

**Teacher Certification Program**

**Lotus Yoga Teacher Training follows the guidelines established by Yoga Alliance for 200-hour teacher certification**

February 17, 2017 – October 01, 2017

**School Information: Lotus Yoga**

**770 S. Main Street, Suite 25**

**Fond du Lac, WI 54935**

[**www.lotuspoweryoga.com**](http://www.lotuspoweryoga.com)

**(920)540-8112**



**Welcome**

Thank you for your interest in the Lotus Yoga Studio’s Power Vinyasa Yoga 200 Hour Teacher Training Program. This program is a foundation for study of the ancient art and science of yoga based upon the deep roots of Hatha Yoga. The basics and key elements and techniques of asana (yoga poses), pranayama (breathing), and teaching skills will be studied. This training will provide the participants the knowledge, practice and experience to become dynamic, innovative and inspiring yoga teachers. This training is open to individuals who would like to become a yoga teacher or become familiar with yoga.

This Training is open to adults in good health and who have been practicing yoga at least 6 months.

**School Information**

Lotus Yoga Vinyasa Power Yoga Teacher Training School

Lotus Yoga

770 S. Main Street, Suite 25

Fond du Lac, WI 54935

Website: [www.lotuspoweryoga.com](http://www.lotuspoweryoga.com/)

Telephone: (920) 540-8112

**Mission Statement**

Lotus Yoga Power Vinyasa Yoga Teacher Training School was created to provide quality instruction of Power Vinyasa Yoga in a way that will be inspiring, creative and transformative. Our goal is to assist others locally, nationally, and globally in creating abundant communities that support the shift of consciousness, from the inner process of yoga to the recognition that yoga is everywhere.

**Philosophy**

Better late, than never! It is never too late to start a new experience and to see the truth about who you really are. Our philosophy is to spread the word of yoga and build a strong yoga community. Our offering is universal and available to all who are interested to learn more about yoga and share with others.

**History**

Developed in 2012 by Yelena Storma, the Lotus Yoga Power Vinyasa Yoga Teacher Training School is located at 770 S. Main Street, Suite 25, Fond du Lac, WI54935

The Lotus Yoga Teacher Training School is approved by the Wisconsin Educational Approval Board (WEAB).

The school’s Program meets the Yoga Alliance standards and is a Registered School (RYS).

Upon successful completion of the program, students will receive a Certificate of Completion and can apply for registration with the Yoga Alliance as a Registered Yoga Teacher (RYT-200).

**School Facilities and Equipment**

Our facility offers 18 classes a week; a.600 sq.ft studio with a wood floor and heat (85-90 degrees) for yoga practice, and a welcoming, safe atmosphere. As a student of Lotus Yoga Teacher Training Program you will get 50% discount for yoga classes ( classes outside the Teacher Training) from the start of the program to the end.

The studio is fully equipped with mats, blocks and straps.

**Program Description**

Our Teacher Training program meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT-200).

As defined by Yoga Alliance, Lotus Yoga Teacher Training consists of 206 hours,160 hours are

considered “contact” hours and 46 hours are considered “non-contact” hours. Contact hours

are classroom hours in the physical presence of a faculty member. Non-contact hours are reading and home assignments.

**Program Curriculum 200 Hour Level**

“Yoga Alliance” “Lotus Yoga”

Techniques 100 hours 100 hours

Teaching Methodology 25 hours 25 hours

Anatomy and Physiology 20 hours 20 hours

Philosophy/Ethics/Lifestyle 30 hours 30 hours

Practicum 10 hours 11 hours

Homework and exam 20 hours 20 hours

The Lotus Yoga Teacher Training Program includes five program disciplines:

1. **Technique** **Training and Practice .**

We will study in-depth the following, with a focus on the benefits and contraindications of each:

* Asana ( physical postures) including standing poses, twisting poses, back bend, forward bend, balancing, integration, inversion, abdomen/core)
* Pranayama ( breathing exercises)
* Kriyas (abdominal organ exercises)
* Mantra ( word or sound used in meditation)
* Meditation ( is a process that leads to a state that brings serenity, clarity and bliss)

**2. Anatomy and Physiology .**

* Study the muscular and skeletal system, as well as yogic energy, anatomy and physiology

including nadis (the subtle channels of mind, energy, including nerves, muscles, arteries, veins, lymph) and chakras (7 main energy centers in our body), and how they affect the

human body).

