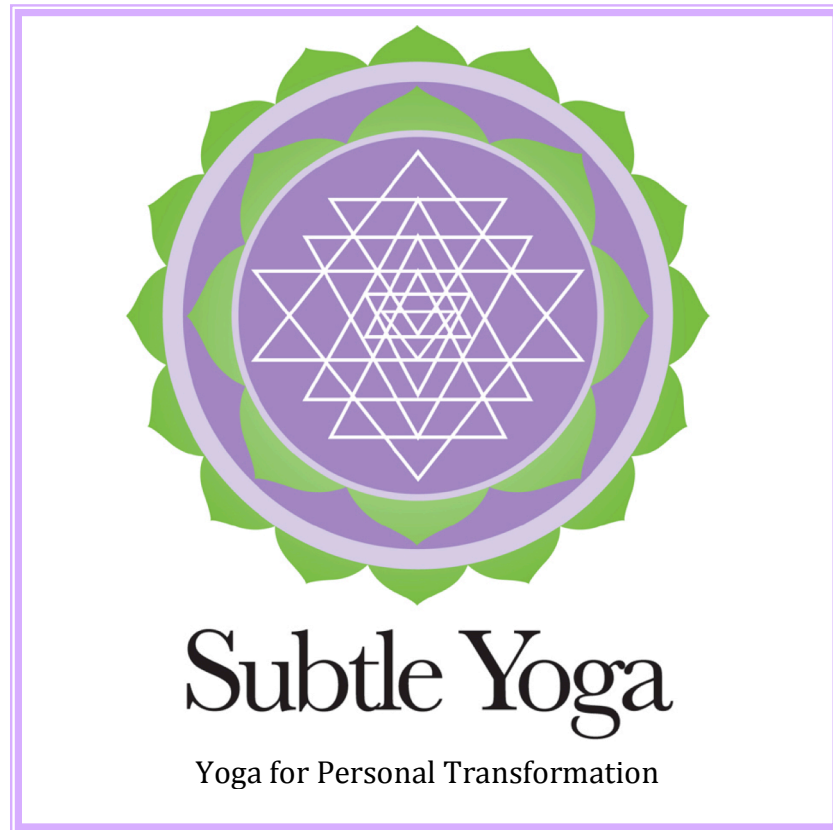


# **The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program**



A Yoga Alliance Approved RYT500 Training Program  
Director: Kristine Kaoverii Weber, MA, eRYT500

**Information packet, application, contract and  
payment plan**

*"Everything in your life is there as a vehicle for your transformation. Use it!" -Ram Dass*

Please keep a copy of this for your records.

## **Introduction**

Please read this packet in its entirety and submit your application to Asheville Community Yoga Center with all forms signed. You may also submit your application electronically. In that case, please also sign the forms on pages 10-15 and mail them to ACYC.

**The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program** offers you the opportunity to engage in a systematic, comprehensive, co-creative process which will not only facilitate your own transformational journey but will also provide you with the knowledge and skills to direct transformational work with your students/clients. This dual process will help you transform your life, your work, your community and your world.

**The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program** is a unique journey toward deepening your understanding of the ancient art-science of yoga. You will explore the vast landscape of yoga focusing on both the personally transformative process and the therapeutic applications of yoga practice, philosophy and theory. This program is for anyone who has already completed 200 hours of yoga teacher training (Subtle Yoga Training or another) and wishes to pursue RYT500 status.

**The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program** posits and develops models of transformation for students/clients, and for you personally. The program involves mapping the journey towards "union" and progressive integration of transformational learning from a continuum of vantage points – instinctual, intellectual, intuitional and from the knowing which comes from the compassionate openness and surrender of the heart.

## **Commitment**

This course will be held over 15 weekend sessions. Please be sure that you can attend all sessions. You will be able to miss up to 36 hours (about two full weekends) and still graduate (see **Requirements for Certification** below). As in all Subtle Yoga Trainings, you will be asked to commit to a daily meditation and asana practice. There will also be reading, homework and a case study. 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.

## **Registration with Yoga Alliance**

This program meets the Yoga Alliance standards for becoming a Registered Yoga Teacher (RYT500) at the 500 hour level. Many employers are now requiring yoga instructors to meet this standard. Subtle Yoga also offers RYT200 trainings and trainings specifically for mental/behavioral health professionals.

