

Taj Yoga 200 Hour Teacher Training Application

Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please choose a payment plan option below. Submit application with checks payable to MBKML Partners. Mail to Taj Yoga Teacher Training, attn: Michelle Befus, 9250 14th Ave NW, Seattle WA 98117.

Include this application with your payment. See submission instructions for application questions below.

200 Hour Teacher Training, October 2019 – June 2020 (application deadline October 1st)

_____ Option 1: \$3400 paid in full at time of application

_____ Option 2: \$3600 paid in 5 installments. A \$1500 payment is due at the time of application, along with four \$525 checks dated December 1, January 1, February 1 and March 1. Checks will be deposited on the indicated dates. Please note: If you miss a weekend, you are still responsible for the payment.

Make-Up Policy

Students can miss up to 5 hours of the training without make-up. Beyond 5 hours, students must make up time missed within the corresponding category by attending additional classes and/or private sessions. All make-up classes are at an additional cost to the student, and must be approved by a Lead Trainer.

Refund Policy

There are no refunds or credits on any deposited payments after the training session begins. This includes full or partial payments. Payments are refundable, minus a \$200 administration fee, prior to October 1st. If the program is full, or your application is denied, all payments will be refunded in full.

A copy of this agreement will be mailed to you upon acceptance.

I have checked the payment option of my choice. I fully understand the policies listed above.

Applicant's Signature

Date

Co-Director of Teacher Training
Michelle Befus

Date

Application Questions

Please answer the following questions, and attach your answer document in an email to info@tajyogateachertraining.com. Please limit your answers to the most salient aspects of the question, or to 100 words per question. Write **200 Hour Application Questions** in the subject line.

1. How long have you studied yoga? Include styles and influential teachers. Do you practice headstand and shoulderstand?
2. Do you practice pranayama (breath control)? If so, please describe.
3. Have you studied anatomy? If so, please describe.
4. Are you currently teaching? Are you interested in teaching upon completion of this program, or are you more interested in deepening your personal practice?
5. What is your age? What is your educational and professional background?
6. List all physical limitations and injuries. This includes any pre-existing conditions, old injuries and current concerns.
7. List prescription medications you are taking for physical or psychological reasons. Indicate the reason for their usage.
8. What do you hope to gain from this training?
9. How did you find out about this training?
10. Describe your level of commitment, both to fully participating in this program and your personal practice for the next ten months.

Required Materials

The following are required books for this course.

- “Light on Yoga”, B.K.S. Iyengar
- “30 Essential Yoga Poses”, Judith Lasater
- “The Anatomy Coloring Book”, 3rd Edition, Wyn Kapit and Lawrence Elson
- “The Yoga Sutra Workbook, 2nd Edition”, Vyaas Houston (American Sanskrit Institute)
- “The Yoga Sutras of Patanjali”, Sri Swami Satchidananda
- “The Language of Yoga”, Nicolai Bachman
- “Light on Pranayama”, B.K.S. Iyengar

Certificate of Completion

A 200 Hour Certificate of Completion is awarded when the training is completed and the requirements listed below are fulfilled by June 2020.

- Attend all 10 weekends of the Taj Yoga Teacher Training
- Complete all homework assignments on time
- Complete all quizzes, exams and presentations
- Pass the final teaching presentation with Lead Trainers present
- Maintain a regular home practice

Summary of Training Hours and Fees

10 weekends of study \$3400/\$3600*

Contact Hours: Technique, Teaching Methodology, Anatomy, Philosophy and Practicum - 185 Hours

Non-Contact Hours: Teaching Exchanges and Homework - 22 Hours

Total Hours: 207 Hours

**Make-up fees not included*