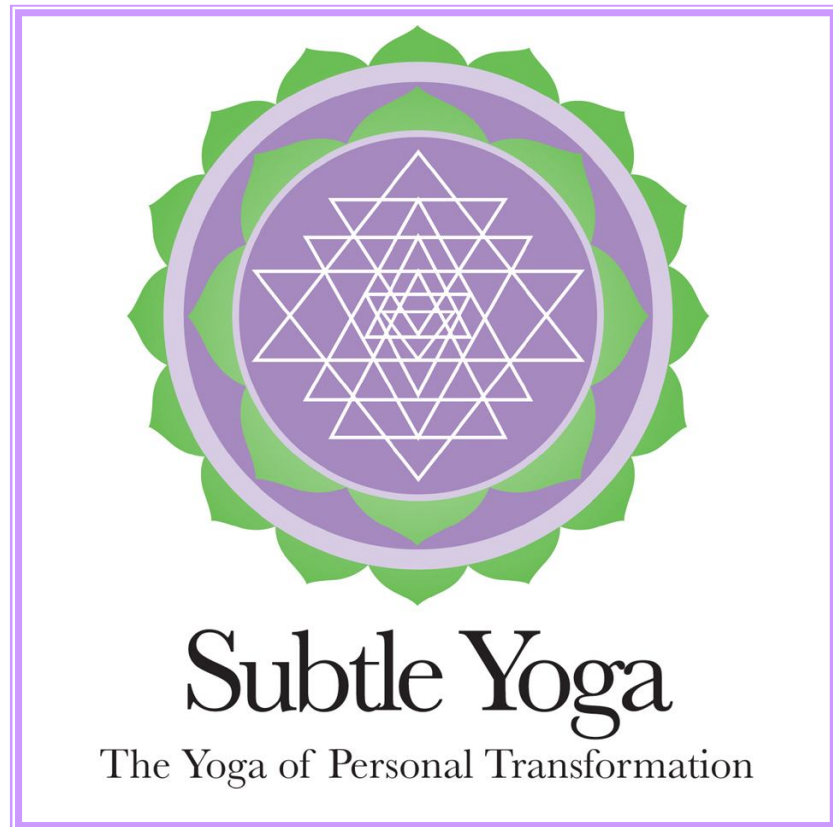


Subtle Yoga Training and Personal Transformation Program



A 250 Hour Yoga Alliance Approved Training Program
Director: Kristine Kaoverii Weber, MA, LMBT, RYT500

Information packet and application

Introduction

The Subtle Yoga Training and Personal Transformation Program is a unique opportunity for sustained immersion in the ancient art-science of yoga which will lead you to a deeper awareness of yourself and your world. Whether you are an experienced or aspiring yoga teacher, a health professional, therapist or educator looking to integrate yoga into your work, or simply someone who is looking for a framework for personal growth, the Subtle Yoga approach to training will provide you with a unique structure in which to experience the vast benefits of yoga.

Yoga is for everyone and anyone can benefit from it. You do not need to be an athlete or a dancer to do, teach or enjoy yoga. Yoga is a complete human potential technology integrating therapeutic yoga postures and meditation with lifestyle modifications and practices for emotional healing and spiritual expansion. Because it is a preventative practice which integrates spirituality and health, yoga has become widely practiced and utilized - the need for qualified instructors, especially those with knowledge of therapeutics, is expanding rapidly.

Traditionally, revered yoga instructors were those who taught by example – their lives were an embodiment of the principles of yoga – wisdom, clarity, intuition, serenity, courage and a commitment to service. They did not necessarily even teach yoga classes, often working individually with students. They came from all walks of life and careers.

The Subtle Yoga Training and Personal Transformation Program offers you the opportunity to become this kind of teacher, formally or informally – to exemplify and to learn to share yoga with others from the deepest part of your being, as it was originally intended. The program will help you balance knowing and being, balance external and internal learning, and develop an explicit understanding of a learning process.

The world needs yoga teachers who possess a deep self-knowledge and radiate a commitment to service. During this program you will unveil the depths of your spirit in order to authentically hold and transmit this ancient wisdom tradition.

Registration with Yoga Alliance

This program fulfills the Yoga Alliance standards for becoming a Registered Yoga Teacher (RYT) at the 200 hour level. This is the basic level of training required by Yoga Alliance and garners an RYT200 qualification. Many employers are now requiring yoga instructors to meet this standard.

