



## 200 RYT Teacher Training Application Hot 26 + 2/Power Fusion

Name \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone (1) \_\_\_\_\_ Phone(2) \_\_\_\_\_

How did you hear about this teacher training?

Studio Flyer  Website  Internet Search  Friend \_\_\_\_\_  
 Teacher \_\_\_\_\_  Word of Mouth  Advertisement \_\_\_\_\_

What is your main goal as part of the 200 RYT Bizi Yogi Teacher Training Program? \_\_\_\_\_

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Please check any that apply:

Back pain  Sciatica  Herniated Disc  Asthma  Arthritis  
 Neck injury  Knee injury  Insomnia  High Blood Pressure  
 Diabetes  Pregnant \_\_\_ mos.  Allergies \_\_\_\_\_

Please list any other medical conditions \_\_\_\_\_

Emergency Contact Information

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Phone (1) \_\_\_\_\_ Phone (2) \_\_\_\_\_

Tuition: Deposit must be paid in full at time of application to reserve your space and is non-refundable. Tuition covers training course and instruction manuals. Students are responsible for required books and materials.

Non-refundable application fee \$25 for each person applying

**Hot/Yin/Power Fusion Yoga:**

**\$25 application fee**  
**\$3,000 payable before February 28, 2015**

## CODE OF CONDUCT

1. During the entire training program and after, I will conduct myself in a professional and conscientious manner.
2. Respect the rights, dignity, and privacy of everyone in the training program.
3. Avoid words and actions that constitute sexual harassment.
4. Adhere to traditional yoga principles as written in the Yamas and Niyamas.
5. Show up on time and stay for the duration of the training program unless prior consent has been approved.
6. Respect all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion, affiliation or sexual orientation.
7. Remain open minded throughout the training program.
8. Do the very best I can to become the best yoga teacher I can be.

Total Amount Due: \_\_\_\_\_

Payment Method: Check # \_\_\_\_\_ Credit Card: Type \_\_\_\_\_ # \_\_\_\_\_  
Exp. \_\_\_\_\_ CVV \_\_\_\_\_

\*Please note that the application fee and tuition fee are absolutely non-refundable, no exceptions. I hereby apply for acceptance into the Bizi YogiTeacher Training course and agree to abide by the conditions and terms set forth here and in the attached Code Of Conduct.

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

## BOOKS

Light on Life by BKS Iyenger;  
Teaching Yoga by Mark Stephens  
Meditations From the Mat by Rolf Gates  
Yoga Anatomy by Leslie Kaminoff  
Wheels of Life by Anodea Judith, Ph.D.

You can purchase these books on Amazon.com or Thriftbooks.com for a reasonable price. They have both used and new books to choose from.

## CURRICULUM DETAILS

All the subjects below are taught in great detail.

- **Techniques Training & Practice:** Includes asana, pranayama, kriyas, chanting, mantra, meditation and other traditional yoga techniques. Hours may include (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves.
- **Teaching Methodology:** Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.
- **Anatomy & Physiology:** Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). This includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc).
- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers:** Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.
- **Practicum:** Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

## LOCATION

**For Hot/Yin/Power Fusion:**

Bikram Yoga Granite Bay  
**4067 Cavitt Stallman Road**  
**Granite Bay, CA**

## SCHEDULE

### **Hot/Yin/Power Fusion**

Each weekend Fridays 6pm-10pm, Saturday 8 am-5pm, Sunday 8am-5pm

Week 1	March 13-15
Week 2	March 20-22
Week 3	March 27-29
Week 4	April 10-12
Week 5	April 17-19
Week 6	April 24-26
Week 7	May 8-10
Week 8	May 15-17
Week 9	May 22-24
Week 10	June 5-7

Plus: Additional private schedule for practicum teaching finals