



Jane's House Studio
1112 C 1st Capitol Drive
Saint Charles, Missouri 63301

Yoga Teacher Training (YTT 200)

Application

Please print this page and mail your completed application along with your \$25 application fee to:
Robin Buck, Jane's House Studio, 1112 C 1st Capitol Drive, Saint Charles, Missouri 63301.

Name _____

Address _____ Date of Birth _____

City, State & Zip _____

Email _____ Phone _____

Emergency Contact _____ Phone _____

Prerequisites for training

Students interested in the YTT 200 hr program must be over the age of 18.

Must have a regular yoga practice so that the understanding of entering the program isn't about learning Yoga, but rather building from your own experience and moving into the place of deeper self-transformation. But most importantly, learning to step into the role of a teacher and begin to understand the "why" behind the actions being taught, not the "what."

2017-2018 Training Year

October 7-8, 2017

November 11-12, 2017

December 9-10, 2017

January 13-14, 2018

February 11-12, 2018

March 10-11, 2018

April 14-15, 2018

May 5-6, 2018 Make up weekend w/ additional fee

June 9-10, 2018 Test Out

Length of Program: 8 months

PLEASE ANSWER THE FOLLOWING QUESTIONS (Use back of page or additional paper as needed.)

1. Why are you interested in Yoga teacher training?
2. How long have you been practicing Yoga? Who have been your teachers?
3. How often do you practice? How much personal practice do you do? Describe it briefly.
4. Are you currently teaching Yoga? (If so, what kind? Describe the kind of class or students you teach)
5. What does Yoga mean to you?
6. Do you have any injuries? Name them. How did you get them?
7. Please write a list of specific goals that you want to achieve by enrolling in this course.

Yoga Teacher Training (YTT 200)**Enrollment Agreement**

Student Name _____

Please read and sign **Section A** and **Section B** for tuition payment options.

Section A:

Enrollment Agreement Cancellation Policy: The student can cancel the Enrollment Agreement without penalty by directly (in person, in writing, or by telephone) notifying the Program Director within 3 business days of the signing of the Enrollment Agreement. If cancellation notification is received within 3 business days, excluding Saturdays, Sundays and Holidays, full refund of all monies paid will be made to the student or to a third party designated by the student within 14 days of receipt of the cancellation notification. If a third party makes the Enrollment Fee payment, the Enrollment Fee will be refunded to that third party. If a student chooses to cancel the agreement after 3 business days, as noted above, no Enrollment Fee refund will be made.

Tuition Refund Policy: If a student chooses to withdraw from the program prior to the training start date, they will be eligible for a full refund of Tuition Fees paid less the \$125 Enrollment Fee and \$25 Application Fee. Students that choose to withdraw during the 1st quarter of training are eligible for a 75% refund of tuition paid, less \$300 per module attended, \$125 Enrollment Fee, and \$25 Application Fee. Students choosing to withdraw up to half way through the enrollment period will be eligible for a 50% refund of tuition paid, less \$300 per module attended, \$125 Enrollment Fee, and \$25 Application Fee. Students choosing to withdraw more than half way through the enrollment period will not be eligible for a refund.

Formal withdrawal from the program requires a private meeting with Robin Buck. Students that do not formally withdraw in person are considered enrolled and may not be eligible for a refund.

I have read and understand the Enrollment Agreement Cancellation Policy and the Tuition Refund Policy and agree to the terms of this Enrollment Agreement. I understand that late payments will be subject to a \$10 per week late payment charge. Students with accounts over 2 months past due, or who have incurred more than \$100 in late charges will be suspended from the program until their account is current and an additional month's tuition payment has been made.

I have also read and understand the included Code of Ethics and Teacher Training Expectations and I hereby agree to honor the terms & provisions of the Code and Expectations.

Student Signature: _____ Date _____



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Tuition Payment Options

Student Name _____

Section B: Program - Yoga Teacher Training (YTT 200)

Cost Information: Total Tuition Amount: \$2,100.00
 Enrollment Fee: \$125
 Application Fee: \$25

Total Cost for YTT 200 Course: \$2,250.00

Tuition Payment Options First payment due on or before the first day of student’s start date.

Option 1:

1 payment of \$2,250.00 (includes Enrollment Fee and Application Fee) **Date Received:** _____

Option 2: Enrollment Fee Amount and Application Fee: **\$150** **Date Received:** _____
2 payments of \$1075 due the 5th of the first and fifth month of enrollment for a total of **\$2,300.**

Payment 1 **Date Received:** _____ Payment 2 **Date Received:** _____

Option 3: Enrollment Fee Amount and Application Fee: **\$150** **Date Received:** _____
8 payments of \$295 due the 5th of each month of enrollment for a total of **\$2,510.**

Payment 1 **Date Received:** _____ Payment 2 **Date Received:** _____
Payment 3 **Date Received:** _____ Payment 4 **Date Received:** _____
Payment 5 **Date Received:** _____ Payment 6 **Date Received:** _____
Payment 7 **Date Received:** _____ Payment 8 **Date Received:** _____

I understand and accept the enrollment plan as outlined above and agree to make payments accordingly. I am aware of the additional cost, including fees, which I will be obligated to pay beyond this enrollment agreement. I understand that additional charges of \$295 apply to a make-up intensive that requires Teacher Training Staff to add an additional weekend to the program.

