

Asheville Community Yoga Teacher Training Program

250 Hour Teacher Training Program

In collaboration with Sarva Health Systems
Director: Kristine Kaoverii Weber, MA, eRYT500

Information packet and application

Introduction

Asheville Community Yoga's Teacher Training Program offers you the opportunity to learn how to share yoga with confidence and compassion to a broad range of students. In studying with some of the best instructors in Asheville, you will learn the basics of Hatha and Vinyasa techniques and come away with the capacity to experience the benefits of yoga for yourself and the ability to effectively teach this ancient practice to others.

- Learn to teach safe, effective, powerful yoga
- Learn to teach a wide range of students
- Learn alignment, anatomy, breathing practices and meditation
- Learn yoga history, philosophy and practice
- Enjoy the *satsang* of a supportive group process
- Learn to Teach Yoga Competently and Confidently!

Registration with Yoga Alliance

This program exceeds the Yoga Alliance standards for becoming a Registered Yoga Teacher (RYT) at the 200 hour level. This is the basic level of training required by Yoga Alliance and garners an RYT200 qualification. Many employers are now requiring yoga instructors to meet this standard. Sarva Health Systems also offers RYT500 trainings and trainings specifically for mental/behavioral health professionals.

Commitment

There are 9 weekend sessions over 7 months. Please be sure that you can attend all sessions. Up to 2 missed weekends can be made up (see **Requirements for Certification** below). We request that you commit to a personal daily practice for the duration of your training. This is one of the most important elements of the program. A daily practice enables you to truly embody the knowledge base you are acquiring. There will also be reading and homework. It is important to consider the amount of time you have to dedicate to this program; the deeper your commitment, the more you will be able to integrate the wisdom of this tradition.

We are committed to creating a safe, supportive environment, which facilitates a dynamic group process and provides you with personalized attention.

2012 Weekend Training Dates

1. February 24-26
2. March 16-18
3. March 30 - April 1
4. April 20-22
5. May 18-20
6. June 22-24
7. July 20-22
8. August 17-19
9. September 7-9

Times

Friday pm: 6-9

Saturday: 8-5

Sunday: 8-4

There will be a break each morning and afternoon and a midday lunch break.

Requirements for Certification

- 1. A commitment to developing a personal daily practice** over the course of the program (and beyond!).
- 2. Participating in class discussions and workshops**
Your participation is essential. If you are able to attend, but cannot participate for any reason, please communicate to the instructors prior to each weekend training session. Also please let us know if you are unable to attend any classes or weekends.
- 3. Practicum**
You will be required to do a moderate amount of teaching during program hours. This will include mostly teaching to a small group (1 or 2 other students). At the end of the course you will have a final practicum where you will teach to the entire class.
- 4. Demonstrating a firm foundation**
You will be required to demonstrate your ability to teach asanas safely and with a clear understanding of the principles of alignment.
- 5. Research project**
You will be required to submit a research project that is equal or equivalent to a 6 page (double-spaced, 12-point, Times New Roman) research paper. However if you prefer not to write your project, you may do a multi-media presentation (such as powerpoint). This project must demonstrate that research has been undertaken. Please cite at least six sources. The topic is of your choice. Please choose the project by the fifth weekend that we meet. The project is due on the ninth weekend.
- 6. Yoga class evaluations**
We request that you turn in three yoga class evaluations per month, beginning on the second weekend we meet. These forms will be provided. The total required number of class evaluations is 24.
- 7. Observing, Assisting and Teaching**
In the second half of the training, we request that you turn in:
 - 5 class Observation evaluations
 - 15 class Assisting evaluations – with trainers (please inquire about our out of town student policy)
 - 5 class Teaching self-evaluationsForms will be provided. There will be opportunities for you to do your practice teaching at Asheville Community Yoga during specific hours designated for teacher trainee practice classes. You may also make other arrangements to practice teaching.
- 8. Homework**
Typically there will be 1-3 hours of reading assigned between each weekend session that we meet. Please plan accordingly.
- 9. Reading List and Manual**
Please see the reading list below. You will receive a three ring binder and hand outs from the instructors.

10. Journals

Please document, through journaling, your practice and learning process. Journaling may be as simple as writing down which asanas you have done and how long you have meditated each day, but your journal may also be contextualized in philosophy or cross-referenced to other aspects of your life. The journal is for your own reflection – it is your choice to share excerpts or keep it entirely private.