## **Location**

The Training will be held at:

Asheville Community Yoga  
8 Brookdale Rd.  
Asheville, NC 28804

## Times

Fridays 6-9  
Saturdays 8-5  
Sundays 8-4

## Dates

1. February 17-19
2. March 23-25
3. April 27-29
4. May 25-27
5. June 29- July 1
6. July 13-15
7. August 10-12
8. September 21-23
9. October 26-28
10. November 30 – Dec. 2
11. January 4-6
12. February 15-17
13. March 15-17
14. April 12-14
15. May 17-19

## Registration

To register, please fill out pages 8-11 of this application and mail it to:

Subtle Yoga  
P.O. Box 727  
Asheville, NC 28802

## Tuition

<b>Tuition Plans</b>	<b>Fee</b>	<b>Deadline</b>
Early Payment	\$3095	December 31, 2011
Early Payment for Subtle Yoga RYT200 grads	\$2995	December 31, 2011
Full Payment	\$3395	January 1 – February 15, 2012
Full Payment for Subtle Yoga RYT200 grads	\$3295	January 1 – February 15, 2012
Payment Plans	\$3395 + fees	See below for details

**Deposit:** \$500 due at the time of registration for all applicants.

**Payment Plan:** We have several payment plan options, please see below.

**Scholarships:** We offer three \$500 income-based scholarships for applicants who have financial limitations. You will be required to contribute \$2895. No discounts are given in this case. Please submit a 2-3 page essay with your application. Decisions will be made on or before January 15, 2012.

**Tuition Plans:** We offer two excellent tuition plans with minimal fees (see application). If neither of these plans work for you, please contact Amber at [amber@ashevillecommunityyoga.com](mailto:amber@ashevillecommunityyoga.com) to discuss other options. We are committed to making the program work for those who are sincerely interested in participating.

**Contract:** Please submit your deposit with your application to hold your spot. You can pay by check, or credit card. Regardless of how you pay for the program, you are still required to fill out and sign the "Payment Contract" part of the application. After we receive your application, you will be contacted for a phone interview.

## **Make-up class policy**

### **If you miss:**

**Between 0-6 hours:** Make up requirements are waived. You may miss up to 6 hours out of 270 contact hours from the entire course.

**Between 7-18 hours:** One 6 hour make-up class at the end of the program. Date and time to be announced. The fee is \$60.

**Between 19 and 40:** Two 6 hour make-up classes at the end of the program. Date and time to be announced. The fee is \$120.

**More than 41 hours:** Re-take the entire training. Please note that you must pay the full tuition to retake the training.

## **General Class Information**

### **Awareness of Time**

Please arrive early for class so that we can start on time. This also applies to class breaks and lunch breaks. Arriving late can significantly disrupt 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. Feel free to bring snacks.

### **Please Bring Your Own Yoga Mat**

We have props, but having your own mat is important in terms of physical and energetic hygiene.

## **Other Aspects of the Program**

### **Group Process**

A signature of all the **Subtle Yoga** programs is our commitment to consciously fostering an effective group process. *Satsaunga*, the Sanskrit word for “life affirming, supportive community”, is considered essential for learning and personal growth by both the yogic tradition and by researchers.

The group process is an integral part of your experience and therefore 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 statements you disagree with personally. Be aware of your own issues and limit yourself from projecting on to fellow students or your teachers. You will not be required to contribute anything during discussions that make you feel uncomfortable.

You should be aware that instructors may discuss the yoga tradition – they do not expect you to adopt any beliefs or practices that you feel in some way contradict your belief system. Your personal and emotional safety is of our utmost concern. Please support your fellow students in their personal growth 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 all our programs. An increasing capacity to love all is essential to achieving “union”, which is the meaning of the word yoga. There may be some discussion around your personal relationship with a transpersonal Source (Spirit or Divine). How that Source presents itself to you is an entirely personal matter and we encourage you to protect that and respect it in others. We will practice meditation and kirtan, or devotional singing/chanting together, and although your presence is required, your participation is not.