**3.Yoga Philosophy/Lifestyle and Ethics for Yoga Teacher**

Yoga is more than the cultivation of the physical body. Yoga is the discovery of inner realm and inner light through the yoga practice. We will study yoga philosophy, yoga lifestyle, and ethics for yoga teachers.

Required Texts:

* “Light on the Yoga Sutras of Patanjali”, B. K. S.Iyengar
* “40 Days to Personal Revolution”, Baron Baptiste
* “Journey into Power”, Baron Baptiste
* “Anatomy”, Leslie Kaminoff

The required texts will help you to understand the basis of yoga, and the lessons teaches about our mind, our life and our being.

**4.Teaching Methodology .**

Teacher trainees will learn to:

* Teach Power Vinyasa Yoga style
* Assist the students with proper alignment
* Demonstrate poses
* Set the tone for a class. Set the intention during the integration series and child`s pose.

Ask you students to “ let go” and be in their bodies. Make a commitment that there is no

other place to be, but here in your body.

* Be present and teach your students to be present in their practice. “The greatest doing is

being” Lao Tsu.

* Learn through feedback from students.
* Make the connection to students. Compliment students and encourage by assisting and improving what they are doing.

Additionally trainees will learn the business aspects of teaching yoga (location for future business, advertising, marketing, qualifications/experience of teachers).

**5.Practicum** **–** practice will include teaching, receiving feedback, observing others teaching and giving feedback as well as assisting students while someone else is teaching.

**Director**

**Yelena Storma – Proprietor**

Certified Baptiste Power Vinyasa Yoga Teacher, E-RYT 200

**Employment Opportunities** The school cannot guarantee employment after certification. Employment postings will be offered as an ongoing service. References for possible teaching position will be offered.

**Class Schedule**

Teacher training classes are held 1weekend per month. The course runs from July 7th, 2017 through April 8th, 2018. The hours are as follows:

Friday (4 hours) 5:15pm-9:15pm

* Saturday (11 hours) 7:00am – 7:00pm
* Sunday (6 hours) 7:00am- 1:00pm

School will not be held on holiday weekends.

**Program Outline, Schedule, and Hours**

|  |  |
| --- | --- |
| **Weekend # 1 February 17-19, 2017**   * Course Introduction/Meditation * Alignment Yoga Fundamentals * Technique - Asana/Integration Sun Salutation A &B, Warrior Series, using “Journey into Power”- Baron Baptiste book * Anatomy ( chapter 1,2) * Yoga practice * Yoga Philosophy- “ Yoga Sutra”- Patanjali ( Read pp VII-XX; * pp 1-44 and answer the questions from the study guide). * Introduction to “40 Days Program” Baron Baptiste book-week 1-4th. Law1-8. | 21hrs |
| **Weekend # 2 March 24-26, 2017**   * Anatomy (chapter 3,4) * Technique - Asana (Balancing, Triangle & Back bending Series), using “Journey into Power”- Baron Baptiste book * Yoga practice * Technique - Introduction to Pranayma Practice Sequencing * Introduction to Mudras   “40 Days Program” Baron Baptiste book- week 5 and 6th. Law 9-12. | 20hrs |
| **Weekend # 3 April 21-23, 2017**   * Introduction to Chakras & Mantra * Yoga Philosophy- “Yoga Sutra” Patanjali (Part One, read and answer the questions from the study guide). * Yoga practice * Technique – Asana (Abdominal & Hip Series), using “Journey into Power”- Baron Baptiste book * Anatomy(chapter 5,6) * Workshop - Back bends & Balancing Poses * “40 Days Program”- Baron Baptiste book- After the Revolution. * Ayurveda (Science of Life). | 21 hrs |
| **Weekend # 4 May 12-14, 2017**   * Yoga practice * Anatomy (chapter 7,8). * Teaching Method - Ethics of Teaching * Teaching Methods – Practice of Teaching | 20 hrs |
| **Weekend #5 June 16-18, 2017**   * Physiology * Anatomy (chapter 9,10). * Technique – Asana (Inversion Series). * Teaching Methodology - Assisting * Yoga practice * Partner Yoga & Thai Massage Workshop * Yoga Philosophy- “Yoga Philosophy”-Patanjali (Part Two, use the study guide & answer the questions). | 21 hrs |
| **Weekend # 6 July 14-16, 2017**   * Physiology * Technique – Asana (Forward Fold Series and Deep Rest), using “Journey into Power”- Baron Baptiste book. * Teaching Methods - using Verbal Instruction * Workshop performance by Student * Yoga practice * Anatomy (chapter 11). | 20 hrs |
| **Weekend # 7 July 28-30, 2017**   * Yoga Philosophy - “Yoga sutras”- Patanjali (Part Three, use the study guide to answer the questions). * Yoga practice * Dosha Characteristic (five elements: Space, Fire, Air, Water, and Earth), and how they affect the human body. * Teaching Methods - assisting and ethics of assisting | 21 hrs |
| **Weekend # 8 August 11-13, 2017**  Hip Opener and Inversion Workshop.   * Teaching Methods - Review Asana * Breathing techniques. * Yoga practice and review assisting. * How to run your own business * Yoga Philosophy- “ Yoga sutras”- Patanjali( Part Four, use the study guide to answer the questions). * Anatomy( students will perform anatomy part of 2 poses of their own choice). | 20 hrs |
| **Weekend # 9 September 15-17, 2017**   * Advance yoga practice. * Teaching Methods- Teach the regular class. * Start to prepare for written exam . * Summary of “ Yoga Sutras of Patanjali.” * Students will create a 1 hour Workshop on any material already covered. * Prepare for teaching exam. | 21 hrs |
| **Weekend #10 September 29-October 1, 2017**   * Advance yoga practice. * Written exam, 115questions. * Teaching Exam * Graduation | 15 hrs |
|  | 200 hrs |