11. Ethics statement

Please sign the ethics statement (see below). It will be kept on file.

12. Full Payment for the course

For details please see below.

Registration

To register, fill out pages 8-11 of this application and deliver it to Asheville Community Yoga or mail it to:

ACY Teacher Training Program
c/o Amber Acheson
8 Brookdale Road
Asheville, NC 28804

You can also submit your application electronically to:

amber@ashevillecommunityyoga.com

Please submit your deposit for \$500 with your application to hold your spot. You can pay by cash, check, Master Card, Visa or Discover. You will be contacted for a phone interview. If you choose to use a payment plan option, please print and fill out pages 12-14 and include them with your application.

Space is limited – please submit your application today!

If you are unable to attend up to two weekends, you may make up the work. If you miss more than 2 weekends, you are required to wait and take the following training. (Please see "Make-Up Policy" below).

Fees

Total Tuition:	\$2295
Deposit:	\$500 due at the time of registration.
Balance:	February 1, 2012.
Discounted Tuition:	If you pay in full by December 31, 2011 you will receive a \$295 discount. Total tuition in this case will be \$2000.
Payment Plan:	We have several payment plan options, please see below.

Scholarship

Asheville Community Yoga is dedicated to making all of our programs available to as many people as possible. We are holding scholarship drives to raise money for the 2012 scholarship fund. We anticipate being able to give between three and five partial scholarships. The scholarship will cover \$1100 of the tuition fee. Applicants will be responsible for paying \$1195. There will be no discounts given in this case. These scholarships will be awarded to those who are interested in teaching yoga to any of the

following groups: seniors, the lesser abled, underprivileged youth, veterans, prison populations, pregnant women, the mentally ill and recovering addicts. We request applicants to write a 1-2 page essay expressing why they want to take the training, why there is a need for them to receive financial aid, and what they will do with their knowledge once they have completed the training. Please mail the essay along with your application by January 7, 2012. Scholarship decisions will be made, and all applicants will be notified, by January 31, 2012.

Refunds:

Before Dec. 28, 2011: a full refund will be given minus a \$125 processing fee.

Between Dec. 28 and Feb. 1, 2012: a full refund will be given minus a \$175 processing fee.

Between Feb. 1 and Feb. 24, 2012: a full refund will be given minus a \$300 processing fee.

In case of an unforeseen event: If you have to pull out of the program due to an unforeseen event, we will evaluate the situation on a case-by-case basis.

Make-up class policy

If you miss:

Between 0-4 hours: make up requirements are waived. You are permitted to miss up to 4 contact hours from the entire course.

Between 5-12 hours: You must attend a 4 hour make-up class at the end of the program. Date and time to be announced. The fee is \$60.

Between 13 and 20 hours: You must attend two 4 hour make-up classes at the end of the program. Date and time to be announced. The fee is \$120.

Between 21 and 40 hours: You must attend two 4 hour make up classes at the end of the program. Date and time to be announced. The fee is \$80. Additionally, you must take a private 2 hour make-up classes with the core teachers. Fee is \$200. This fee may be split amongst students.

Between 2 and 4 whole weekends (40-80 hours): You may make up this work the following year by participating in the weekends that you missed in the next class.

More than 4 whole weekends (80 hours +): You may retake the training. Please note that tuition will be charged again.

General Class Information

Be On Time: Please arrive *early* for class so that we can start on time. This also applies to class breaks and lunch breaks. Arriving late significantly disrupts the group process. There is much to be learned and we need every minute!

Please dress appropriately: Wear clothing that moves easily, bring layers, be comfortable. Also, please consider the effect of your dress on others – both men and women are requested to dress modestly, this is part of the yoga tradition.

Let Us Know Your Concerns: If you have a recent injury or illness, please let us know about it. We want you to be comfortable and safe. If something is said in class by an instructor or other student that has caused you concern – we want to know. It is normal for there to be disagreement and various opinions. Please be committed to maintaining

an open mind and clear, balanced communication – for your benefit and the benefit of the group.

Please Eat Light: It is difficult to concentrate with a heavy meal in your belly (let alone move into a challenging yoga pose!) Please plan your meals with the understanding that movement activities are an important part of this training.

Feel Free to Bring Your Own Yoga Mat: We have props, but having your own mat is important in terms of physical and energetic hygiene.

Some Workshops Are Open to the Public: On some of the weekends there will be short (usually 3 hour) workshops which will be open for other students to join us. Feel free to invite people you think will be interested. A list of workshops is available at www.ashevillecommunityyoga.com.

