



# 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.

## 2020 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.

2020 DATES				
January 25 & 26 2020	March 21 & 22 2020	May 16 & 17 2020	July 18 & 19 2020	September 19 & 20 2020
February 15 & 16 2020	April 25 & 26 2020	June 13 & 15 2020	August 15 & 16 2020	

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?

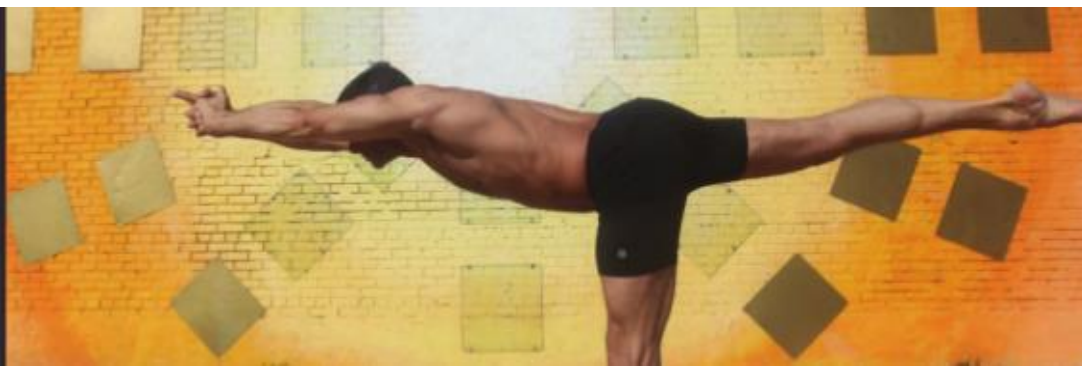
What is your motivation for joining a 200-hour Teacher Training Program?

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 includes all required books for training

- \$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 by December 2019: includes all books for training (required & additional books)

### 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 five 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 reading assignment for first weekend of training discussion. **Books are Included in Teacher Training Fee.**

### 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](mailto: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
  - includes all required books for training
- Paid-in-Full before December 31, 2019
  - includes all required books & additional books for training
- Paid-in-Full after December 31, 2019
  - includes all required books for training



## 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](mailto:gayla@vibeyoga.com)