**Admissions and Entrance Requirement**

* Applicants must be 18 years of age.
* Applicants must be practicing yoga for at least 6 months.
* Applicants should be physically able to perform all teaching techniques.
* Applicants should be in good health.
* The applicants must have a high school diploma or GED/High school Equivalent.
* Applicants are expected to have a regular yoga practice of 4-6 days a week.
* Applicants must be committed to be disciplined and self-organized during the program.
* Upon acceptance into the program, applicants must sign the agreement and Liability Release form.

**How to apply**

To apply to the program, please submit a completed application form along with $100 application fee to the school. Once your application is received an interview will be scheduled with Yelena Storma, School Director. Application to the program does not guarantee acceptance.

Please submit your application early and at least two weeks prior to the start of the program, as space are limited and filled in order as qualified applications are approved. Applicants will be notified of acceptance by e-mail or by telephone. The applicants must attach his/her picture (4x6) to application form, bio and answers to required questions on separate page.

**Advanced Standing**

The school does not offer advanced standing for any previous training or course work.

**Non-Discrimination Policy**

The Lotus Yoga Teacher Training School does not discriminate on the basis of age, gender, marital status, sexual orientation, color, race, religion or national or ethnic origin.

**Housing**

Lotus Yoga studio does not provide housing. If you require housing, names and accommodation locations will be provided upon request.

**Student Conduct and Drug Policies**

Ethics are the very core of yoga and living a yoga lifestyle. Therefore, this topic is taken very seriously at the Lotus Yoga Teacher Training School. The “ teacher code of ethics” included with your application outlines our behavioral expectations. Students are expected to follow school rules and policies as outlined in the catalog.

Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School`s discretion. Disruptive behavior includes, but is

not limited to: chronic tardiness, harassing other students, defamatory statements (either oral or

written) about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination

from the program. Students shall wear clothes ( which are deemed appropriate by the director).

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handled by the director. Failure to comply will lead to the following ramifications: conduct warning, or dismissal.

**Attendance and Tardiness**

One hundred percent attendance is required. Any missed hours must be made up before graduation. If the instructor must spend extra time with the student because of hours missed, the student will be assessed a $45 per hour fee due in advance. Students who miss make up times or who fail to pay the fee will be dismissed.

Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time.

Students are expected to notify the school if they intend to withdraw from the program. Any student who fails to attend a weekend intensive session without notification will be dismissed. The school will maintains records for attendance by using sign-in sheets.

Cancellation of classes due to weather may occur. It is the student’s responsibility to call the school to find out if class has been cancelled. Additional Saturdays, or weekends will be added near the end of the program if a cancellation is necessary.

**Probation, Dismissal and Re-Admittance**

Students who are not fulfilling Conduct codes (see “Student Conduct”) will receive

a written warning. Should a second incident of conduct policy violation occur, termination from

the program will result.

Students will be graded on class performance and written knowledge on a pass-fail

basis.

