

## Program Overview

Headquartered in McCall & Boise, Idaho with a typical duration of five to twelve months, Shanti Yoga School's curriculum is covered in a workbook, weekly classes & weekend workshops. We strive to honor each individual's needs & strengths with a personalized & flexible structure while at the same time providing the highest quality education so that students can confidently and comfortably move into any teaching situation or attain deeper understanding of yoga for personal transformation.

We are guided by and registered at both the 200 & 500 levels with Yoga Alliance®, the national education and support system for yoga in the US and internationally. Yoga Alliance® supports the study and teaching of yoga, a system of knowledge that includes disciplines and practices originating in ancient India that integrate the physical, mental and spiritual aspects of human experience. They work in the public interest to ensure that there is a thorough understanding of the benefits of yoga, that the teachers of yoga value its history and traditions, and that the public can be confident of the quality and consistency of instruction. Yoga Alliance® maintains a national Yoga Teachers' Registry to promote teachers with training that meet stringent standards. Teachers registered are authorized to use the initials "RYT® (Registered Yoga Teacher) after their name.

Yoga Alliance also maintains a Registry of Yoga Schools that comply with their standards for yoga teacher training programs of at least 200 or 500 hours. Registered schools are authorized to use the initials RYS® (Registered Yoga School) after their names, and receive certificates of registration as well as registry marks. All graduates of an RYS are eligible to register as RYT's. The Registries are promoted to the general public, organizations that employ yoga teachers and organizations that review yoga teachers' credentials.

To begin the program, complete and submit the application form. We request that you send a \$400 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 \$1500. Tuition for the 500 hour program is \$2450. If you are a graduate of another Yoga Alliance registered 200 hour program, you can add the extra 300 hours to receive certification

Shanti Yoga School Information & Application

from our 500 hour program by paying \$1450. Your payment includes tuition, unlimited access to Shanti Yoga classes, Yoga Tree of Boise classes taught by Shanti Yoga School instructors & workshops taught by Shanti Yoga School instructors, the Shanti Yoga School Manual and mentoring as well as other benefits. Textbooks are not included but are available from 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 200 hr coursework to be completed within one year, 500 hr requirements within 18 mo's. A one year extension can be added for \$400. Graduates in good standing (see below) continue to enjoy other benefits including discounts on workshops & classes.

School Refund policy: all payments are non-refundable.

Name:

Date of Birth:

Mailing Address:

Phone:

Email address:

Current profession or lifestyle:

How did you learn about the Shanti Yoga Teacher Training program?

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)