



200-Hour Teacher Training Application

July – December 2010
Saint Louis, Missouri



MITCHEL BLEIER YOGA

Curriculum

The Southtown Yoga Teacher Training program is one of the most thorough and effective teacher training programs in the country. Led by internationally known instructor, Mitchel Bleier, and assisted by Southtown owner and lead instructor, Brigette Niedringhaus, students have access to two incredible yogins with over 30 years of combined experience. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga and empower you to share your profound practice with others.

Training is designed for serious students interested in becoming teachers; current teachers that wish to refine their craft; or passionate students that want to further their practice and understanding of yoga. Teachers will learn to be accountable for themselves and their students. Southtown Yoga encourages the thoughtful application of yoga to life rather than blindly prescribed yoga. Through the Southtown Yoga Teacher Training, teachers will learn not only what choice to make for their students, why they are making it, and how to engage appropriately and optimally in every situation.

PART 1

The Yoga Experience

100+ hours of study into the core teachings of Hatha Yoga includes:

- Extensive study of yogic philosophy, theory & history
- Thoughtful exploration of pranayama (breath) & meditation
- Rigorous practice of asanas & proper alignment

July 30 – August 6, 2010

Friday 6:00 – 9:00 PM

Saturday & Sunday 10:00 AM – 6:00 PM

Monday – Friday 9:00 AM – 5:00 PM

(with 2-hour break)

September 10 – 12

Friday 6:00 – 9:00 PM

Saturday 9:00 AM – 6:00 PM

Sunday 9:00 AM – 4:00 PM

PART 2

The Teacher Training

100+ hours of study that includes:

- Analysis of anatomy & biomechanics
- Deeper exploration of pranayama (breath) & meditation
- Extensive review of myths, mantras, sutras & Sanskrit for Yoga Teachers
- The Art of Teaching:
 - Class composition and sequencing
 - Use of voice
 - Observations and hands-on adjustments
 - Themes & demonstrations

October 1 – 3 | November 5 – 7 | December 3 – 5

Friday 6:00 – 9:00 PM

Saturday 9:00 AM – 6:00 PM

Sunday 9:00 AM – 4:00 PM

Tuition

Part 1 & Part 2

If paid in full by July 16, 2010:
\$2650

If paid in full after July 16, 2010:
\$2950

Tuition includes:

- All in-class instruction
- Teacher training manual
- Unlimited pass to Southtown Yoga for the duration of the teacher training.

If you have an unlimited membership, it will be put on hold for the duration of training.

Students, who don't intent to teach, can take Part 1 without Part 2. Part 2 CANNOT be taken without completion of Part 1. Students who have already completed Part 1 can take Part 2.

Part 1 Only Tuition: \$1625

Part 2 Only Tuition: \$1325

Each part will require weekly homework, quizzes and a take-home final exam. A required reading list will be given to you once you are accepted into the program. Books must be purchased separately. At the end of the program, all students who have completed the training hours, all of the required homework and passed the final exam will receive a certificate of completion from Southtown Yoga and will be eligible for Yoga Alliance at the RYT200 hour level.



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Personal Information

Date _____

Name _____

Address _____ City _____

State _____ Zip _____

Phone _____

Email _____

Emergency Contact

Name _____ Phone _____

Relationship _____

Complete (Please use additional paper if necessary.)

Is this your first training? If no, list prior training. _____

How long have you been practicing Hatha yoga? _____

Who are the main teachers you have studied with? _____

Do you have any injuries, physical limitation or medical conditions (diabetes, epilepsy, pregnancy, etc.)? List.

In your opinion, what qualities embody a good yoga teacher? Explain.

Why do you want to take the Southtown Yoga Teacher Training?

What personal qualities or attributes do you feel you possess that will help you teach yoga?



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Payment Information

A \$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount, full payment is required on or before July 19, 2010. All other tuition is due no later than the start of the program, July 30, 2010.

I am paying with check

If paying with a check, please drop your completed application and check to Brigette Niedringhaus. You can also mail your check with your application to:

Attn: Teacher Training
Southtown Yoga
3719 S. Kingshighway
St. Louis, MO 63109

*Please include driver's license number, state and expiration date on the front of your check.