Students will be allowed 3 attempts at any of the required elements (book reports, written or teaching exams) as outlined in “Evaluation of student progress”. Please note additional cost of

retaking exams also outlined in “Evaluation of student progress”.

If the student is unable to satisfactorily pass any requirement after 3 attempts, they will be

terminated from the program.

Students may apply for re-admission to a future class, however admission is not guaranteed.

The School Director will make all decisions regarding written warnings, terminations, and

re-admission.

**Student complaints**

* Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of the school director.
* Final decision will be made by the director.
* If a resolution cannot be reached, students may contact the Wisconsin Educational Approval Board for further assistance at (608) 266-1996.

**Tuition and Fees**

* Tuition for the entire course is $1,875.00 (early bird until 01/07/2017) including the application fee. After- $2000.00
* Please make all checks payable to Lotus Yoga Teacher Training.
* Books cost- $100-$120.

***We offer three payment options:***

**Choice 1** - Pay full amount by February 17th, 2017

The $100 application fee will be applied to the tuition payment. Upon acceptance into the school a $500 deposit must be submitted within seven days to hold a place in the class for the

student. The remaining $1,275.00 is due prior to the first session, February17th, 2017 early price. The remain amount$1,500.00 if you enroll after 01/07/2017.

**Choice 2** - Two payments – February 17th and June 7th, 2017. The $100 application fee will be applied to the tuition payment. Upon acceptance into the school a $500 deposit must be submitted within seven days to hold a place in the class for the student. Pay $637.50 by February 17th, 2017 early price/$750 if you enroll after 01/07/2017. Pay remain $637.50 by June 7th, 2017 early price/$750 if you enroll after 01/07/2017.

**Choice 3**- Monthly payment- $320.00

**Cancellation and Refund Policy**.

The student will receive a full refund of all money paid if the student cancels within a three

business-day cancellation period before the start of the training. The student will receive the refund within 10 business days.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

|  |  |  |
| --- | --- | --- |
| After completion of at least: | But prior to completion of: | The refund will be: |
|  | The first day of class | 100% |
| 1 unit/class | 10% of the program | 90% |
| 10% | 20% of the program | 80% |
| 20% | 30% of the program | 70% |
| 30% | 40% of the program | 60% |
| 40% | 50% of the program | 50% |
| 50% | 60% of the program | 40% |
| 60% |  | No refund |

As part of this policy, the school may retain a one-time application fee of no more than $100. The School will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student’s control, the school will refund a pro rata amount.

A written notice of withdrawal is not required.

**Incidental Administration Charges**

Application fee - $100; transcript request - $10; check return - $25; make up session - $45p/hour (can be negotiable).

**The required textbooks are:**

* “ Light on the Yoga Sutras of Patanjali” B.K.S. Iyengar- $23.
* “Yoga Anatomy” Leslie Kaminoff- $22.
* “40 Days to Personal Revolution” Baron Baptiste- $20/$25
* “Journey Into Power “Baron Baptiste -$19/25

**Evaluation of Student Progress**

* For the following subjects, there will be a total of one written

exam. This exam will require a 75 % or higher score

to pass ( weekend 10).

* One month prior to exam, students will receive a written copy of material they will be tested on. Exams are about encouraging mastery of the material, not to inflict stress. All

attempts will be made to encourage possible mastery of the material.

Weekends:

**#1**- Anatomy (chapter 1,2: difference between Prana & Apana, Sthira & Sukha, Sukha & Dukha; what is Bandhas; anatomy of movement( range of motion in joints); Technique-

Asana (Integration, Sun Salutation, Warries Series).

“Yoga sutras” (Introduction, read and answer the questions from the study guide).Introduction to “40 Days to Personal Revolution”, Baron Baptiste (4 weeks).

“Yoga Sutras” (Part One).

**#2**-Anatomy (chapter 3,4: what are muscle contractions; describe the type of actions in all limbs;

Technique- Asana(Balancing Back bending & Triangle Series). Pranayama, introduction to Mudras.

“40 Days to Personal Revolution” (week 5and 6).

**#3-**Anatomy ( chapter 5,6: name the standing poses and their characteristics); Technique- Asana(Abdominal & Hip Series). “ 40 Days Program “ (after the transformation). Introduction to Ayurveda (Science of Life). “Yoga Sutras” (Part Two, use the study guide & answer the questions).

