



Yoga Training 200 hour 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 three months**. Please read the information carefully and submit the application as a .pdf attachment' to info@amaravidya.com with subject line "Application for 200 hour Program". 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.

Application Form Checklist:

- Completed Application Form (pages 8-9), quiz and \$50 Submission Fee (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 60 hours posture practice at the Foundation level. A minimum attendance of 30 AVF classes from the Lead Faculty must be completed;
- A minimum cumulative 15 hours meditation practice (10-15 min daily highly recommended). A minimum of 10 hours must be practiced in an AVF session;
- 3 faculty meetings (form provided)
- 10 hours practice teaching. 3 hours must include diverse/accessible community class practice
- 100% attendance for all applicable immersion training

Dates and Length of Program:

Course commences **May 1st, 2018** and the Graduation Ceremony will be held **June 24, 2018**.

Recommended Training Sequence

We here at Amara Vidya believe no experienced teacher needs to “reinvent the wheel”. We accept equivalent Yoga Alliance recognized training that matches what we recommend as preparation for your participation. Anatomy is required in order to continue with the course, however it can be done in conjunction (*please note that we will be converse using what might be unfamiliar to someone without experience in anatomical terminology). All **mandatory** prerequisite online and in person courses leading up to the YTT are labeled in **bold and blue letters** and can be done during the training. All optional courses (choose 1) within the YTT syllabus are labeled in *italics and green*.

	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	
PREREQUISITE: ONLINE	Jason Crandell's Yoga Anatomy course, OR equivalent	https://www.jasonyoga.com/study-online/essential-anatomy-e-course/	Online, USD \$500 OR alternative \$150 for a crash course with C.Ehler *consult for assistance	
PREREQUISITE:	Darren Main's Meditation Course, or equivalent	https://darrenmain.com/	*inquire	
	Quiz and Full 200 hour Application submission	amaravidya.com	\$50, online/email Free if registered for gift sessions (\$0.00)	
	LETTER OF ACCEPTANCE -		Via email	
Course Start: May 1, 2018				
DISTANCE	Amara Vidya Foundations	amaravidya.com	Online, \$100	
DISTANCE	2 Foundation FACULTY meetings, distance or in person	amaravidya.com	Online, \$100. <i>Online, \$10 per session via Zoom (\$20) if registered for gift session</i>	
ONLINE	Kathryn Bruni Young's Whole Body Immersion	https://kathrynbruniyoung.com/online-courses/upper-body-strength-handstand/	Online, \$149	
DISTANCE	Matthew Remski's Advanced Philosophy	http://matthewremski.com/wordpress/contact/	Online/ in person \$175	

DISTANCE	Carol Horton's Seva and Social Action	http://carolhortonphd.com/contact	Online / in person \$175	
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.	<i>Jivana Heyman's Accessible Yoga Training, June 18-21, 2018 Location: Toronto</i> http://accessibleyoga.org/trainings/ <i>Optional inclusion of AY Conference Pass June 22-24</i>	Immersion (in person) requirement. \$650 <i>Optional exemption if Dianne Bondy's Yoga for All, is completed</i> <i>If including conference pass: \$1200</i>	
COURSE READING	Complete books as per intro recommendations			
DISTANCE	Certification		\$25 Free if registered for gift sessions (\$0.00)	
TOTAL ESTIMATED TIME TO COMPLETION		2 MONTHS MAXIMUM*		
FULL PROGRAM COST	Base program cost + Excluded foreign currency charge + Prerequisite from Jason Crandell	*this includes AY Conference pass, and no gift sessions are factored in	\$2800 +HST	
BASE PROGRAM COST	Gift session bonus + Crash course Administrative and banking fee (\$180)	*this excludes the AYC pass	\$1599 +HST	

Upon acceptance into the course, the applicant must complete the work within the three months or be subject to additional fees. A grace period is open to any participant who receives written permission from an authorized Faculty for a month extension. The Administration reserves the right to remove any applicant deemed incomplete after three months.

Submission Form Checklist:

- Submission of pages 6-8 of this Completed Application form with proof of dates completed
- Proof of purchase of prerequisites (can be done consecutively with the program)

*In order to receive your Certification, 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.*

8am	Group Yoga session 1
10am	Group Yoga session 2
12:30-1:30pm	LUNCH, with reflection
1:30pm	Group Yoga session 3
3:30pm	Group Yoga session 4
5pm	Check in, Q&A

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;*

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
- The Inner Tradition of Yoga, Michael Stone;

- Awake in the World, Michael Stone
- Waking, Matthew Sanford;
- Yoga and Body Image, Klein & Guest-Jelley;
- Yoga for Body, Breath and Mind, AG Mohan
- Light on Pranayama, BKS Iyengar;
- Yoni Shakti, Uma Dinsmore;
- The Secret Power of Yoga, Nischala Joy Devi;
- Mudras, Gertrud Hirschi
- Healing Mantras, Thomas Ashley-Farrand
- 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 and course materials, you can apply to receive Teaching certification*. 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 quiz, assignments, and the required Immersion contact hours. To receive Amara Vidya's 200-hour certification, a 100% attendance record is mandatory.

Upon certification, you will receive:

- Amara Vidya's 200-hour certification. This includes an automatic option to enter into the 1000 hour (500-hour Yoga Alliance) Certification, enabling you to register as an RYT-500

Amara Vidya 200 hour Yoga Training

Applicant Form for May 1, 2018 - June 24, 2018

Name:

Email:

Phone Number:

Address:

Application 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 final submission for certification. 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 Jivana Heyman), will count toward your Immersion hours.

If accepted into this 200 hour Yoga Teacher Training,

I, _____, **agree to pay the full cost of:**
NAME

- The online courses *(unless I receive Advanced Placement in a separate agreement) including Proof of Payment (from yogaglo for Jason Crandell)
- The above Immersion program (which can include retreats) & YACEP programs
- The Quiz and associated application fees
- The full assignment submission and associated certification processing fees.
- \$2300+HST in full via e-transfer or money order payable to Chantel Ehler

OR:

- 6 pre-authorized, bi-weekly credit card payments of \$350 (banking fees will apply) beginning April 2nd, 2018. 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 (contact us to request this Form); or
- b) You are granted leave due to family illness/emergency or have a doctor's note. More than a one day absence requires you to additional fees of \$60+HST for a mentoring session.

My signature below indicates that I have read, understood, and consent to this Application Package.

Signature

Date



CODE OF CONDUCT

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

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 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;
3. 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:

1. 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;
2. 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;
3. 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