

Grace Yoga Teacher Training 2012



Grace
Yoga

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2012 Teacher Training: Expectations, Tuition, Refund Policy

2012 Dates

(Five weekends: Fridays, 6 am-10 pm; Saturdays, 8 am-8 pm; Sundays, 8 am-5 pm.
One 7-day stretch: Saturday-Friday, 8 am-6 pm.)

May 18, 19, 20

June 8, 9, 10

July 14-20 (each day, Saturday-Friday, 8-6pm)

Aug 17, 18, 19

Sept 14, 15, 16

Sept 28, 29, 30

Included in the course

Teaching Level I, Level II sequences; Hatha Yoga, Raja Yoga, Kriya Yoga, Jnana Yoga, Bhakti and Karma Yoga, Mantra Yoga; Living the Life of a Yogi

Asana: Standing, Balancing, Folds, Twists, Backbends, Inversions, practicing and teaching alignment and form

Anatomy and Physiology

Subtle Anatomy: Chakras, Koshas, Kundalini Yoga, Nadis

Pranayama: Practicing and Teaching basic techniques

Scriptures: The Yoga Sutras and the Bhagavad Gita

Meditation: Practicing and Teaching

Psychic Development Techniques

Bandhas

Principles of effective teaching

Ethics and Teaching

Faculty Members

Judy McClain

Priscilla Szneke

Keri McIntosh

Crystal Pilon

Chip Hartranft (visiting)

Sat Kartar Kaur Khalsa (visiting)



2012 Teacher Training: Expectations, Tuition, Refund Policy

Prerequisites

- At least three years of yoga practice.**
- A sincere desire to serve humanity.**
- A completed application, with two letters of reference.**
- All tuition paid by date of first session.**

Teaching yoga is the highest of all endeavors (*Bhagavad Gita*). A yoga teacher training program has the potential to shift your consciousness. Please understand the depth of this commitment to the Grace program. You must attend each and every session as outlined above. You must be prepared to examine your long-held belief systems. There is a lot of classroom work, home work in between sessions, and practice teaching. There is a lot of writing. This is a deep immersion for your body, mind, and spirit. Before any of us can teach others, we must deeply investigate our own lives. We must first learn how to live the life of a yogi.

Student Requirements during Training

- Purchase and read several books
- Attend each and every session
- Write several papers
- Complete one midterm, one final exam
- Attend weekly classes with Judy
- Teach 5 community classes in the fall-winter 2012
- Begin to shift to an ahimsa (vegetarian) diet
- Develop a daily home practice of asana and meditation
- Complete all assignments within one year of start date to qualify for certification

Tuition and Refund Policy

Nonrefundable application fee

due with application:	\$50
Tuition:	\$2600
Total:	\$2650

Books and materials are not included in the total tuition fee.

Full tuition is due within one week of acceptance into the program.

Refunds: \$50 application fee is nonrefundable.

Until training start date, 50% tuition is refundable.

After training start date, no refund is available.



2012 Grace Yoga Teacher Training Application

Name _____

Address _____

Phone _____

Email _____

Birth date _____

Occupation _____

On a separate piece of paper, please complete the following and submit with application:

- Discuss your physical and emotional health. Please remember that this information is confidential and also important for your preceptors to know.
- Please list your medications and the conditions for which you're currently treated.
- Why do you wish to take this course and what do you hope to achieve?
- What skills do you bring to this program?
- Are there obstacles to your commitment for this training?
- How long have you practiced yoga, and where have you practiced? Do you have a home practice? Does it include meditation?
- List any yoga workshops or programs you've taken, including dates.
- How did you hear about the Grace training?



2012 Grace Yoga Teacher Training Application

Emergency information: _____

Contact Name and Phone number: _____

Physician Name and Phone number: _____

I declare that the above information is true to the best of my knowledge.
I understand that misrepresentation of this information is unethical and
constitutes grounds for revocation of certification.

Signature _____

You must submit two personal recommendations. Please use the format at the end of this application.



2012 Recommendation for Yoga Teacher Training, Grace Yoga

Please return this form to:

Judy McClain, Grace Yoga, 35 Weaver Road, North Kingstown, RI 02852

Date _____

Applicant's Name _____

Reference's Name _____

How long and under what circumstances have you known the applicant?

The Teacher Training program includes long hours of self-investigation, group discussion, book study, written projects, and interaction with others. How do you see the applicant contributing to this program?

What obstacles might you foresee for the applicant?

Thank you for your help. If you have questions or further comments, please call Judy McClain at 401-829-9903.