#**4**Anatomy (chapter 7,8:name the sitting, kneeling poses and their characteristics); Ethics of Teaching; Practice of Teaching.

**#5-** Anatomy( chapter 9,10: name the supine and prone poses and their characteristics).Technique- Asana( Inversion series: building blocks, alignment, risk factor and modification).Assisting. “Yoga sutras”( Part Three, use the study guide & answer the questions). Teaching Methodology-Assisting.

**#6-** Anatomy ( chapter 11: name the arm support poses and their characteristics).Technique- Asana(Forward Fold & Deep Rest Series). Prepare for workshop performance. Physiology.

**#7-** “Yoga Sutras”(Part Four, use the study guide to answer the questions). Dosha Characteristics (five elements: Space, Fire, Air, Water and Earth, and how they affect the human body).

**#8-**Review the breathing techniques, asana and assisting. How to run your own

business .” Yoga Sutras” (summary).

Anatomy( students will perform anatomy part of 2 poses ).

**#9** Review the final questions and answers. “ Yoga Sutras” ( summary).

Students will perform 1 hour Workshop on any material already covered.

**#**10 Final Exam( written exam, 115 questions) and Evaluation of Teaching (teaching exam) .

* In the event of insufficient exam scores, students will be allowed to retake exams up to two more times, for a total of three attempts per exam. $45 p/h will be required for retaking written and teaching exams.
* In the event progress has been deemed unsatisfactory, students will be

notified immediately to schedule a meeting with the School Director to

discuss strategies for future success and to remedy past insufficiencies.

**Leaves of Absence**

Leaves of absence from the Teacher Training Program are not offered. If students

decide to discontinue the training and wish to continue at a future date, they will be required to begin the program again at that time. The refund policy will apply to unused tuition. If students decide to continue at a later date, and there has been an increase in tuition, they are responsible for paying the increase.

**Certification**

To receive a certification of completion from The Lotus Yoga Teacher Training School

students must pass all exams (teaching and writing), complete all book reports satisfactorily,

and meet attendance requirements. At that point students are eligible to apply for Yoga Alliance

200 Hour Recognition. See “ Graduation Requirements” for definition of successful program completion.

**Student Records**

Student records are maintained at Lotus Yoga Studio in computer and paper files. The records maintained include the application, book report and exam completion, attendance records and a copy of Certificate of Completion. Records will be stored for a period of seven years from

the date of graduation. Records are private and confidentiality maintained by appropriate management. Students must contact Lotus Yoga in writing to obtain records or replacement graduation certificates. Records will only be sent to the participant. There is a $25 fee for replacement certificate.

**Graduation requirements**

Graduates will meet the program requirements as outlined in this catalog.

In order to receive a Certificate of completion the (student) is required to have a minimum of 160 contact hours and 45 non-contact hours. Incidental administration charges are: make up session - $45, practical retake - $45.

To receive a Certificate of completion the (student) must:

* Pass a teaching exam which will evaluate:
* Ability to connect to students
* Technical presentation and tempo
* Demonstration and assisting
* Delivery (voice, emphasis and essential language)
* Body language
* Pass written exam (75%) 87 of 115 questions correct
* Complete all book reports ( identifying by teacher).
* Meet all attendance requirements

**Program Goals**

Asana: Upon completion of the program the student will be able to perform the asanas or guide a student into that asana. For each posture the( student) will be able to describe how to enter and exit the posture; the benefits, cautions, and contraindications; the proper alignment and will be able to make hands-on adjustments.

**Bandhas, pranayama meditation:**

Upon completion of the program the student will be able to perform and able to explain the benefits, contraindications and cautions of bandhas, pranaymas and meditation.

**Philosophy:** Upon completion of the program the student will be knowledgeable about eight limbs of Yoga as defined by Patanjali in The Yoga Sutra. The student will be familiar with Ayurveda discipline and how Ayurveda and Yoga are related.

**Anatomy and Physiology:** Upon completion of the program the student will be able to identify the major bones and muscles of the body, better understand movement and why alignment is important during the yoga practice. The student will know how to prevent injuries during practice, will understand the energetic body including the Chakras and healthy nutrition.

**Teaching Methodology:** Upon completion of the program the student will be able to teach a safe class, teach proper sequence, assist, and create a connection with student verbally.