I am playing with credit card

Mastercard Visa

Credit Card # _____ Expiration Date _____

Sec Code _____

Name as it appears on the card

Zip Code _____

Is your billing information the same as your mailing address? Yes No

Billing Address _____

City _____ State _____ Zip _____

I hereby authorize the above payment of \$_____ Please initial _____

I understand that if I fulfill all the requirements of the Southtown Yoga Teacher Training Program, including in-class hours, mentorship, homework, quizzes and final exam, I will receive a certified of completion, which can be submitted to the Yoga Alliance or prospective employer as evidence that I have completed a 200-hour teacher training program.

I understand that Southtown Yoga reserves the right to ask me to leave the program if my behavior is inappropriate unethical or violates the Yoga Alliance or Southtown Yoga ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future teacher training, and my remaining balance will be refunded. Once the program begins, tuition is non-refundable and non-transferable. I understand that all Southtown Yoga Teacher Training materials are under copyright protection and cannot be reproduced by my without the permission of the author. Failure to comply may result in legal action.

I have read and accepted the above terms and requirements: Yes No



200-Hour Teacher Training Absentee Policy & Frequently Asked Questions

Absentee Policy

To get the most out your Teacher Training Program, it is critically important that you attend 100% of the training.

If you miss 1-2 days: You may still complete the program with your class provided that you schedule a private session (or group session) with a Designated Trainer at some point during the program. A two-hour private session equates to one full day (6 hours) of training. The cost of a private session is \$100 per hour. Please contact Southtown to schedule the make-up session. The maximum number of private make-up sessions is two.

If you miss 3 or more days: You will not be able to complete the program with your class, and you will need to make up the classes in the subsequent training. You may choose to make the first two days you miss a private session during the training, but the additional days you will need to take in a subsequent training. The fee is \$100 per hour.

If you miss 5+ days: You will need to retake the program at a discounted price, subject to space availability.

Frequently Asked Questions

What if I miss a class?

To obtain a certification of completion you must attend 100% of the classes to comply with the Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class.

How much time should I expect to spend on homework?

Between 5 to 10 hours per week on written assignments and class observations. The homework is designed to support the material covered in class and help you integrated what is presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for non-credit. However, if you wish to receive your Certificate of Completion for the course, you must attend all the sessions and complete all the homework assignments.

Are books and materials included in the price of the training?

Students who are accepted into the training will receive a book list for the training. These are not covered in the cost of the training. All other printed materials handed out during the training are included.

When will my unlimited yoga classes begin?

As part of your tuition, you are eligible for unlimited yoga. Yours will begin on the program start date after we have officially accepted you into the program and your payment has been paid in full. If you have a current membership with us, it will be put on hold until the end of training. The unlimited membership ends on the last day of training and any membership on hold will be re-activated. No refunds or extensions will be given on unlimited yoga classes.



200-Hour Teacher Training Absentee Policy & Frequently Asked Questions

Frequently Asked Questions cont.

When will I find out if I have been accepted into the program?

After you submit your completed Teacher Training application, you will be contacted via email or phone within 2 weeks. Your payment will be processed upon acceptance. If you are not accepted into the program, we will guide you on a path that will help you prepare for a future teacher training.

How proficient in yoga do I have to be to participate in the program?

The Southtown Yoga Teacher Training program included rigorous asana practice. We strongly recommend that applicants have one year of consistent asana practice. If you are new to yoga, this would not necessarily disqualify you from being accepted into the program. However, if you have a regular practice and are looking for a deeper understand of the practice and history of yoga, its postures, alignment and the ability to create and convey a comprehensive, safe sequence to others – this is the program for you.

Do you offer scholarships or work-exchange programs?

Southtown Yoga offers a limited number of partial scholarships each training to prospective students with exceptional circumstances. To apply for a scholarship, please email info@southtownyoga.com. Space is limited and not guaranteed to be available.

What is Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, either at the 200- or 500-hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently, there are not legal certification requirements to be a yoga teacher.

Will I be qualified to teach yoga once I complete the 200-hour Teacher Training Program?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework and final exam, you will receive your Certificate of Completion evidencing your training at the 200-hour level. You must also register with the Yoga Alliance (www.yogaalliance.org) at the RYT-200 level. Graduates of the 200-hour program usually begin teaching in small studios, gyms, with private clientele (friends and family), etc. Many new teachers decide to continue their teacher training education as a way to further solidify their skills, knowledge and style as a yoga instructor. Although it is highly recommended path, you do not need to be registered with Yoga Alliance in order to teach yoga.

*I agree to all the above (initial) _____

Please submit completed application to Southtown Yoga.