Commitment

There are 10 or 11 weekend sessions (depending on whether you enroll in the Asheville, NC or the Cornelius (Charlotte), NC program). Please be sure that you can attend all sessions. Up to 2 missed weekends can be made up (see **Requirements for Certification** below). You will be required to commit to a daily meditation and asana practice. This is by far the most important requirement of the program. There will also be reading and homework. It is important to consider the amount of time you have to dedicate to this program; the deeper the commitment the more you will learn and achieve.

2010 Weekend Training Dates

Asheville, NC Training

1. March 12-14
2. April 9-11
3. May 14-16
4. June 11-13
5. July 9-11
6. Aug. 27-29
7. Sept. 10-12
8. Oct. 1-3
9. Nov. 5-7
10. Dec. 3-5

Cornelius (Charlotte), NC Training

1. March 26-28
2. April 23-25
3. May 21-23
4. June 25-27
5. July 23-25
6. Aug. 20-22
7. Sept. 24-26
8. Oct. 15-17
9. Nov. 12-14
10. Dec. 10-12
11. Jan. 14-16, 2011

Times

Asheville:

Friday, 6-8:30 pm
Saturday, 8-12; 1-6
Sunday, 8-12; 1-3:30

Cornelius:

Friday, 6-9 pm
Saturday, 10:30-1:30, 2:30-7
Sunday, 10:30-1:30, 2:30-5:30

Requirements for Certification

These are the requirements which must be fulfilled in order to receive certification:

1. **A commitment to doing, growing and enjoying your daily practice** over the course of the program (and beyond!).
2. **Participating in class discussions and workshops** – your participation is essential. If you can attend, but can not participate for any reason, please make this clear to the instructor prior to each weekend training session.
3. **Practicum** – you will be required to do a moderate amount of teaching during program hours. This will include mostly teaching to a small group (1 or 2 other students). At the end of the course you will have a final practicum where you will teach to the entire class.
4. **Demonstrating a firm foundation** in teaching asanas safely and an adequate understanding of the principles of alignment.
5. **Research project** – You must submit a research project that is equal or equivalent to a 6 page (single-spaced, 12-point, Times New Roman) research paper. However if you prefer not to write your project, it can be a multi-media presentation. This project must demonstrate that research has been undertaken. You must cite at least six sources. The topic is of your choice. You must choose the project by the fifth weekend that we meet. It must be turned in on the ninth weekend.
6. **Yoga class evaluations** – You must turn in three yoga class evaluations per month, beginning on the second weekend we meet. The forms will be provided. If you live in Asheville, at least one class must be taken with Kaoverii. For those of you who are from out of town, you may continue to study with your teachers.
7. **Observing, assisting, teaching** – You will also be required, in the second half of the training, to turn in:
 - 3-10 Observing forms
 - 3-10 Assisting forms
 - 5-15 Teaching formsThese forms will be provided to you during the program.
8. **Homework** – You will be required to do 2-10 hours of reading between each weekend session that we meet depending on what we are studying at that time.

9. **Reading List and Manual** – A reading list has been attached below. As part of your tuition, you will receive a Subtle Yoga Training and Personal Transformation Program manual in a three ring binder. This manual is full of excellent information to which will help you practice and teach yoga for years to come. Please note that you are to read (or re-read) Yogananda's classic tale, *Autobiography of a Yogi* before the training begins.
10. **Journals** – Please document, through journaling, your practice and learning process. Journaling may be as simple as writing down which asanas you have done and how long you have meditated each day, but your journal may also be contextualized in philosophy or cross-referenced to other aspects of your life. The journal is a good way for you to communicate with Kaoverii and get feedback about your practice and your process. It is recommended that you keep a written journal. You will need to have two separate journals. One journal will be turned in on the Friday of the training, it will be returned the following Friday that our group meets. This way you can alternate writing in different journals and the instructor will have time to read the journal in between meetings. Alternatively, you may journal electronically, but you should print out your journal and bring it with you to class.
11. **Ethics statement** – You must agree to and sign an ethics statement (see below). It will be kept on file.
12. **Full Payment for the course** – See below.

Registration

To register, please fill out pages 8-11 of this application and mail it to:
 Subtle Yoga
 48 Mardell Circle
 Asheville, NC 28806

Please submit your deposit with your application to hold your spot. You will be contacted for a phone interview. If you choose to use a payment plan option, please print and fill out pages 12-13 and include them with your application.