**Personal Growth:** In addition to the skills related directly to teaching yoga, the student will commit to his/her personal Yoga practice, improve their communication skills, understand business ethics, be an authentic and an inspiring teacher, share personal experiences and have fun.

**Ownership- Yelena Storma**

**Teacher:**

Yelena Storma is the teacher of Lotus Yoga studio in Fond du Lac, WI and the school director. She completed Level 1 training with Baron Baptiste in 2006 and Level 2 in 2008. Her yoga journey began from meditation. She has been practicing meditation over 20 years and has been teaching since 2005.

Yelena brings her enthusiasm and passion for yoga for each class.

She is registered with the National Yoga Alliance, RYT-200,ERYT-200 and is

Certified as a Baptiste Power Vinyasa Yoga Instructor.

**Completed applications should be sent to:**

Lotus Yoga

770 S. Main Street, Suite 25

Fond du Lac, WI 54935

**Or dropped off at 5:00pm- 8:00pm Monday-Friday**

**Teacher Training Application Form**

Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Interview (Month/Day/Year)

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_Zip:\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mobile\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fax:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Occupation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Applicant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Yoga School Director\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**APPLICATION INSTRUCTIONS:**

**Please include a color photo of yourself with the application(via e-mail use.jpg or tif).**

To enroll in the Lotus Yoga school Teacher Training Program, please submit the Application for Admission and the $100 deposit.

**Acceptance and Notification**- You will be contacted upon receipt of your

application and an admission interview will be scheduled.

**Deposit-** The deposit will be refunded in full in the event you are not admitted

to the program. Once your acceptance letter has been mailed, the Application fee is

non-refundable.

**Please respond to the following questions and include the original questions with your response:**

1. How long have you been practicing yoga?

2.What styles of yoga do you practice?

3.How often do you practice?

4.Are you currently teaching yoga?

5.What style do you teach?

6.Why do you want to be a certified yoga teacher?

7.Previous experience: attended to other retreats, workshops, boot camp.

8.How has your life been impacted by practicing yoga?

9.How did you hear about our program?

10.What are you expectations for this training?

11.What are your interests ,hobbies, or other exercise experience?

12.Do you have any prior or current mental or physical problems or

limitations that may affect your ability to teach yoga?

**LOTUS YOGA POWER VINYASA YOGA TEACHER**

**TRAINING SCHOOL**

**AGREEMENT & LIABILITY RELEASE**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Yelena Storma or Lotus Yoga Studio.

I have carefully read this agreement and the entire contents of the Lotus Yoga Teacher Training School Catalog and fully understand its contents. I have signed this release freely and voluntarily.

I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Yelena Storma, the Lotus Yoga Teacher Training School and Lotus Yoga Studio and all such hosts, instructors, organizers and participants.

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINTED NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LOTUS YOGA POWER VINYASA YOGA TEACHER TRAINING SCHOOL YOGA TEACHER CODE OF ETHICS**

As a Yoga teacher, I recognize that it is my responsibility to support the physical, mental and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teaching. Therefore I agree to abide by the following ethical code:

**Relationship with Students**

In recognition of the trust placed in me by my students, I agree to:

* Show the personal beliefs, value and the highest regard for my students;
* Avoid any action that I know will conflict with the highest interests of my students;
* Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise;
* Offer my services of teaching yoga to all persons, regardless of sex, color, age, race, ancestry, marital status, sexual orientation, or political affiliation;
* I fully acknowledge that this Ethics Protocol is intended to support the best interests of my students and the Yoga Profession.

**Professional Conduct**

In conducting my teaching practice, I will:

* Take continuing education in yoga teaching on a regular basis;
* Be honest, straightforward, fair in all business dealings;
* Offer only those services that I am competent to provide;
* Avoid speaking negatively about other teachers, styles, or Yoga traditions other than my own;
* Manage my business finances according to accepted business and accounting practice;
* Not attempt to diagnose a student’s physical or psychological condition, prescribe a treatment or taking any action against a physician advice.

**Advertising**

In brochures, advertising, and other descriptions of my services (including verbal), I will:

* Represent my training, qualifications, abilities, and affiliations accurately and unambiguously;
* Not falsely imply sponsorship by representation of, or endorsement by any organization;
* Make no exaggerated claims as to the benefits of yoga practice or my classes.

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I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LOTUS YOGA POWER VINYASA YOGA TEACHER TRAINING SCHOOL CATAOG RELEASE**

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the Lotus Yoga Teacher Training Program.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_