**Equity Policy**

Yoga is for everyone. 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 all yogic practice. Please sign the Ethics Statement below and submit it with your application.

**Disclaimers**

Please sign the disclaimers and turn them in with your application. Let us know if you have any questions or concerns.

**Instructors**

**Kristine Kaoverii (Co-very) Weber, MA, eRYT500** is the director of the program and the primary teacher. Please see her website for a detailed biography.

In addition to Kaoverii, you will also be instructed by various highly trained yogis. Please see the website for more details. [www.subtleyoga.com](http://www.subtleyoga.com)

# **The Subtle Yoga Transformation Project: A Comprehensive Yoga Therapy Training, RYT500**

## ***Application and Contract***

1. Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (h) \_\_\_\_\_ (c) \_\_\_\_\_ (w) \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact and phone number \_\_\_\_\_

2. Were you referred to this program? By whom? If not, how did you hear about it?

3. Did you complete the Subtle Yoga Training and Personal Transformation RYT200 program? If so, when and where? If not, please describe the RYT200 program you attended.

4. Please list any yoga workshops you have attended.

5. What is your current occupation/work?

6. How long have you participated in a yoga practice and how often do you practice?

Please keep a copy of this for your records.

7. Which styles of yoga have you studied and/ or which styles do you resonate with most?
  
8. Please list any degrees and/or credentials in the fields of behavioral health, yoga or integrative wellness.
  
9. Please list any associations you are a member of, or certifications you hold including behavioral health, yoga teacher trainings, massage trainings, physical therapy, pilates, fitness, meditation, movement arts/therapies, etc.
  
10. Why do you want to take this training and what do you expect from it?
  
  
  
  
  
  
  
  
  
  
11. 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 could impact your yoga practice or participation in this long term program?

## Agreement of Release and Waiver of Liability Form

I, \_\_\_\_\_ hereby agree to the following:

1. I am participating in the Asheville Community Yoga Teacher Training Program offered by Asheville Community Yoga, Sarva Health Systems, LLC ("Sarva"), and Kristine Kaoverii Weber.
2. I will receive information and instruction about yoga practices, health and yoga philosophy and lifestyle. I realize that yoga may require some physical exertion which may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.
3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Asheville Community Yoga Teacher Training Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in this program.
4. I hereby affirm that the information I provided on my Application to participate in the Asheville Community Yoga Teacher Training Program, including the questions about my medical condition and previous experience, are true and complete.
5. In consideration of being permitted to participate in the Asheville Community Yoga Teacher Training Program, I agree to assume full responsibility for any risks, injuries or damages, physical or psychological, known or unknown, which I might incur as a result of participating in the program.
6. In further consideration of being permitted to participate in the Asheville Community Yoga Teacher Training Program, I voluntarily and exhaustively waive any claim I may have against Asheville Community Yoga, Kristine Kaoverii Weber, Sarva Health Systems, LLC, its successors and assigns, and their instructors, employees, contractors, agents or volunteers for any injury or damages, physical or psychological, that I may sustain as a result of participating in the program, including but not limited to claims for negligence, gross negligence, and errors or omissions in the provision of services.

I have read the above release and waiver of liability and fully understand its contents as well as the refund and make-up class policies. I voluntarily agree to the terms and conditions stated above.

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

## Photo Release and Waiver of Liability Form

I, \_\_\_\_\_ hereby grant Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC their departments, contractors, employees and agents permission to use my photograph in any and all publications for advertising purposes, including web site entries, without payment or any other consideration in perpetuity.

I hereby authorize Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC, their departments, officers, employees and agents permission to edit, alter, copy, exhibit, publish or distribute this photo. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my photo appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph.

I hereby hold harmless and release and forever discharge Asheville Community Yoga, Kristine Kaoverii Weber, and Sarva Health Systems, LLC, their departments, contractors, employees and agents all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf of on behalf of my estate which may have or may have by reason of this authorization.

I am 18 years of age or older and am competent to contract in my own name. I have read this release, and I fully understand the contents, meaning, and impact of this release.

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

# The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program

## ***Requirements for Graduation***

The following are the requirements which must be fulfilled in order to receive certification. Your signature on the bottom of this page signifies that you have understood and agree to these requirements.

