

Hari OM!
Dear Yoga Teacher:

Thank you for your interest in the Integral Yoga Intermediate Teacher Training Program. This program is for teachers who have completed a Yoga Alliance-registered 200-hour Basic Teacher Training program and have been actively teaching for at least six months.

The goal of Intermediate Teacher Training is to prepare you to teach the Hatha II Intermediate level drop-in class. With this in mind we will focus on deepening your understanding of Yoga in general, and work on expanding your personal Yoga practice – both on and off the mat.

Coursework will include in-depth study of the asanas from the Hatha II class, and study of the *Bhagavad Gita*, pranayama, meditation, and anatomy and physiology. Participants will also be required to have a daily Hatha Yoga, pranayama and meditation practice, keep a daily sadhana chart, and attend weekly drop-in Hatha II classes.

The total cost for the program is \$1300 (or \$1040 for active S.F. Integral Yoga Teachers). The course begins on Wednesday, June 29. We will meet on Mondays and Wednesdays from 6:00pm to 9:00pm, and Saturdays from 9:00am to 5:00pm. We'll have a weekend intensive at the Institute on Saturday, July 23 and Sunday, July 24 from 7:00am-7:00pm. Graduation will be held on Wednesday, August 24. We will not have class on Monday, July 4. Upon completion of the program you will receive 145 Yoga Alliance hours.

Please return the completed application along with a \$100 non-refundable deposit before the application deadline of Monday, June 13. Please feel free to call or email me if you have any further questions. May your life always be filled with peace and joy, love and light!

OM Shanti,



Rev. Jivana Heyman
Director, Integral Yoga Institute
(415) 821-1117 x375
training@integralyogasf.org

Name _____

Address _____

_____ Phone _____

Email address _____

Occupation _____ Date of birth _____

Are you an active S.F. Integral Yoga Institute teacher? _____

Please list all Yoga Teacher Training you have completed, including dates:

What classes are you currently teaching? _____

Health and Diet Restrictions:

Non-refundable deposit of \$100 enclosed (cash or check only)

In case of emergency, please notify:

Name: _____

Phone: _____

Please explain why you are interested in taking the Intermediate Teacher Training, and how you intend to use the knowledge gained here. Include any other information that you think might be useful. (*Use back of page or another piece of paper*).

Photo Release

I grant to the San Francisco Integral Yoga Institute and its representatives the right to take photographs/video/recordings of me and my property. I authorize the San Francisco Integral Yoga Institute, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

Agreement

I wish to apply as a Teacher Trainee and I agree to assume full responsibility for any injuries to me that may occur during the training. I am in good health and any physical illnesses or ailments are clearly stated above. I understand that the tuition is non-refundable and I agree to pay the full tuition even if I decide to leave the course early.

I agree to all of the above,

Signature _____ Date _____