

# 500 hour Yoga Teacher Training Application TAYS

Dear Friend,

Thank you for your interest in the advanced yoga teacher certification at Therapeutic Approach Yoga Studio. You must have completed a 200 hour Yoga-Alliance recognized yoga teacher training at least one year ago and must have taught professional yoga classes for a minimum of 50 hours.

The 200 hour Yoga Alliance approved school that I attended and completed 200 hours of YTT training is: \_\_\_\_\_

I am including a photocopy of the certificate to show my successful completion of this program: \_\_\_\_ (initial)

Return completed application to: Therapeutic Approach Yoga Studio 6156 Quinpool Road, Suite 202 Halifax, NS B3L 1A3

I am applying for the TAYS 500 hour yoga teacher training program .

NAME: \_\_\_\_\_ AGE : \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

City Province Postal Code

PHONE: ( ) \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

PREREQUISITE INFORMATION (If an answer is no, please explain)

I have at least 40 hours of experience in teaching yoga. YES \_\_\_ NO \_\_\_

# years practicing Yoga \_\_\_\_\_

How frequent is your current practice? Daily \_\_, 6x/wk \_\_, 4-5x/wk \_\_, 2-3x/wk \_\_ What length of time do you regularly practice? 1/2 Hr \_\_, 1 Hr \_\_, 1.5 Hrs \_\_, 2 Hrs (+) \_\_

PAST YOGA EXPERIENCE / OTHER STYLES OR TRADITIONS:

\_\_\_\_\_

\_\_\_\_\_

CURRENT YOGA TEACHING EXPERIENCE

\_\_\_\_\_

\_\_\_\_\_

YOUR PERSONAL RELATIONSHIP TO YOGA AND BECOMING A TEACHER

On a separate sheet of paper please answer the following questions. Please be concise, limiting your responses to short paragraphs:

1. How does your approach to teaching yoga address Patanjali's eight limbed path?
2. What do you hope to offer your students by attending this 500 hour training program?
3. Describe your challenges and strengths as a teacher.

HEALTH INFORMATION

Under medical treatment or supervision for:

\_\_\_\_\_ Pregnant: \_\_\_\_ Due date: \_\_\_\_\_

Chronic Physical Limitations/ Physical Handicaps (e.g., vision, hearing, movement, etc.)  
Nature & Extent of Limitation

\_\_\_\_\_

Serious Illness or major surgery within the last 5 years (e.g., heart problems, cancer, etc.)

\_\_\_\_\_

\_\_\_\_\_

Communicable Diseases, Drug or Alcohol Addictions:

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Prescription Medications (indicate dosage and frequency of intake):

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EMERGENCY CONTACTS: In case of emergency please contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

ADDITIONAL INFORMATION: Please answer the following.

How did you find out about Therapeutic Approach Yoga Teacher Training Program?

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#### CERTIFICATION CRITERIA:

- This course is intended to result in your certification as a Professional Yoga Teacher.
- Certified Hatha Yoga Teachers from Therapeutic Approach Yoga Studio must possess the skills and abilities necessary to safely and competently teach Hatha Yoga.
- We reserve the right to withhold certification from any student who fails to develop the skills necessary to competently and safely teach Hatha Yoga as outlined in the teaching program.
- Every attempt will be made to provide input throughout the program about teaching deficits that might impede certification. Program instructors will use the following criteria to establish student eligibility for certification:

1. Practice Teaching:

Full participation in all sessions is mandatory for certification. Please see our website for an outline of all courses and hours required to obtain your 500 hour professional level certification.

Topics to be completed:

#### CURRICULUM:

A: Required weekend courses:

1. **Grounding** (17.5 hours) Focusing on the strength of standing poses and the progression of poses in your teaching and in your practice.
2. **Core** (17.5 hours) ...pelvic girdle, back stability, alignment ...going deeper...
3. **Opening** (17.5 hours) ...backbends and inversions
4. **Integration** (17.5 hours) Focusing on the complete practice.
5. **Yoga Assists** (15 hours) - Learn assists to teach your yoga students accurate depth in yoga poses. A wide variety of poses will be explored including standing poses, forward bends, backbends, inversions and twists.
6. **Advanced Assisting** (17.5 hours) Theory and Practical topics covered: Anatomy of movement; Subtle Body Awareness; Finding ground within the flow; Breath as the guide
7. **Spirituality and Philosophy** (17.5 hours) A weekend of meditation, yoga, and discussion about spirituality and philosophy as applied to yoga teaching and practice. Working with intention, loving kindness and compassion as a yoga practitioner and/or teacher.
8. **Anatomy of Vinyasa Yoga** (15 hours) Learn yoga related muscles and movements from a physiotherapist.

9. **Prenatal/Post-Natal Certification** (15 hours) Safe and effective movements and stretches and breathing exercises for the body. This is a two-day training to prepare yoga teachers to teach safe yoga to pregnant and post-natal women.

10. **Restorative Yoga /Yin Yoga** (15 hours) Yin yoga, yoga for menstruation, menopause and ailments.

11. **Eight Limbs of Yoga** (15 hours) A weekend of study and practice based on the eight limbed path from Patanjali's yoga sutras. Ashtanga yoga: the eight fold path. Yama, niyama, asana, pranyama, pratyahara, dharana, dhyana and samadhi.

12. (50 hours) Teacher training intensive, development of a personal practice. Occurs either between Christmas and New Years or in the first week of January, depending on the timing of Holidays.

B: An Additional 50 Hours in Optional Courses:

13. Either add a second 50hour retreat or add hours from: Workshops or Yoga Teacher Trainings with TAYS 500hour level trained yoga teachers: (Leslie Bishop, Jolene d'Entremont, Mike Munro, Maxine Jeffrey, Sara Lamb, Cleo Burke, Diane Bellefontaine) such as YOGA BIRTH, repeat workshops from 500 hours YTT or 200hour YTT. Workshops with visiting teachers may also apply i.e., Barrie Risman or Bryan Kest.

C. Plus the following 20 Hours:

14. 10 hours of electives. Yoga classes or extra workshops in the community.

15. 10 Hours of practicum (your own class teaching during the program counts).

2. Attendance:

We encourage 100% attendance at all sessions. If sessions, or hours, are missed, I understand that I must make up these hours at a comparable and approved YTT training. \_\_\_\_\_ (initial)

I understand that the cost for these makeup hours will be at my own expense \_\_\_\_\_ (initial)

3. Fees: (all fees are plus tax)

All program fees must be paid-in-full prior to receiving certification. All fees for individual courses are as outlined on TAYS' YTT pages. Participants pay for each weekend or weeklong program separately. There is a \$100 (+HST) application/certification fee for enrolling in the 500 hour YTT which should be submitted along with this completed application.

4. Professional Behavior and Ethical Conduct:

All students in the program are required to behave in an ethical manner to help create safety while maintaining a professional atmosphere.

5. Continuing Education:

Successful yoga teaching requires continued learning and renewal. Students are required to complete a minimum of twelve (12) clock hours of yoga-specific training per year after certification. This requirement is to be recorded and tracked by the individual yoga teacher on the "honour system" and should be able to verify documentation at any time as proof of meeting this requirement.

AGREEMENT:

I have read and understand all the above criteria for certification as a 500 hour level Hatha Yoga Teacher through Therapeutic Approach Yoga Studio. I agree to meet all ethical and continuing education requirements outlined in this document.

NAME: \_\_\_\_\_

PLEASE PRINT: \_\_\_\_\_ Date: \_\_\_\_\_

\$100 (+ tax) deposit included: \_\_\_\_\_