- 1. A commitment to doing, growing and enjoying your daily practice** over the course of the program (and beyond!).  
**Participating in class discussions and workshops** – your participation is essential. If you are able to attend, but cannot participate for any reason, please communicate to the instructors prior to each weekend training session. Also please let us know if you are unable to attend any classes or weekends.
- 2. Teaching** – we ask that you 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 on your desired topic to the entire class.
- 3. Research Project** – Please submit a research project that is equal or equivalent to a 6-10 page (double-spaced, 12-point, Times New Roman) research paper. However if you prefer not to write your project, you may substitute this for a multi-media presentation (such as powerpoint). This project should demonstrate that research has been undertaken. Please cite at least six sources. The topic is of your choice. The deadline for turning in the project is April 15, 2013.
- 4. Case Studies** – Because this is a therapy program, you will also be required to submit three case studies. Please take the case of three different individuals, create a yoga therapy plan and implement it over 4-8 weeks, and then write up the results. Forms will be provided on the first weekend of the training.
- 5. Supervised Clinic** – You will be required to participate in 5 supervised clinics towards the latter half of the program.
- 6. Homework** – Usually there is about 1-3 hours of reading between each weekend session that we meet.
- 7. Reading List** – Please see the reading list below. Not all books need to be purchased immediately.
- 8. 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.
- 9. Ethics statement** – Please sign the ethics statement (see below) for your file.
- 10. Full Payment for the course** – See below

**It is understood** that a failure to fulfill these requirements as they come up may result in termination from this program or in not receiving a certificate.

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

# The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program

## *Payment Contract*

Name \_\_\_\_\_ Date \_\_\_\_\_

### **Terms & Conditions**

<b>Tuition Plans</b>	<b>Fee</b>	<b>Deadline</b>
Early Payment	\$3095	December 31, 2011
Early Payment for Subtle Yoga RYT200 grads	\$2995	December 31, 2011
Full Payment	\$3395	January 1 - February 15, 2012
Full Payment for Subtle Yoga RYT200 grads	\$3295	January 1 - February 15, 2012
Payment Plans	\$3395 + fees	See below for details

#### **For Payment By check or credit card**

Your full payment can be made by check. If you have chosen to use a payment plan, all payments will be made on the due date through the credit card details that you provide here. Please sign where indicated to authorize us to charge your card.

Card type: Mastercard / Visa/ Discover		
Card number:        -        -        -        -	Exp. ____ \ ____	Sec. Code:
Name on card:	Billing Zip code:	
Authorized signature: _____		

- Option 1 – Payment in Full before December 31, 2011.**
- Option 2 – Payment in Full by February 15, 2012.**
- Option 3 – Standard Payment Plan.** Total amount: \$3445  
(The standard payment plan carries a \$50 service charge)
  - Upon registration:                \$500
  - March 1, 2012:                    \$1145
  - April 1, 2012:                    \$900
  - May 1, 2012:                     \$900
- Option 4 – Extended Payment Plan.** Total amount: \$3495  
(The extended plan carries a \$100 service charge)

Please keep a copy of this for your records.

Upon registration:	\$500
Feb. 1, 2011:	\$595
April 1, 2012:	\$500
June1, 2012:	\$500
Aug.1, 2012:	\$500
Oct. 1, 2012:	\$500
Dec. 1, 2012	\$400

**Option 5 – Personalized plan**

If you would like to develop another plan that works better for you, please email Amber [amber@ashevillecommunityyoga.com](mailto:amber@ashevillecommunityyoga.com) to discuss other options.

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

**Refunds:**

Before December 31, 2011: a full refund minus a \$100 processing fee.

Between December 31, 2011 and February 1, 2012: a full refund minus a \$150 processing fee.

After February 1, 2012: a full refund minus a \$300 processing fee.

In case of an unforeseen event: If you have to pull out of the program due to an unforeseen event, we will evaluate the situation on a case by case basis. Please note that typically, we can apply the balance of your tuition as a credit to our next RYT500 training.