In an effort to create a safe, supportive environment and to facilitate a successful group process, a maximum of 15 students are accepted into the program. Therefore you are advised to register as early as possible.

Because we are accepting only a small number of applicants into this training, you must commit to the full training and commit to full payment. If you are unable to attend up to two weekends, you may make up the work. If you must miss more than 2 weekends, you should wait and take the following training. (please see "Make-Up Policy").

Fees

Total Tuition:	\$1750 for Asheville, \$1895 for Cornelius
Deposit:	\$300 due at the time of registration.
Balance:	Due one week prior to beginning of course.
Discounted Tuition:	If you pay in full by February 15, 2010 you will receive a \$150 discount.
Other Discounts:	If you refer someone to the program and that person registers for the program, you will receive a \$100 rebate on your tuition. The rebate will be made after your referral has paid his or her tuition fees in full.
Payment Plan:	We have several payment plan options. See below.

Scholarship: One partial scholarship is available for the 2010 program for both Asheville and Cornelius. This scholarship will cover \$1000 of the tuition fee. Scholarship recipients will be responsible for paying \$750 (Asheville) or \$895 (Cornelius). There will be no discounts given in this case. This scholarship is specifically for those who are interested in teaching yoga to people 55 years and older. Applicants must write a 3-page essay as to why they want to take the training, why there is a need for them to receive financial aid, and what they will do with their knowledge once they have completed the training. Please mail your essay along with your application. A decision about the scholarship will be made, and all applicants will be notified, by January 31, 2010.

Refunds:

Before January 31, 2010: a 100% refund will be given minus a \$75 processing fee.

Between February 1 and March 1: a 75% refund will be given minus a \$75 processing fee.

After March 1: no refunds will be given.

In Case of Course Cancellation: All monies will be refunded by March 31, 2010. If the lead instructor must bow out of the course due to any unforeseen situation, another qualified instructor will finish teaching the course.

Make-up class policy

If you miss:

Between 0-4 hours: make up requirements are waived. You are permitted to miss up to 4 hours out of 180 contact hours from the entire course.

Between 4-10 hours: You must attend a 4 hour make-up class at the end of the program. Date and time to be announced. The fee is \$40.

Between 10 and 18 hours: You must attend two 4 hour make-up classes at the end of the program. Date and time to be announced. The fee is \$80.

Between 18 and 36 hours: You must take one private 2 hour make-up class with Kaoverii. Fee is \$120. Plus, you must attend both 4 hour make up classes at the end of the program. Date and time to be announced. The fee is \$80.

More than 2 full weekends (36 hours +): you must re-take the entire training. Please note that you must pay the full tuition to retake the training.

General Class Information

Be On Time: Please arrive early for class so that we can start on time. This also applies to class breaks and lunch breaks. Arriving late significantly disrupts the group process. There is much to be learned and we need every minute!

Please dress appropriately: Wear clothing that moves easily, bring layers, be comfortable. Also, please consider the effect of your dress on others – both men and women should dress modestly, this is part of the yoga tradition.

Let Us Know Your Concerns: If you have a recent injury or illness, please let us know about it. We want you to be comfortable and safe. If something is said in class by an instructor or other student that has caused you concern – we want to know. It is normal for there to be disagreement and various opinions. Please be committed to maintaining an open mind and clear, balanced communication – for your benefit and the benefit of the group.

Please Eat Light: It is difficult to concentrate with a heavy meal in your belly (let alone move into a challenging yoga pose!) Please plan your meals with the understanding that movement activities are an important part of this training.

Please Bring Your Own Yoga Mat: We have props at the studios, but having your own mat is important in terms of physical and energetic hygiene.

Some Workshops Are Open to the Public: On some of the weekends there will be short (usually 3 hour) workshops which will be open for other students to join us. Feel free to invite people you think will be interested. A list of workshops is available at www.subtleyoga.com. Click on "workshops and events."

General Weekend Outline

Friday evening: Group discussion, yoga class or discussion, or kirtan

Saturday morning: Monabrata (practice of silence) group kirtan and meditation, philosophy or technique workshop

Saturday afternoon: Keeper of the Sacred Principles report. Philosophy, technique or anatomy workshop. Some weekends we will do collective seva.

Sunday morning: Monabrata (silence) group kirtan and meditation, philosophy or technique workshop

Sunday afternoon: Technique workshop, homework, weekend closure.

