

# Grace Yoga Teacher Training 2011



Grace  
Yoga

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# 2011 Teacher Training: Expectations, Tuition, Refund Policy

## 2011 Dates

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

April 8, 9, 10

May 13, 14, 15

June 11-17

July 29, 30, 31

No August

September 16, 17, 18

September 30, October 1, 2

## 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

Liz Lindh

Keri McIntosh

Patti Doyle

Rick Horton

Chip Hartranft



## 2011 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 2011
- 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

<b>due with application:</b>	<b>\$50</b>
<b>Tuition:</b>	<b>\$2450</b>
<b>Total:</b>	<b>\$2500</b>

**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.**



# 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?



# 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.*



## 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.