**For Payment By Check**

Checks should be made out to "Community Yoga"

ACY Teacher Training Program  
 c/o Amber Acheson  
 8 Brookdale Rd. Suite A  
 Asheville, NC 28804

You can also submit your application electronically: [amber@ashevillecommunityyoga.com](mailto:amber@ashevillecommunityyoga.com)

**It is understood** that withdrawal from the Subtle Yoga RYT500 Therapeutic Teacher Training 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 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 agree to honor this code of ethics.

**It is understood** that a breach in the Subtle Yoga Code of Ethics may result in termination from this program.

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**Signature**

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**Date**

# Reading List

## Required:

- *Asana Pranayama Mudra Bandha* - 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.
- *Chakras: Energy Centers of Transformation* - 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).
- *Emotional Yoga: How the body can heal the mind* - Bija Bennett. An excellent vini yoga resource. Accessible with great short practices.
- *Freedom from Addiction: The Chopra Center Methods for Overcoming Destructive Habits* – David Simon, MD and Deepak Chopra, MD. Combines yogic and ayurvedic techniques.
- *Healing Depression the Mind-body Way* - Nancy Leibler, PhD and Sanda Moss, MSPH. Excellent theory and methodology.
- *The Key Muscles of Yoga: Scientific Keys, Volume I* - Ray Long and Chris Macivor. This is an amazing book with fantastic illustrations and clear description.
- *The Revolutionary Trauma Release Process* - David Berceci, PhD. Very accessible information about trauma and a simple routine for releasing stress patterns.
- *The Secret Power of Yoga* - Nischala Joy Devi or a preferred translation of Patanjali's Yoga Sutras.
- *Yoga as Medicine* - Timothy McCall. This is a comprehensive research guide.
- *The Yoga Tradition: Its History, Literature, Philosophy and Practice* - Georg Feuerstein, et al. An important reference for yoga philosophy, history, practice.

## Further Reading/Resource List:

- *30 Essential Yoga Poses: For Beginning Students and Their Teachers* - Judith Lasater. An excellent reference for asana alignment à la Iyengar.
- *The Anatomy Coloring Book* - Wynn Kapit, Lawrence M. Elson. Any edition is fine, but some things have changed in the anatomy world since it was first printed.
- *Anatomy of Movement* - Blandine C. Germain. An excellent and accessible look at functional anatomy; very useful for yoga teachers.
- *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.
- *The Bhagavad Gita: The Beloved Lord's Secret Love Song* - 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 Brief History of Everything* - Ken Wilbur. Useful for understanding epistemology (and just about everything else!).
- *A Journey in Ladakh: Encounters with Buddhism* - Andrew Harvey. A fascinating story about spiritual awakening and Tibetan Buddhism.

- *Laya Yoga* - Goswami Shyam Sundara. Denser than Johari's chakra book and full of esoteric information about chakras and tantric practices.
- *Light on Yoga : The Bible of Modern Yoga* - B. K. S. Iyengar, Yehudi Menuhin. A great asana reference.
- *Overcoming Trauma Through Yoga: Reclaiming Your Body* - David Emerson, Elizabeth Hopper Ph.D., Bessel van der Kolk M.D., and Peter A. Levine Ph.D. Here top scientists, yogis and somatic practitioners join forces to provide an excellent explanation of trauma and how yoga can heal.
- *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga* - Ray Long. A bit pricey, but the illustrations are amazing. This is a fantastic anatomy resource.
- *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences* - Peter A. Levine and Ann Frederick. Levine's classic exposition on the body and trauma.
- *When the body Says No: Exploring the stress-disease connection* - Gabor Mate, MD. Aligning with the inner wisdom of the body in order to heal.
- *Yoga Anatomy* - Leslie Kaminoff. Reasonably priced and full of very useful information.
- *Yoga for Anxiety* - Mary NurrieStearns and Rick NurrieStearns. Some useful practices and personal anecdotes.
- *Yoga for Depression* - Amy Weintraub. Excellent source for research.
- *Yoga: The Spirit And Practice Of Moving Into Stillness* - Erich Schiffmann. Schiffmann's relaxed approach to asanas practice is refreshing.
- *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras* - Sri Swami Satchidananda. A fun read on a subject that some find not so fun.
- *Yoga for Transformation* - Gary Kraftsow. Deep and accessible information.
- *Yoga for Wellness* - Gary Kraftsow. An excellent Viniyoga resource.