

## 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 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.)

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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: \_\_\_\_\_

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

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Current curriculum:

***There are currently 14 courses listed on our website: <https://www.yogastudio.ns.ca/teacher-training/500-hour-advanced-level-ytt>.***

- 1. 8 Limbs of Yoga**
- 2. Ayurveda for Yoga Practitioners with Prashant Patel.**
- 3. Paid To Play: The Business of Yoga with Helen Fong.**
- 4. Laughter Yoga. Certified Laughter Yoga Leader Training with Helen Fong.**
- 5. Grounding: Yoga Teacher Skillbuilding for New and Experienced Yoga Teachers**
- 6. Teaching Safe Backbends and Inversions**
- 7. Advanced Yoga Philosophy with Prashant Patel**
- 8. Teaching Safe Forward Bends and Twists**
- 9. Meditation Teacher Training with Helen Fong Part 1 of 2**
- 10. Advanced Yoga Anatomy for Yoga Teachers**
- 11. The Yoga of Communication (15 hours)**
- 12. Pregnancy and Post Partum Yoga Teacher Training Certification**
- 13. Seniors Yoga Teacher Training with Jean Short.**
- 14. Restore/Yin Yoga Teacher Training Certification**

***\* These courses allow a total of 184 potential hours. These courses are all not required, however, would give you a great understanding in various aspects of yoga teaching, philosophy, and would build yoga skills for various populations.***

***\*The next section suggests 50 hours of options or electives. These electives can be taken from various TAYS trained teachers: Andrea Andriopoulos, Abra Morrison, Mike Munro, Maxine Jeffrey, Jean Short, Helen Fong, Jolene d'Entremont, and Leslie Bishop.***

***\*The additional 26 hours can be from previous YTT 500 hour courses through TAYS or upcoming future courses that have not been posted yet.***

***\*The last 20 hours of the advanced training can include 10 hours of additional electives and 10 hours of practice teaching. New courses will be added each year so you are able to pick and choose, somewhat, in terms of what you would like to take. Keep checking our website for new offerings or register for our YTT 500 with Abra with the attached application to "be in the know".***

***You will be informed about upcoming courses and you could make requests for various topics of interest too!***

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:

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: \_\_\_\_\_