Other Aspects of the Program

Seva Projects

In order to practice Karma yoga, several Seva projects are undertaken as part of our training. This usually happens from 1:30-3 on the Saturday afternoon of our weekends together, and typically we undertake four or five projects per year. We do not do a Seva project every weekend. Past projects have included filling food boxes at food banks, cleaning apartments for the elderly, and doing gardening for community projects. Working together on these projects is an important part of our group process and we generally have a period of time when we come back to the studio to process our experience.

Group Process

The group process is an integral part of your **Subtle Yoga Training and Personal Transformation program** experience and the group size is limited. You may hear things from members of the group that you disagree with. Please adopt an open-minded attitude, do not take anything personally, be aware of your own issues and limit yourself from projecting anything on to fellow students or your teachers. You will not be required to contribute anything during discussions that makes you feel uncomfortable. Also you should be aware that instructors discuss the yoga tradition – they do not expect you to adopt any beliefs or practices that you believe in some way contradict your belief systems. Your personal and emotional safety is of our utmost concern. Please try to support your fellow students in their experience.

Bhakti Yoga

The knowledge base of this program is derived from many sources of the yoga tradition. It is not affiliated with any religion or religious set of beliefs. However, Bhakti or devotional yoga is an important element of this program. An increasing capacity to love is essential to achieving "union", which is the meaning of the word *yoga*. There will be some discussion around your personal relationship with a transpersonal Source (Spirit or Divine). Who or what that Source is, of course, is an entirely personal matter. We will

practice meditation together and you will be instructed as to how to use a mantra – it will be at your discretion as to what that mantra is. Each weekends we also practice kirtan, or devotional singing/chanting, your participation is entirely optional.

Equity Policy

Yoga is for everyone. In this program no restrictions will be made on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or ability. We promote and uphold equal opportunity for all.

Ethics Statement

The Ethics of Yoga are the beginning of the yogic practice. Please sign the Ethics Statement below and submit it with your application.

Disclaimers

You will be asked to sign 2 disclaimers during the first weekend of the training. The first is a disclaimer for any physical or psychological injuries sustained during the program, the second is for the same during our service projects together.

The Director

Kristine Kaoverii (Co-very) Weber, MA, RYT500 is the director of the program and the primary teacher. Kaoverii took her first yoga course from her sixth grade hippy social studies teacher. She has been studying seriously since 1989, in India as well as the U.S., and teaching for 15 years. She is committed to creating opportunities for each student to discover and pursue his or her path to self-realization. She has been training yoga teachers for the past five years and teaches workshops around the southeast and in California.

In addition to spending many months studying privately in ashrams in India with sannyasins (yogic renunciates) Kaoverii has studied Vini yoga, Anusara yoga and Iyengar yoga, and has an extensive understanding of both physical and energetic alignment. She has also been studying Chinese medicine and Shiatsu for more than 20 years which has provided her with a deep awareness of body mechanics and energy flow. She has extensive experience teaching a wide variety of students including five years working in a nursing home with the elderly and wheelchair bound.

Kaoverii is a shiatsu practitioner and a writer. Her book *Healing Self-Massage* is a great compliment to yoga practice and offers help for a variety of ailments including stress, neck and back pain, insomnia and anxiety. She has also published articles for the International Association of Yoga Therapist's journal, *Yoga Therapy in Practice* as well as various health related publications, and has been featured in *Redbook*, *BodySense*, *Women's World*, and *Natural Health* magazine and *Lifetime TV's* on-line magazine. She is a regular presenter of tele-classes for yogaspirit.com, and a regular writer for yogafinder.com.

Instructors

Other instructors, highly qualified in their areas of expertise, will teach various elements of the program. Instructors in the past have included: Timothy Burgin (anatomy and asanas www.yogabasics.com), Mary Kay West (asanas), Beka Hedly (anatomy), Kali Das (kirtan), Ramesh Bjonnes (yoga history) and Cindy Graham (yoga nutrition). There will be different guest instructors at the Cornelius, NC program. If you'd like to know more about the specific guest instructors, please email us at: info@subtleyoga.com.

