

# Samdhaana Yoga Teacher Training



## APPLICATION PROCESS

Submit completed application (below) by mail with your deposit to Sacred Space. Remaining tuition is due two weeks prior to the date training starts. If desired, contact Melody White by telephone or e-mail to discuss the curriculum, or to determine if this program is right for you.

## CANCELLATION POLICY

Before training begins, deposits and/or tuition can be refunded, minus a \$300 holding fee. Once training begins, no refunds will be given.

## PARTICIPATION & CERTIFICATION POLICY

Full class participation, successful completion of the assigned curriculum and self-study are required to receive your TruYoga certificate of completion, and/or Yoga Alliance® Certification. If it is necessary to miss any training sessions, the hours can be made up with Melody at the rate of \$50 per hour. Please do everything possible to attend every session! There will be reading and writing assignments to be completed outside of the daily trainings.

## BOOKS REQUIRED BY STUDENTS

Students are required to have the appropriate books prior to the start of the first day of class. See page three for course textbook requirements. One training manual will be provided for each student.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I accept the tuition, curriculum, certification and cancellation policies for this program, and give TruYoga permission to use my photograph, image or any videos taken during training for training purposes and/or promotional use, without compensation.

Melody White 704-287-8877, or [truyoga@yahoo.com](mailto:truyoga@yahoo.com)



4. Do you have any concerns or fears about doing teacher training? If so, what are they?

5. List two qualities about yourself that you are proud of.

6. Please let me know anything about you that might affect your ability to participate fully in this training (pregnancy, injuries, medications, etc.)

## REQUIRED BOOKS

*Red Stone Yoga Teaching Manual* – Provided

*Yoga and Ayurveda*, by David Frawley

*A Return to Wholeness*, by Donna Farhi

*Wheels of Life*, by Anodea Judith, est cost \$12

*The Key Poses of Hatha Yoga* (Volume II), by Ray Long. Est cost = \$42. It is available from [www.bandhayoga.com](http://www.bandhayoga.com).

## **200 Hr. Yoga Teacher Training**

**Attending Weekend Intensive at SACRED SPACE (2014 - 2015)**

**Tuition \$2,500.00 Deposit \$500 (\$300 non-refundable)**

### **PAYMENT**

**Tuition \$2,500 (\$2,100 if paid in full by August)**

### **SUBMIT FEES and APPLICATION TO:**

Melody White  
c/o SACRED SPACE  
229 Market Street  
Mt. Airy, NC 27030  
or email to:  
[truyoga@yahoo.com](mailto:truyoga@yahoo.com)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Amount Included: \_\_\_\_\_

Make checks payable to SACRED SPACE

### **Have Questions:**

Melody White

704-287-8877

or 336-755-2076