Application for Shanti Yoga Teacher Training

Please complete and submit the application form. We request that you send a $250 deposit which will secure a space for you. You can pay the balance at any time or you can set up an automatic credit card payment by completing information found at the end of this application. Tuition for our 200 hour program is $1250. Tuition for the 500 hour program is $2250. If you are a graduate of another Yoga Alliance registered 200 hour program, you can add the extra 300 hours to receive certification from our 500 hour program by paying $1250. Your payment includes tuition, unlimited access to Shanti Yoga classes, Yoga Tree of Boise classes & workshops taught by Shanti Yoga School instructors, the Shanti Yoga School Manual and private mentoring. Textbooks are not included but are available in our store at 30% off. Workshops taught by other than the school's instructors are available at 30% off. Spa services and retail are available to you at 15% off. We expect coursework to be completed within one year and benefits do not continue after that time unless arranged with the school's directors. Graduates in good standing (see below) enjoy other benefits including discounts on workshops & classes. School Refund policy: all payments are non-refundable but can be used towards future programs.

Name:
Date of Birth:
Mailing Address:
Phone:
Email address:
Current profession or lifestyle:

1. Write a brief but complete description of your Yoga experience, including the style(s) that you have practiced in the past, with whom you have studied and when. Are you currently attending Yoga classes? If yes, tell where, with whom, how often, etc. Please also include previous yoga teacher training experiences.
2. Are you working with any particular challenges, injuries, etc? If so, what are they and how are you addressing them?
3. What do you want to gain from this program? If you have specific wishes or areas of interest that you would like to explore, please explain.
4. Do you want to teach Yoga? Why or why not?

Credit card information:
Card no._____Expiration_____
Address on card if different than above:_____
I agree to have the above credit card charged monthly for _____ for the next ____ months
_____(signature, date)

2010 Shanti Yoga School Workshops & Classes

Shanti Yoga School, registered with Yoga Alliance (200 & 500 levels) offers weekly classes as well as a series of workshops to provide contact hours for Teacher Training Certification. Contact hours can be a mix between weekly classes & workshops, just weekly classes or just workshops. 200 hour students need 180 contact hours (95 Teaching, 25 Teaching Methodology, 20 Anatomy & Physiology, 30 Philosophy & 10 Practicum), 500 hour students need a total of 450 (270 in addition to the 200 hr requirements as follows: 140 Techniques, 30 Teaching Methodology, 60 Philosophy, 40 Practicum). Below is a list of the current series of workshops which are repeated biannually. Workshops & classes are not a linear progression so students can begin anytime. Contact hours are also accrued by participation in practicums, private sessions & consultations with the school's directors and other special workshops added throughout the year. Therefore, students may be able to complete this program in less than or more than the course of the following workshops. Workshops in Bold are included in your tuition, others are 30% off.

Date	Teacher	Title	Hours Possible T=Teaching, TM=Teaching Methodology, A=Anatomy, P=Philosophy, Pr=Practicum
Mondays Shanti Yoga	Debbi Murphy	**Advanced Study** Mon 11:30 – 1p, Tues 4:30 – 5:30p	varies with each week
Wed & Thursdays Yoga Tree of Boise	Debbi Murphy	**Advanced Study/Class** Wed 4:30–5:20, 5:20 – 6:45p Thursday 8 – 9:10a	varies with each week
May 29– 30 Shanti Yoga	Debbi Murphy	**Fundamentals of Yoga I – Asana fundamentals, primary intention & yoga anatomy**	20 HRS = 5T, 5TM, 4A, 4P & 2Pr
June 5 – 6 Yoga Tree of Boise	Debbi Murphy	**Yoga of Sustainability – Injury Prevention, Keeping your Teaching & Practice Fresh, Business of Yoga**	12 HRS = 6T, 4TM & 2P
June 26–27 Yoga Tree of Boise	Debbi Murphy	**Sun Salutations & Variations – The Art of Sequencing, Integrating Lessons from the Bhagavad Gita & Sutras into Classes**	20 HRS = 6T, 4TM, 6 P & 4Pr
July 10 –11 Shanti Yoga	Debbi Murphy	**Fundamentals of Yoga II – continuation of Yoga I with practice teaching, observing & assisting.**	20 HRS = 5T, 5TM, 4A, 4P & 2Pr
July 17–18 Yoga Tree of Boise	Debbi Murphy	**Fundamentals of Yoga II – continuation of Yoga I with practice teaching, observing & assisting.**	20 HRS = 5T, 5TM, 4A, 4P & 2Pr
Jul30–Aug1 Shanti Yoga	Julian Walker	Spiritual Alchemy: A Weekend of Transformational Yoga – available @ 30% off	20 HRS = 15T & 5P
Aug 20–22 Shanti Yoga	Sara Ivanhoe	Bhakti Vinyasa, Yoga Nidra, Teacher Training – available @ 30% off	20 HRS = 10T, 4TM, 2P & 4Pr

"200 Hour" Yoga Teacher Training Description & Certification Requirements

Shanti Yoga Teacher Training follows minimum Yoga Alliance Standards.

