

200-Hour Teacher Training School Application and Enrollment Agreement

Name: Last	First	Middle Initial	Date of Birth
Address: Street		City	State Zip
Phone: C- W-	E-mail Address	Insurance Information	
Emergency Contact: Name		Relationship	Phone

200 Hour Level Certification Requirements

In compliance with the Yoga Alliance 200-Hour Certification requirements, teacher trainees are required to be present for each training weekend and complete all non-contact training hours; including homework, reading assignments, and proficiency exams.

You will also be required to observe and assist a minimum of 25 hours of classes (led by certified instructors) throughout the training program. Of course you are always welcomed and encouraged to observe any class, and you will also have the opportunity to assist teachers in the program.

Along with observing classes, South Texas Yoga Teacher Training (STYTT) encourages students to attend and practice at least 2 times per week at either Yoga Time Studios (YTS) or another approved yoga studio with a certified 200-Hour or 500-Hour RYT. The 200-Hour program is a profound and intense journey that will ask you to explore and uncover the mysteries and intuition within your own body, mind, heart, and soul.

Welcome to the journey of the warrior...

1. What is your current experience with yoga?

2. Fill in the following information about your personal yoga practice:
 - a. Asana Practice
 - i. Specific styles:

 - ii. How long and how often:

 - iii. Names of teachers and studios:

 - b. Meditation Practice
 - i. Specific styles:

 - ii. How long and how often:

 - iii. Formal or informal:

 - c. Pranayama Practice
 - i. Specific styles:

 - ii. How long and how often:

 - iii. Formal or informal:

3. Why do you want to study with South Texas Yoga TT?

4. What brought you to this moment in your yoga journey?

5. Please list medical conditions and medications you currently take

Mission

South Texas Yoga Teacher Training is dedicated to collaboration, truth, tolerance, love and empowerment. We believe in inspiring students to unleash their own intuition and mindfully explore compassion and transformation through the yogic journey. Our diverse staff prepares teacher trainees with the knowledge and tools to share the gift of yoga with others. South Texas Yoga Teacher Training embodies traditional principles of yoga rooted in yogic philosophy, conscious authenticity, physical strengthening, emotional healing, anatomy, and physiology. May we invigorate the spirit of every beautiful soul that joins our tribe.

About the School, Location, and Facility

South Texas Yoga Teacher Training is registered with Yoga Alliance and is held at Yoga Time Studios & All Saint's Episcopal Church in Corpus Christi, TX. The school officially opened in 2017, offering a 200-Hour intuitive and comprehensive program under the guidance and expertise of Elizabeth Corwin, 200 ERYT and Nargiza Farrell, 200 ERYT, along with the support of the qualified and passionate teachers of Yoga Time Studios.

Certification

For qualification as a Yoga Alliance 200-Hour Registered Yoga Teacher, all South Texas Yoga students must complete all modules, pass quizzes, tests, and exams with an 80% or better, turn in all required homework and make timely payments for the entire program in full. This certification will give teacher trainees the ability to register with Yoga Alliance, a nationally recognized organization upholding the standards and integrity of the teachings of yoga.

Admission

Prospective students will receive the admissions packet and must request an interview with either Liz Corwin or Nargiza Farrell to initiate the admission process. The admission packet must be sent fully completed along with one letter of reference from the prospective student's current yoga instructor along with the required deposit. Prospective students will be notified regarding acceptance into the program within two weeks of submitting applications. There are limited numbers of spots available. Acceptance into the program will be based upon the availability of spots at the time of application submission as well as the professional opinions of Liz Corwin and/or Nargiza Farrell based on several factors including but not limited to the following:

- Timely receipt of (thoroughly completed) application
- Timely receipt of required deposit
- Timely receipt of required letters of reference
- Applicant's interview evaluation including but not limited to the following
 - Availability to meet the requirements of the program
 - Readiness to participate in the program based upon prior yoga experience
 - Motivation and intent to complete the program

Note: South Texas Teacher Training and Walkabout Yoga, LLC welcomes participation by all eligible applicants and does not discriminate based on race, color, religion, creed, age, gender, sexual orientation or disabilities.