General Weekend Outline

- Friday evening:** Group discussion, yoga class or discussion, Keeper of the Sacred Principles report and weekend preview, or kirtan
- Saturday morning:** Monabrata (practice of silence) group kirtan and meditation, philosophy or technique workshop
- Saturday afternoon:** Philosophy, technique or anatomy workshop.
- Sunday morning:** Monabrata (silence) group kirtan and meditation, philosophy or technique workshop
- Sunday afternoon:** Technique workshop, homework, weekend closure.

Other Aspects of the Program

Seva Project

Service is a direct and ancient yoga practice that contributes to personal growth and is an essential part of this training. A seva or service project will be undertaken as part of the training. We will collectively decide on our service project and undertake it as an extracurricular activity.

Group Process

The group process is an integral part of your yoga teacher training experience. You may hear things from members of the group or teachers that you disagree with. Please adopt an open-minded attitude, do not take anything personally, be aware of your own issues and limit yourself from projecting anything on to fellow students or your teachers. You will not be required to contribute anything during discussions that makes you feel uncomfortable. Also you should be aware that instructors discuss the yoga tradition – they do not expect you to adopt any beliefs or practices that you believe in some way contradict your belief systems. Your personal and emotional safety is of our utmost concern. Please honor yourself and support your fellow students.

Bhakti Yoga

The knowledge base of this program is derived from many sources of the yoga tradition. It is not affiliated with any religion or religious set of beliefs. However, Bhakti or devotional yoga is an important element of this program. An increasing capacity to love all is essential to achieving “union”, which is the meaning of the word *yoga*. There will be some discussion around your personal relationship with a transpersonal Source (Spirit or Divine). Who or what that Source is, of course, is an entirely personal matter. We will practice meditation together and you will be instructed as to how to use a mantra – you will choose a mantra at your own discretion. Each weekend we practice kirtan, or devotional singing/chanting, and although your presence is required, your participation is entirely optional during this practice.

Equity Policy

Yoga is for everyone. In this program no restrictions will be made on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or ability. We promote and uphold equal opportunity for all.

Ethics Statement

The Ethics of Yoga are the beginning of all yogic practice. Please sign the Ethics Statement below and submit it with your application.

Waivers

We also request that you sign the waivers beneath. Please let us know if you have any concerns about either of them.

The Director

Kristine Kaoverii (Co-very) Weber, MA, eRYT500 is the director of the program and the primary teacher. Kaoverii took her first yoga course from her sixth grade hippy social studies teacher. She has been studying seriously since 1989, in India as well as the U.S., teaching for 16 years, and training teachers since 2003. She is committed to creating opportunities for each student to discover and pursue his or her path to self-realization. She has been training yoga teachers for the past five years and teaches workshops around the southeast and in California.

Instructors

In addition to Kaoverii, you will also be instructed by highly trained yogis. Please see our website for details.

Asheville Community Yoga Teacher Training Program Code of Ethics

- I agree to maintain clear personal and professional boundaries with each student.
- I agree to honor and respect the uniqueness of every student.
- I will offer yoga instruction in an environment that is physically, mentally and emotionally safe.
- I am aware of my potential influence on students and will refrain from inappropriately using my position to unduly pressure a student in a way that may conflict with the student's best interest or natural inclinations.
- I will not seek to fulfill my personal needs or engage in activities for my personal gain or satisfaction at the expense of my students.
- As a teacher, my goal is to educate or draw out from each student that which is already known and to invite opportunities for further personal and spiritual growth.
- I agree to honor the confidentiality of my students.
- I agree to provide only those services which I am qualified to provide and to offer only those teachings which I understand.
- I will refrain from recommending treatment, diagnosing a condition, or suggesting a student disregard the advice of a physician or therapist.
- I agree to live my life in the spirit of yama and niyama.
- I agree to honor this code of ethics.

