback with adequate reflection;

The complete removal of myself from the program will occur after a written warning by an Administrator. The following behaviors or actions may constitute expulsion from the program: abuse of recreational substances during contact hours; theft, abusive language or actions towards the staff or other participants; insubordinate behavior used against any instructor; and negligence to heed a request to correct behaviors or to complete coursework within a given time frame.

In order to maintain my regulated Certifications from the Amara Vidya Yoga School, I agree to the following codes of conduct:

1. I will neither have any sexual relations nor abuse my power over a student or client physically, mentally, or emotionally, under any circumstances;
2. I will dress, speak, and conduct myself professionally while acting in the capacity as a practitioner;
3. I will encourage my clients to receive massage at their own pace, within in their own capabilities. I will exercise caution and do no harm to any client under my care as a practitioner;
4. I will continue to educate myself and maintain Standards; and not breach the Scope of Practice;
5. I will communicate with Amara Vidya Yoga School for all compulsory components.

Failure to comply with these codes of conduct will result in a written warning. After that, I understand that continuing to violate the code of conduct means my certification will be null and void.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



### LIVE WEB CONNECT CONTRACT

I, \_\_\_\_\_ understand that in signing this form I am committing to:

1. I am responsible for myself and my own learning. I am aware that I must actively participate in the program to the best of my ability, including self-pacing and self tracking;
2. I am aware that by attending via web conferencing is a form of in situ as a proxy for my physical presence. This is used to solely remove barriers of access that would otherwise impede me from participating. I am responsible for connectivity and attending 100% of all scheduled training regardless of it being held via live conference streaming or not. I alone am responsible for making up any absent hours and understand that additional fees may apply.
3. The network connectivity is my responsibility. In the event of disconnection due to power outage or other unplanned interference, I am responsible for making alternate arrangements to make up the time lost. I understand that Amara Vidya and all related Faculty are not to be held responsible for my lost time and connectivity in the event of such an occurrence.

In order to maintain my regulated Certifications from the Amara Vidya Yoga School, I agree to the following codes of conduct:

6. I will ensure I have Zoom, Facebook, Instagram and Skype. I understand that circumstances of location of the physical training may require the school to alternate between platforms in order to deliver the program;
7. I will maintain my internet connection securely, and not record, share or distribute any content that is exclusively for my personal use. I will not use any live or recorded content for purposes of resale or material gain;
8. I will communicate clearly during all interactions in a mature manner, and I understand it is my obligation to participate fully in the program;

Failure to comply with these codes of conduct will result in a written warning. After that, I understand that continuing to violate the code of conduct means my certification will be null and void.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date