Requirements

Applicants must be 18 years of age, submit appropriate forms and deposit, have a regular yoga practice, computer access (information, training and communication between students is via email), and possess a loving commitment to self-transformation.

*Students must complete 30 hours of Continued Education Credits per year to keep their certification with South Texas Yoga TT and Yoga Alliance.

Transfer Credits

If a student withdraws from the program, if requested, STYTT will provide student with credits of hours completed based upon the professional judgment of Liz Corwin and/or Nargiza Farrell.

Student Responsibility

Students are required to maintain and log a brief summary of the classes they observe and assist. Students are also required to purchase their own books. The South Texas Yoga Teacher Training Manual will be provided to each student. Withdrawal from the program or failure to fully complete the requirements outlined by the South Texas Yoga Teacher Training 200-Hour Course Program will require students to return the Teaching Manual in its entirety.

In addition to the contact hours with Liz Corwin and Nargiza Farrell, as well as other staff members, each student will have monthly assignments to complete including:

- Reading assignments in techniques, teaching methodology, anatomy and physiology, ethics and lifestyle
- Video assignments
- Seva Yoga Project
- Writing Assignments
- Preparation and presentation of practicum and group projects

200-Hour Course Title	Credit Hours
Techniques/Training/Practice Contact	82
Techniques/Training/Practice Non-Contact	18+
Teaching Methodology Contact	32
Teaching Methodology Non-Contact	3+
Anatomy/Physiology Contact	22
Anatomy/Physiology Non-Contact	10+
Philosophy/Lifestyle/Ethics Contact	32
Philosophy/Lifestyle/Ethics Non-Contact	5+
Practicum Contact	9
Practicum Non-Contact	5+

Descriptions

- *Techniques, Training, and Practice*
 - Asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques
 - Analytical training in how to teach and practice the techniques
 - Guided practice of the techniques themselves and alignment
- *Teaching Methodology*
 - Communication skills – voice, body language, active and passive language, habitual speech, group dynamics, time management, unique student needs, and the establishment of priorities and boundaries
 - Principles of demonstration, observation, assisting and correcting
 - Teaching Styles, teacher qualities, student learning process, business aspects of yoga
- *Anatomy and Physiology*
 - Physical anatomy and physiology – bodily systems, organs, muscles, bone structure
 - Energetic anatomy and physiology - meridians, chakras, nadis
 - Anatomy and physiology in application to the yoga practice – benefits, contradictions, healthy movement, habitual patterns
- *Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers*
 - Study of yoga philosophies and traditional texts – Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika
 - Yoga lifestyle, yamas, niyamas, dharma, karma and ethics of the yoga teacher
 - Seva (service) as it applies to the value of the yoga teacher and the responsibility to serve.
- *Practicum*
 - Practice teaching as the lead instructor – receiving and giving feedback
 - Observing other teachers and assisting students while someone else is teaching

Student Assessment

In order to graduate from South Texas Yoga Teacher Training students must:

- Fully participate in each module, all events and classes
 - Full Weekend Modules consist of:
 - Fridays 6-9pm
 - Saturdays 8-4pm
 - Sundays 8-4pm
- Complete all homework and reading assignments
- Passing grade of 80% or higher on all tests, exams and quizzes
- Demonstrate knowledge of the techniques and topics throughout the program
- Log/observe/assist at least 25 hours of classes
 - 6 classes with Liz, Nargiza or Leah

- 6 align/hatha/beginner classes with any Teacher
- 2 gentle/restorative classes with any Teacher
- 1 Prenatal class with any Teacher
- 4 classes of students choice with any Teacher

(Up to 2 weekend modules may be missed with prior approval, however, it is the student’s responsibility to ensure they meet with classmates to review the missed training requirements.)