Signature

Date

Agreement of Release and Waiver of Liability Form

I, _____ hereby agree to the following:

1. I am participating in the Asheville Community Yoga Teacher Training Program offered by Asheville Community Yoga, Sarva Health Systems, LLC ("Sarva"), and Kristine Kaoverii Weber.
2. I will receive information and instruction about yoga practices, health and yoga philosophy and lifestyle. I realize that yoga may require some physical exertion which may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.
3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Asheville Community Yoga Teacher Training Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in this program.
4. I hereby affirm that the information I provided on my Application to participate in the Asheville Community Yoga Teacher Training Program, including the questions about my medical condition and previous experience, are true and complete.
5. In consideration of being permitted to participate in the Asheville Community Yoga Teacher Training Program, I agree to assume full responsibility for any risks, injuries or damages, physical or psychological, known or unknown, which I might incur as a result of participating in the program.
6. In further consideration of being permitted to participate in the Asheville Community Yoga Teacher Training Program, I voluntarily and exhaustively waive any claim I may have against Asheville Community Yoga, Kristine Kaoverii Weber, Sarva Health Systems, LLC, its successors and assigns, and their instructors, employees, contractors, agents or volunteers for any injury or damages, physical or psychological, that I may sustain as a result of participating in the program, including but not limited to claims for negligence, gross negligence, and errors or omissions in the provision of services.

I have read the above release and waiver of liability and fully understand its contents as well as the refund and make-up class policies. I voluntarily agree to the terms and conditions stated above.

SIGNATURE: _____ DATE: _____

Photo Release and Waiver of Liability Form

I, _____ hereby grant Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC their departments, contractors, employees and agents permission to use my photograph in any and all publications for advertising purposes, including web site entries, without payment or any other consideration in perpetuity.

I hereby authorize Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC, their departments, officers, employees and agents permission to edit, alter, copy, exhibit, publish or distribute this photo. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my photo appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph.

I hereby hold harmless and release and forever discharge Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC, their departments, contractors, employees and agents all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf of on behalf of my estate which may have or may have by reason of this authorization.

I am 18 years of age or older and am competent to contract in my own name. I have read this release, and I fully understand the contents, meaning, and impact of this release.

SIGNATURE: _____ DATE: _____

Asheville Community Yoga Teacher Training Application Form

Please fill out pages 8-11 of this application and mail it to us along with the full tuition fee or a \$500 deposit. You can also email us the application amber@ashevillecommunityyoga.com and make your deposit by credit card. Take \$200 off of your tuition if you pay in full by January 7, 2012. If you choose to use the Payment Plan, please include pages 12-13. (payment address on pg. 13)

1. Name _____ Date of Birth _____
Address _____
City _____ State _____ Zip Code _____
Phone (h) _____ (c) _____ (w) _____
Email _____
Emergency contact and phone number _____
2. How did you find out about this program? _____
3. Are you a yoga teacher? If so, where do you teach? For how long have you been teaching?

4. Which styles of yoga have you studied?

5. Which styles do you resonate with most?

6. Describe your current yoga practice including the frequency, duration and number of years you have been practicing.

7. Please list any trainings you have completed and any certifications you hold including yoga teacher trainings, massage trainings, pilates, fitness, meditation, tai chi, etc. Please include the dates of these trainings.

8. Please list yoga workshops you have attended.

9. Please list favorite books you have read about yoga.

10. (Optional) Do you follow a particular yogic or spiritual path that you'd like to share with us?

11. Any other teaching experience?

12. How has yoga influenced your life?

13. If you are not currently a yoga teacher, do you plan to teach? _____

14. Why do you want to take this training and what do you expect to receive from it?

Medical Questions:

1. Do you have any injuries or other challenges (physical or psychological) that might inhibit you from fully participating in this program?

2. Have you had any previous surgeries? Please describe.

3. Are you currently taking any medications that we should know about?

4. Any other medical concerns or information that you think we should know about?

Asheville Community Yoga Teacher Training Program Payment Plan Application and Contract

***Please fill out this form only** if you intend to use a payment plan. This option is available only with a credit card number backup.

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip Code _____

Phone (h) _____ (c) _____ (w) _____

Email _____

Emergency contact and phone number _____

For Payment By check or credit card

Your full payment can be made by check. If you have chosen to use a payment plan, all payments will be made on the due date through the credit card details that you provide here. Please sign where indicated to authorize us to charge your card.

Card type: Mastercard / Visa/ Discover		
Card number: - - - -	Exp. ____ \ ____	Sec. Code:
Name on card:	Billing Zip code:	
Authorized signature: _____		

Terms & Conditions

Please check the Plan you would like to use:

Option 1 – Standard Plan

(The _____ is a \$50 service charge)

- Upon registration: \$500
- March 31: \$745
- May 31: \$600
- July 31: \$500

Option 2 – Extended Plan

(The extended plan carries a \$75 service charge)

- Upon registration: \$500
- March 1: \$570
- May 1: \$500
- July 1: \$500
- Sept. 1: \$300

Option 3 – Personalized plan

(The personalized plan carries at \$100 service charge)

If you would like to develop another plan that works better for you, please email Amber amber@ashevillecommunityyoga.com to discuss other options.