- Techniques: (100 Hours) Includes asanas, simple breathing exercises, chanting, and sitting and walking meditation. These hours include both training in the techniques and their practice.
- Teaching Methodology: (25 Hours) Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and deepening communication skills.
- Anatomy and Physiology: (20 Hours) Includes both physical anatomy and bodily systems, organs, etc., and subtle/pranic anatomy and physiology (chakras, nadis, etc.).
- Philosophy, Ethics, & Lifestyle: (30 Hours) Study of Yoga Sutra (ethics for yoga teachers), 'living the life of the yogi', truthfulness and self introspection reading.
- Practicum: (10 Hours) Includes student teaching as well as observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.
- Electives: (30 Hours) Electives drawn from the other categories including: Natural Diet and Health.
- Contact Hours: (180 Hours Minimum) Contact hours means that an Shanti Yoga RYT is supervising the student. Non-contact or independent study hours may include assigned reading.

Shanti Yoga Teacher Training complies with the 200-Hour Level of the Yoga Alliance Standards for Registered Yoga Teachers, as follows:
1. Contact Hours: (180 Hours minimum) Instruction with the teacher trainer physically present.
2. Non-contact or independent study hours: (20 hours minimum) Learning when the teacher trainer is not present. This may include: assigned reading or other homework, unsupervised study groups, and observing other students' instruction.
Yoga Alliance Yoga Teacher Registration Information:
(Shanti Yoga School is a Yoga Alliance Registered School.)
Upon successful conclusion of your Shanti training, you will be qualified to register with Yoga Alliance. To assist you in this process, at the conclusion of the Yandara training, we will supply you with the following:
1. An application to become a Registered Yoga Teacher.
2. A 200 hour Yoga Teacher Training certificate (see next page, Student Assessment Process for requirements).
A fee is required for this registration, payable directly to the Yoga Alliance.

STUDENT ASSESSMENT PROCESS

Headquartered in McCall, Idaho with a typical duration of 5 months which includes weekly contact outside study, workshops, written inquiries and mentoring by the school's directors. We do offer customized options to work with your schedule so that early graduation or extended duration are possibilities (free yoga classes & workshops might not continue after one year).

Throughout the program, you will have the opportunity to participate in weekend workshops with the school's directors as well as workshops led by guest RYT instructors.

Shanti Yoga School's curriculum is covered in 8 basic lessons, the weekly classes & weekend workshops. You will be required to complete the lessons journaling and assigned readings on your own, however, the directors are always available to assist.

You are encouraged to participate in 3 classes a week with a qualified yoga teacher and keep a journal of your experiences. Those unable to do this can practice with DVD's, podcasts or in other ways, experience other teaching styles.

To receive certification at the 200 or 500 hour level Shanti Yoga Teacher, students must:

1. Accrue required contact hours through classes, workshops, & meetings.
2. Satisfactorily complete reading assignments, written assignments, take home and in-class quizzes. Pass satisfactorily a written final. Present a portfolio of their work which includes a listing of all contact hours.
3. Demonstrate the skills and attitudes of a Shanti Yoga teacher including: performance in the student teaching sessions, videotaped practice teaching & agreement to follow the Code of Ethics. Evaluation takes into account: understanding of techniques & knowledge of basic instruction, clarity of instructions, demonstration skills, observation of class and appropriate corrections, pacing, control of class, interaction with students, ability to create & maintain physical, emotional & psychological safety.
4. Certification is based on our assessment of your readiness to teach. Those who prepare adequately and make a sincere effort during the program usually receive certification. Over the program, we will build up a close relationship and we will remain your mentor for as long as you choose.

To maintain status as a graduate in good standing, students need to complete 30 CEU's within three years and follow the Code of Ethics.

Reading List for Shanti Yoga Teacher Training Program
(200 hour students read the Required books, 500 hour students choose one book from the recommended in each section or another approved text)

I. Hatha Yoga
Required
YOGA – THE SPIRIT and PRACTICE OF MOVING INTO STILLNESS by Eric Schiffman
Recommended
LIGHT ON YOGA by BKS Iyengar
YOGA for WELLNESS by Gary Kraftsow

II. Anatomy and Physiology
Recommended
ANATOMY of HATHA YOGA by H. David Coulter
ANATOMY OF MOVEMENT by Blandine Calais-Germain
ANATOMY books by Ray Long

III. Yoga Philosophy
Required
THE HEART of YOGA by T. K. V. Desikachar
Recommended
LIGHT ON THE YOGA SUTRAS, Iyengar
THE ART AND SCIENCE OF RAJA YOGA by Swami Kriyananda.
YOGA: REFLECTIONS on the YOGA SUTRAS OF PATANJALI by Bernard Bouanchaud
THE UPANISHADS by Eknath Easwaran
LIVING YOGA by Georg Feuerstein and Stephan Bodian
The PHILOSOPHY OF CLASSICAL YOGA BY Georg Feuerstein
The YOGA SUTRAS of PATANJALI by Georg Feuerstein or Barbara Stoler Miller
The BHAGAVAD GITA by Barbara Stoler Miller or Stephen Mitchell
The BHAGAVAD GITA by Eknath Easwaran
GOD TALKS with ARJUNA: The BHAGAVAD GITA by Paramahansa Yogananda
PATHS TO GOD, Ram Dass

IV. Yoga & Meditation Inspiration
Recommended
AN AUTOBIOGRAPHY of a YOGI by Paramahansa Yogananda
Journey Within, meditation tape by Max Strom
RAMAKRISHNA: A BIOGRAPHY by Christopher Isherwood
books by Thich Naht Hanh

V. Classical Hatha Yoga
Recommended
LIGHT ON YOGA, Iyengar
LIGHT ON PRANAYAMA, Iyengar
THE HATHA YOGA PRADIPIKA
THE GHERANDA SAMHITA
YOGA TRADITION: Its History, Literature, Philosophy and Practice by Georg Feuerstein