Tuition & Acceptance

Once accepted, students will receive a textbook list and a manual. Students are responsible for purchasing their own books. Deposits noted below are due at the time of application submission and will be processed only if the applicant is accepted into the program.

Tuition		
<i>Tuition in Full*</i>	<i>3 Installments Plan</i>	<i>Monthly Payment Plan</i>
<u>\$2950 Total (\$400 deposit)</u>	<u>\$3100 Total (\$400 deposit)</u>	<u>\$3300 Total (\$400 deposit)</u>
One-time payment of \$2550 Due by 15 August 2020.	3 installments of \$900 Due by 15 August 2020, 15 October 2020, and 15 December 2020.	5 monthly payments of \$580 Due by 15 August 2020, 15 September 2020, 15 October 2020, 15 November 2020, and 15 December 2020.
<small>*EARLY BIRD PRICING FOR FULL TUITION OPTION ONLY</small>		

Cancellation Refund Policy

If application unaccepted: Applicant entitled to a full refund of deposit.

Other Cancellations by Applicants: An applicant requesting cancellation prior to 15 August 2020 is entitled to a refund of tuition, less the deposit.

South Texas Yoga Teacher Training Course Cancellation: Walkabout Yoga LLC reserves the right to cancel the South Texas Yoga Teacher Training course prior to the start date if the minimum number of 4 students is not acquired in which case a refund including deposit will be issued. South Texas Yoga Teacher Training will provide no refunds for course textbook list regardless of when purchased by students.

Withdrawal Procedures

- A student who withdraws from the program after the commencement of the modules is required to provide a written notice to either Liz Corwin or Nargiza Farrell. The notice must include the expected last date of attendance and be signed and dated by the student. All payments must be made according to the below withdrawal dates.

- A student who misses two consecutive training modules will be considered withdrawn from the program if absences are not previously approved by Liz Corwin or Nargiza Farrell.
- All refunds must be requested within 30 days of withdrawal date.

Withdrawal Date	Full Tuition Plan	3 Installment Plan	Monthly Plan
Prior to 15 Sept 2020	No refund of \$400 deposit. 75% of \$2550 refunded.	No refund for \$400 deposit & August installment	No refund for \$400 deposit & August payment
Prior to 15 October 2020	No refund of \$400 deposit. 50% of \$2550 refunded	No refund for \$400 deposit & August installment	No refund for \$400 deposit, August & September payments
Prior to 15 November 2020	No refund of \$400 deposit. 25% of \$2550 refunded	No refund for \$400 deposit, August & October installments	No refund for \$400 deposit, August, September, & October payments
Prior to 15 December 2020	No refund of \$400 deposit. 10% of \$2550 refunded	No refund for \$400 deposit, August & October installments	No refund for \$400 deposit, August, September, October, & November payments
After 15 December 2020	No refund of \$400 deposit. 0% of \$2550 refunded	No refund for \$400 deposit, August, October, & December installments	No refund for \$400 deposit, August, September, October, November, & December payments

Ownership and Governance

South Texas Yoga 200-Hour Teacher Training Program is operated by Liz Corwin, Nargiza Farrell and Walkabout Yoga LLC, as South Texas Yoga Teacher Training (STYTT). Liz Corwin & Nargiza Farrell are the lead instructors.

All contents property of Walkabout Yoga, LLC.

Acknowledgment & Agreement

BY SIGNING, I UNDERSTAND THAT I AM SOLELY RESPONSIBLE FOR PERSONAL INSURANCE, LOSS OF LIFE OR BODILY HARM / INJURIES OF ANY KIND, AND THAT I ACKNOWLEDGE THE WALKABOUT YOGA LLC CANCELLATION POLICY & WITHDRAWAL PROCEDURES FOR THE SOUTH TEXAS YOGA TEACHER TRAINING.

X _____

DATE _____