Subtle Yoga Code of Ethics

- I agree to maintain clear personal and professional boundaries with each student.
- I agree to honor and respect the uniqueness of every student.
- I will offer yoga instruction in an environment that is physically, mentally and emotionally safe.
- I am aware of my potential influence on students and will refrain from inappropriately using my position to unduly pressure a student in a way that may conflict with the student's best interest or natural inclinations.
- I will not seek to fulfill my personal needs or engage in activities for my personal gain or satisfaction at the expense of my students.
- As a teacher, my goal is to educate or draw out from each student that which is already known and to invite opportunities for further personal and spiritual growth.
- I agree to honor the confidentiality of my students.
- I agree to provide only those services which I am qualified to provide and to offer only those teachings which I understand.
- I will refrain from recommending treatment, diagnosing a condition, or suggesting a student disregard the advice of a physician or therapist.
- I agree to live my life in the spirit of yama and niyama.
- I will dress modestly and encourage my students to do so, in accordance with the yoga tradition.
- I agree to honor this code of ethics.

Signature

Date

Subtle Yoga Training and Personal Transformation Program Application Form

Please fill out pages 8-11 of this application and mail it to us along with the full tuition fee or a \$300 deposit (check or money order). Take \$150 off of your tuition if you pay in full by February 15, 2010. If you choose to use the Payment Plan, please include pages 12-13. (payment address on pg. 13)

1. Name _____ Date of Birth _____
Address _____
City _____ State _____ Zip Code _____
Phone (h) _____ (c) _____ (w) _____
Email _____
Emergency contact and phone number _____
2. Where you referred to this program? By whom? _____
3. How long have you been studying yoga? _____
4. Are you a yoga teacher? If so, where do you teach? For how long have you been teaching?

5. Which styles of yoga have you studied?

6. Which styles do you resonate with most?

7. Describe your current yoga practice including the frequency, duration and number of years you have been practicing.

8. Please list any trainings you have completed and any certifications you hold including yoga teacher trainings, massage trainings, pilates, fitness, meditation, tai chi, etc. Please include the dates of these trainings.

9. Please list any yoga workshops you have attended.

10. Please list books you have read about yoga.

11. Do you follow a particular yogic or spiritual path? (You may answer "yes" , "no" or "n/a" – it is your choice if you'd like to share which one.)

12. Do you teach or take any other fitness or personal development classes?

13. Any other teaching experience?

14. How has yoga affected your life?

15. If you are not currently a yoga teacher, do you plan to teach? _____

16. Why do you want to take this training and what do you expect to receive from it?

17. How did you hear about this program?

Medical Questions:

1. Do you have any injuries or other limitations (physical or psychological) that might inhibit you from fully participating in this program?

2. Have you had any previous surgeries? Please describe.

3. Are you currently taking any medications that you think we should know about?

Subtle Yoga Training and Personal Transformation Program Payment Plan Application and Contract

****Please fill out this form only** if you intend to use a payment plan. If you are paying in full for the course by Feb. 15, 2010, no payment plan form is necessary.

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip Code _____

Phone (h) _____ (c) _____ (w) _____

Email _____

Emergency contact and phone number _____

Terms & Conditions

Please check the Plan you would like to use:

Option 1 – Standard Plan

(The standard payment plan carries a \$50 service charge)

Asheville:

Upon registration: \$300
April 30: \$450
June 30: \$450
August 31: \$450
Sept. 30: \$150

Cornelius:

Upon registration: \$300
April 30: \$450
June 30: \$450
August 31: \$450
Sept. 30: \$295

Option 2 – Extended Plan

(Extended Plan A Plan carries a \$75 service charge)

Asheville:

Upon registration: \$300
April 30: \$375
June 30: \$375
Aug. 31: \$300
Oct. 31: \$300
Nov. 30: \$175

Cornelius:

Upon registration: \$300
April 30: \$400
June 30: \$370
August 30: \$300
Oct. 31: \$300
Nov. 30: \$300

Option 3 – Personalized plan

If you would like to develop another plan that works better for you, please call Brett Sculthorp at (828) 778-5105 to discuss other options. Yoga is for everyone and we are dedicated to making this program work for you.

NOTE: A \$25 late fee will be assessed for any payments not received on time.

Refunds:

Before Jan. 31, 2010: a 100% refund will be given minus a \$75 processing fee.

Between Feb, 1 and March 1, 2010: a 75% refund will be given minus a \$75 processing fee.

After March 1, 2010: No refunds will be given.

