



A UNIQUE
200 HOUR
TRAINING,
WITH
EMPHASIS
ON THE
YOGA OF
SERVICE.



**Recovery Yoga Teacher Training
sponsored by Zen and Now
Application- Teacher Certification Program**

Recovery Yoga Teacher Training follows the guidelines established by Yoga Alliance for 200-Hour teacher certification.

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 200-hour level. Attendance at all scheduled trainings is mandatory for certification. Participants are expected to practice asana and meditation throughout the training, as well as complete readings, journaling and other assignments, and lead at least 5 community-based classes, ideally, bringing yoga to a population that doesn't have easy access to yoga, as part of our commitment to serving others.

We meet 9am – 6pm Sat and Sun the 2nd full weekend each month from Jan – Dec 2018.

Note: there are 2 trainings in Feb and none in July or August.

******Attendance at all training weekends is mandatory for certification******

Tuition 2018: \$3,150. Payment, in full, is due by 1/12/18. NOTE: \$350.00 discount (\$2800) if paid in full by 12/15/17. \$100 application fee and \$500 deposit to save your spot (if accepted) will be applied toward tuition, and are non-refundable and non-transferable. Payment plans are available. Contact Lisa@zenandnowct.com, or speak with Lisa at the studio to discuss options.

Non-certification Tuition: \$2,800 if paid in full by 1/12/18. \$350 discount (\$2450) if paid in full by 12/15/17.

Tuition also includes: 50 classes at Zen and Now (\$750.00 value) over the course of the training. Books on reading are not included, and will be purchased separately.

Mail completed application and fee to: Lisa Bragaw, Zen and Now, 170 Flanders Road, Niantic, CT. 06357. You will be notified by mail or email as to your acceptance. Make checks payable to "Zen & Now." Completed applications may be emailed to lisa@zenandnowct.com and will be processed after the application fee of \$100 is received.

Payment plans are available, please email Lisa at: lisa@zenandnowct.com for information



NAME: _____

Please answer the following questions *honestly and as completely* as possible. All answers will be kept confidential. You may use the back, or add additional sheets, if necessary. Answers may be hand- or type-written.

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 be a certified yoga teacher?
7. What about the Recovery Yoga Teacher Training Program interests you most?



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

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

- Name: _____
- Street Address: _____
- City, State, Zip: _____
- Best phone # to reach you on: _____
 - May we text you? Yes/No (circle one)
- Alternate phone #: _____
- Email address: _____
- Emergency contact name, phone and email:

ADDITIONAL NOTES/COMMENTS:

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: _____

Check box if \$100 Application is fee enclosed. Make checks payable to **Zen and Now**.

Check box if \$100 Application fee is being mailed or dropped off at the studio.

