



teacher training

200 HOUR TEACHER TRAINING

Vibe Yoga Teacher Training is designed to bring different people together to grow and learn all the while building better relationships and a deeper understanding of the practice of yoga. We welcome you to take your own personal journey while studying the philosophy, history and postures of yoga. Whether you take the training to be able to teach your own classes or just want to expand and explore your own practice and the beauty of yoga, this program is for you.

2018 TEACHER TRAINING SCHEDULE

All weekends will be conducted on **Saturdays & Sundays from 8:00am to 6:00pm** unless otherwise noted with a one hour lunch.

2018 DATES				
January 20 & 21 2018	March 24 & 25 2018	May 19 & 20 2018	July 21 & 22 2018	September 22 & 23 2018
February 24 & 25 2018	April 28 & 29 2018	June 23 & 24 2018	August 18 & 19 2018	

Our program will include, but not be limited to, the following Yoga Alliance Standards for a 200-hour program:

CATEGORY	HOURS	DESCRIPTION
Techniques	100	Asanas, pranayama, mantra, bandhas, meditation, and teaching techniques
Teaching Methodology	25	Demonstrating, observing, assisting, sequencing, class planning, themes, use of props, and teaching language
Anatomy & Physiology	20	Anatomy of the spirit, chakras, nadis, musculoskeletal systems and biomechanics.
Philosophy, Ethics and Lifestyle	30	Study of sutras, Sanskrit, Bhagavad-Gita, history of yoga, yogic lifestyle and ethics
Practicum	10	Students will assist, teach, and observe classes throughout the training
Electives	15	Electives pertaining to the previous categories mentioned.
Contact Hours with ERYT	105	Contact hours are defined as being in the presence of the teacher trainer physically. Non-contact hours may include homework, independent study, study groups, observing classes, etc.

Please be advised that many of the required hours will be obtained through reading, homework, personal practice, and workshops.



vitality | integrity | balance | evolution



200 HOUR TEACHER TRAINING APPLICATION

Name	
Address	
Phone (H)	
Phone (C)	
Email	

EMERGENCY CONTACT

Name	
Phone	
Relationship	

BASIC INFORMATION

How long have you practiced yoga?

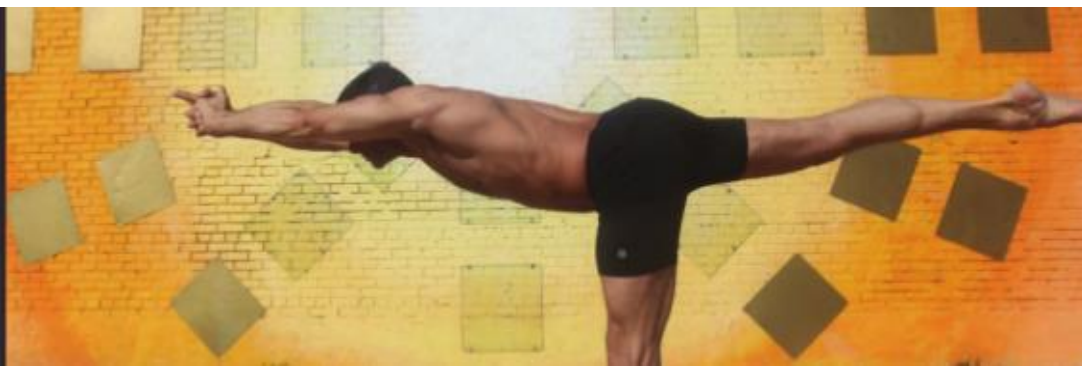
What is your motivation for joining a 200-hour Teacher Training Program?

How did you hear about this Teacher Training Program?

PERSONAL INFORMATION

Please tell us more about yourself.

Office use only:	Acceptance Date:	TT Session ID:
	Agreement Signed?	



200 HOUR TEACHER TRAINING WITH VIBE YOGA: PROGRAM DETAILS

PAYMENT PLAN

There is a payment plan available. Please see the payment form on page four. Payment forms are due with deposit and application.

PAYMENT PLAN: \$2000

- \$500 deposit due with program application
- Balance of \$1,500 paid in three monthly payments (\$500, \$500, \$500)
- Auto payments on the 15th of each month, for three months

PAID-IN-FULL DISCOUNT: \$1,800

- \$200 discount

DEPOSIT: \$500

Due with program application

PROGRAM REQUIREMENTS

- Completion of all homework and exams
- Completion of nine-week modules
- Completion of individual practicum hours
- Completion of ten hours of Karma yoga

ADDITIONAL BENEFITS

- Studio offered workshop discounted 30%
- Eight free months of unlimited yoga membership
- Vibe instructor workshops included in program

REQUIRED READING

Applicants will be sent a list of required reading materials to purchase upon admission to the program.

Yoga Alliance

Teacher Training fee does **not** include fee registering with Yoga Alliance.

HOW TO APPLY

Complete and submit the payment form to gayla@vibeyoga.com

**Once you make a decision,
the universe conspires
to make it happen.**

~Ralph Waldo Emerson

PAYMENTS OPTIONS (CASH, CHECK, VISA AND MASTERCARD ACCEPTED)

- Payment Plan: \$2,000**
 - \$500 deposit due with program application
 - Balance of \$1,500 paid in three monthly payments (\$500, \$500, \$500)
 - Auto payments on the 15th of each month, for three months
- Payment Plan: \$1,800**
 - \$500 deposit due with program application
 - Balance of \$1,500 paid in three monthly payments (\$500, \$500, \$500)
 - Auto payments on the 15th of each month, for three months
 - Discount applicable ONLY if **PAID IN FULL BEFORE DECEMBER 15, 2017**
- Paid-in-Full Discount: \$1,800**
 - \$200 discount



PAYMENT FORM

Name					
Address					
City		State		Zip	
Home Phone		Work Phone		Cell Phone	
Email					

Payment Method Check Visa Mastercard

Name on card					
Debit/CC #		Exp Date		CW Code	
Billing Address					
City		State		Zip	

CANCELLATIONS/WITHDRAWAL (PLEASE CHECK ALL BOXES TO INDICATE AGREEMENT)

- You must cancel before the completion of the first day of training by 12:00 midnight in writing to receive deposit back.
- No refunds or credits will be given after completion of the first module
- Withdrawal from the program does not cancel or void this agreement. Any outstanding balance is still due and will be charged on the dates indicated above.

AGREEMENT

I understand the payment options listed above and agree to make the payments on or before the due date. I understand that non-payment may result in my dismissal until the payment has been made.

Signature		Date	
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Complete and submit the payment form to gayla@vibeyoga.com