For Payment By Check

Checks should be made out to "Subtle Yoga"

Please mail to:

Subtle Yoga
c/o Kristine Kaoverii Weber
48 Mardell Circle
Asheville, NC 28806

For Payment By Credit Card/PayPal

You can use PayPal to make payments to the email: info@subtleyoga.com

It is understood that withdrawal from the Subtle Yoga Teacher Training and Personal Transformation program (hereafter referred to as "the program") does not cancel or void this agreement and that any outstanding balance is still due and payable to the program on the dates indicated above.

It is understood that installments are payable in accordance with the due dates. This document will serve as a payment schedule.

It is understood that a late payment will result in a \$25 late payment service fee.

I agree to make payments on or before the due dates. I understand that late payments or non-payment may result in the termination from the plan and any remaining balance will be due in full. I further understand that in the event of withdrawal from the program, any unpaid balances due may be referred to a collection agency and/or attorney. If the matter is referred for collection to an attorney and/or a collection agency, the debtor will be liable for the collection and/or attorney fees of up to 50% of the unpaid balance. Also, any account not satisfied by the due date may be reported to the credit bureau, and may be listed with the North Carolina Department of Taxation.

Signature

Date

Subtle Yoga Training and Personal Transformation Program

Reading List

Required:

- *30 Essential Yoga Poses: For Beginning Students and Their Teachers* - by Judith Lasater. An excellent reference for asana alignment à la Iyengar.
- *Asana Pranayama Mudra Bandha* - by Swami Satyananda Saraswati
An excellent reference for therapeutic application of these four practices in the tradition of Sivananda from the highly regarded Bihar School of Yoga.
- *Autobiography of a Yogi* - by Paramahansa Yogananda. The classic story of Yogananda complete with lots of fantastic adventures! Please read this before the training begins.
- *The Yoga Tradition: Its History, Literature, Philosophy and Practice* - by Georg Feuerstein, et al. An important reference for yoga philosophy, history, practice.
- *The Bhagavad-Gita : Krishna's Counsel in Time of War* - trans. by Barbara Miller
This is a beautiful translation of the most beloved yoga text.
- *Chakras: Energy Centers of Transformation* – by Harish Johari. Johari mostly draws from the traditional texts, *The Serpent Power* and *The Great Liberation* (the most authentic descriptions of the traditional tantric chakra system).
- *The Secret Power of Yoga* – by Nischala Joy Devi or a preferred translation of Patanjali's Yoga Sutras.
- *The Anatomy Coloring Book* - by Wynn Kapit, Lawrence M. Elson. Any edition is fine, but some things have changed in the anatomy world since it was first printed.

Suggested:

- *A Brief History of Everything* – by Ken Wilbur. Useful for understanding epistemology (and just about everything else!).
- *The Bhagavad Gita: The Beloved Lord's Secret Love Song* – by Graham M. Schweig. It was a toss-up between this and Miller's translation and Miller won. If you love the Gita, you will love this book also.
- *A Journey in Ladakh: Encounters with Buddhism* - by Andrew Harvey. A beautiful story about spiritual awakening and Tibetan Buddhism.
- *Laya Yoga* – by Goswami Shyam Sundara. Denser than Johari's chakra book and full of esoteric information about chakras and tantric practices.
- *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras* - by Sri Swami Satchidananda. A fun read.
- *Yoga for Wellness* – Gary Kraftsow. An excellent Viniyoga resource.
- *Yoga for Transformation* – Gary Kraftsow. Deep and accessible information.
- *Yoga The Spirit And Practice Of Moving Into Stillness* - by Erich Schiffmann. Schiffmann's relaxed approach to asanas practice is refreshing.
- *Light on Yoga : The Bible of Modern Yoga* - by B. K. S. Iyengar, Yehudi Menuhin. A great asana reference.

- *Yoga Your Way: Customizing Your Home Practice* – by Cindy Dollar. An accessible fun book with lots of asana routines.
- *Anatomy of Movement* - by Blandine C. Germain. An excellent and accessible look at functional anatomy; very useful for yoga teachers.
- *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga* - by Ray Long. A bit pricey, but the illustrations are amazing. This is a fantastic anatomy resource.
- *Yoga Anatomy* – By Leslie Kaminoff. Reasonably priced and full of very useful information.

The following 2 books are available at www.anandamargabooks.com

- *Yoga for Health* - by Avadhútiká Ánanda Mitrá
Therapeutic application of asanas from a psychological as well physical perspective.
- *Beyond the Superconscious Mind* - by Avadhútiká Ánanda Mitrá
An explanation of a tantric kosha system (layers of mind).