NOTE: A \$25 late fee will be assessed for any payments not received on time.

Refunds:

Before Dec. 28, 2011: a full refund will be given minus a \$125 processing fee.

Between Dec. 28 and Feb. 1, 2012: a full refund will be given minus a \$175 processing fee.

Between Feb. 1 and Feb. 24, 2012: a full refund will be given minus a \$300 processing fee.

In case of an unforeseen event: If you have to pull out of the program due to an unforeseen event, we will evaluate the situation on a case-by-case basis.

For Payment By Check

Checks should be made out to "Asheville Community Yoga." Mail to:

ACY Teacher Training Program
c/o Amber Acheson
8 Brookdale Rd. Suite A
Asheville, NC 28804

You can also submit your application electronically: amber@ashevillecommunityyoga.com

It is understood that withdrawal from the Asheville Community Yoga Teacher Training program does not cancel or void this agreement and that any outstanding balance is still due and payable to the program on the dates indicated above.

It is understood that a canceled credit card which creates a late payment will result in a \$25 late payment service fee on the updated credit card. If I cancel the credit card, I will give Asheville Community Yoga the new card number before the payment due date.

I agree that payments will be made on my credit card on the due dates. I understand that non-payment may result in the termination from the plan and any remaining balance will be due in full. If the matter is referred for collection to an attorney and/or a collection agency, the debtor will be liable for the collection and/or attorney fees of up to 50% of the unpaid balance. Also, any account not satisfied by the due date may be reported to the credit bureau, and may be listed with the North Carolina Department of Taxation.

Signature

Date

Asheville Community Yoga Teacher Training Program

Reading List

Required:

- *30 Essential Yoga Poses: For Beginning Students and Their Teachers* - by Judith Lasater. An excellent reference for asana alignment à la Iyengar.
- *The Bhagavad-Gita : Krishna's Counsel in Time of War* - trans. by Barbara Miller. This is a beautiful translation of the most beloved yoga text.
- *The Secret Power of Yoga* – by Nischala Joy Devi or a preferred translation of Patanjali's Yoga Sutras.
- *The Anatomy Coloring Book* - by Wynn Kapit, Lawrence M. Elson. Any edition is fine, but some things have changed in the anatomy world since it was first printed.

Suggested:

- *A Brief History of Everything* – by Ken Wilbur. Useful for understanding epistemology (and just about everything else!).
- *The Bhagavad Gita: The Beloved Lord's Secret Love Song* – by Graham M. Schweig. It was a toss-up between this and Miller's translation and Miller won. If you love the Gita, you will love this book also.
- *Chakras: Energy Centers of Transformation* – by Harish Johari. Johari mostly draws from the traditional texts, *The Serpent Power* and *The Great Liberation* (the most authentic descriptions of the traditional tantric chakra system).
- *A Journey in Ladakh: Encounters with Buddhism* - by Andrew Harvey. A fascinating story about spiritual awakening and Tibetan Buddhism.
- *Laya Yoga* – by Goswami Shyam Sundara. Denser than Johari's chakra book and full of esoteric information about chakras and tantric practices.
- *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras* - by Sri Swami Satchidananda. A fun read.
- *Yoga for Wellness* – Gary Kraftsow. An excellent Viniyoga resource.
- *The Yoga Tradition: Its History, Literature, Philosophy and Practice* - by Georg Feuerstein, et al. An important reference for yoga philosophy, history, practice.
- *Yoga for Transformation* – Gary Kraftsow. Deep and accessible information.
- *Yoga The Spirit And Practice Of Moving Into Stillness* - by Erich Schiffmann. Schiffmann's relaxed approach to asanas practice is refreshing.
- *Light on Yoga : The Bible of Modern Yoga* - by B. K. S. Iyengar, Yehudi Menuhin. A great asana reference.
- *Anatomy of Movement* - by Blandine C. Germain. An excellent and accessible look at functional anatomy; very useful for yoga teachers.
- *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga* - by Ray Long. A bit pricey, but the illustrations are amazing. This is a fantastic anatomy resource.
- *Yoga Anatomy* – By Leslie Kaminoff. Reasonably priced and full of very useful information.