Student Signature: _____ **Date:** _____

Program Administrator: _____ **Date:** _____

Code of Ethics for Yoga Teachers

As a Jane's House Registered Yoga Teacher, I recognize that it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and to uphold the dignity and integrity of Yoga teachings. Therefore, I agree to abide by the following ethical code:

Professional Ethics of Jane's House Yoga Teacher

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician's advice.
- Take continuing education in Yoga teaching on a regular basis.
- Be honest, straightforward, fair, and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practices.
- Accurately represent my education, training, and experience.
- Not be publicly critical of other Jane's House Yoga teacher's character or of other systems of Yoga.

Responsibility to Students and Community

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my student's personal beliefs and values.
- Offer my services of teaching Yoga to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the highest interests of my student.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.
- Not abandon or neglect students. If unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort will be made to arrange for continuation of instruction with another Yoga teacher.
- Make only realistic statements regarding the benefits of Yoga.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of Yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, or endorsement by any organization.

I understand that any reports or my breaching this code will be fairly investigated by the Jane's House of Well-Being Ethics Team, and that it could lead to revocation of my Jane's House Registered Yoga Teacher certification.

Student Signature: _____ **Date:** _____

Books & Materials**(YTT 200)****Here is a list of books required for the course:**

1. *Yoga Anatomy* by Leslie Kaminoff (anatomy book)
2. *Yoga Sutras of Patanjali* by Sri Swami Satchidananda (philosophy book)
3. *Bhagavad Gita: A New Translation* by Stephen Mitchell (philosophy book)
4. *Yamas and Niyamas* by Deborah Adele (philosophy book)

Books to support your journey:

Sudden Awakening by Eli Jaxon Bear
From Fixation to Freedom (the enneagram) by Eli Jaxon Bear
Structural Yoga Therapy by Makunda Stiles
Yoga & Ayurveda by David Frawley

Other equipment required for the course:

All students must have their own yoga mat.

Estimated cost is from \$20 to \$75
Depending on type of mat purchased.

Teacher Training Expectations**Intensive Training Attendance:**

Attendance of all 8 intensive weekends is required for completion of the program. Any hours missed will be the responsibility of the teacher to initiate extra-credit work to fulfill requirements. During the Training Year a 30-day unlimited yoga class card is offered to the teachers in the program to encourage as much practice as possible in this method you are learning to teach. In addition to the 8 mandatory intensives, the training program requires you to attend one class per week, if you are driving from out of the area, audio taped classes will be available. After the training begins, you will be required to observe 8 DYM classes. Hours of homework and video-taping are also a portion of the 200 hours. Once you have had a minimum of 4 weekends of training, the community yoga class on Sundays at 9:30am will be a class that you will share teaching with your classmates, at least one class is required to complete this training.

Discipline:

Teachers are expected to act in alignment with the Yamas and Niyamas:

- **Ahimsa** – sensitivity (non-violence with mind, action and speech)
- **Satya** – honesty (truthfulness)
- **Asteya** – openness (non-stealing , to not take what is not given)
- **Brahmacharya** – focus (energy moderation – walking in the way of God)
- **Aparigraha** – generosity (non-grasping, non-geed, to take only what is needed)
- **Sauca** – commitment (purity, inner and outer “pure” yoga practiced in everyday life)
- **Santosh**a – contentment (satisfaction with what is)
- **Tapas** – passion (spiritual intensity – burning effort)
- **Svadyaya** – self study (passionate inquiry into oneself)
- **Ishvarapranidhana** – devotion and surrender

Fulfillment of Obligation:

All financial and energetic obligations must be fulfilled for successful completion of the 200-Hour Teacher Training Program. Please let us know if there is anything you need from Jane’s House to help you complete your commitment to the School.

Communication:

The teacher must openly communicate with Robin, the teacher-helpers, and fellow peers. Please respond to emails and let us know if you need anything.

Practice:

It is essential to your success and training to practice, practice, practice! Please take advantage of the unlimited class card specifically for teachers in the YTT program.

I have read and understand the expectation of me as a teacher in the 200hour Teacher Training Program at Jane’s House of Well-Being.

Student Signature: _____ **Date:** _____