

Recovery Yoga Teacher 300 Hour Training

sponsored by Zen and Now

Share your love of yoga and join us on this transformative journey!

This 300 hour Program is taken over 14 months to expand and build upon your knowledge and deepen your process. It is open for those who currently hold a 200 hour yoga certification.

The program runs from October 8, 2016- December, 2017. It is held on the second weekend of every month (two weekends in February, 2017 and November, 2017, with July and August, 2017 off). Saturday and Sunday 9am-6pm.

Recovery Yoga Teacher Training follows the guidelines established by Yoga Alliance for 300- hour yoga teacher certification. **THIS TRAINING MEETS YOGA ALLIANCE STANDARDS.** At the completion of the training, you will be certified by Elizabeth Johnstone of Recovery Yoga and be able to register with the Yoga Alliance at the 300-hour level and may apply for your 500 hour certification.

Tuition 2016 -2017: \$3900. Payment plans are available. \$350 Discount (\$3600.00) if paid in full by September 30th. Tuition includes 50 classes at Zen and Now in East Lyme, CT. (a \$750.00 value) over the course of the training. Books on the reading list are purchased separately. The \$100 application fee is nonrefundable, unless you are not accepted. Mail your completed application and fee to: Lisa Bragaw, Zen and Now, 170 Flanders Road, East Lyme CT. 06357. You will be notified by mail or email as to your

acceptance. To discuss a payment plan, please call Lisa at 860-739-2625 for information!

QUESTIONS:

Please answer the following questions honestly and as completely as possible. All answers will be kept confidential.

1. How long have you been practicing yoga (asana)?
2. Do you have a meditation practice? If so, please describe briefly.
3. Who have been your most influential asana and/or meditation teachers?
4. Please list trainings, retreats and/or intensives you have attended.
5. How often and how long do you practice asana? Meditation?
6. Why do you want to take this program?
7. What about the Recovery Yoga Teacher Training Program interests you most?

8. Are you currently teaching yoga? If so, where and what style of yoga do you teach?

9. What does yoga mean to you? Describe how your life has been impacted by practicing yoga.

10. What are your expectations for this yoga teacher training?

11. Are you currently dealing with any physical or mental issues? If so, please provide details.

12. Are you on any medications? If so, please provide details.

13. Have you had any surgery or medical procedure in the last 7 years? If so, please provide details.

14. What are some of your other interests, ways you keep active, and community service activities?

15. Please provide: name, emergency contact, address, city/state, zip, day/night phone, cell phone, and e-mail address.

LIABILITY WAIVER:

I understand that my physical, mental and emotional well-being is my own responsibility and that this program and those teaching it are not responsible for any injuries I sustain during this program. I have disclosed any physical, mental or emotional conditions that may affect my ability to fully take part in this teacher training. I assume all responsibility for any risks involved in completing this program, and voluntarily and expressly agree to hold harmless and indemnify Recovery Yoga, Inc., Zen and Now, and their respective officers, directors, agents, legal representatives and instructors from and against any and all liability, loss, cost, damage and/or expense, including attorneys fees and court costs, arising or resulting from my participation in this program, except as a result of gross negligence or willful misconduct.

Signature: _____ Date: _____