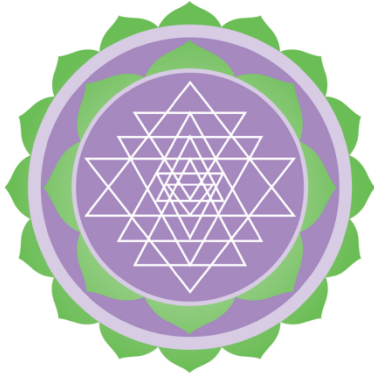


The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training Program



Subtle Yoga

Yoga for Personal Transformation

P.O Box 727
Asheville, NC 28802

Ph. 828.775.1200
e. info@subtleyoga.com

In cooperation with



Yoga for Every Body

17 North Market Street
Chattanooga, TN 37405

ph. 423.266.3539
e. inquiry@clearspringyoga.com
<http://www.clearspringyoga.com>

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

Introduction

Please read this packet in its entirety and submit your application with all forms signed.

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 community and the 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 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.

Universality

The Subtle Yoga RYT500 Therapeutic Yoga Teacher Training brings together the best teachers from a variety of lineages to support you in developing a broad and universal understanding of the application of yoga theory and techniques. The program offers an interdisciplinary practice which honors each student’s knowledge base. We are committed to creating consistency, openness and we value inquiry and creativity.

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:

Clear Spring Yoga, Chattanooga, TN
17 Market St
Chattanooga, TN 37405

Times

Fridays 6-9
Saturdays 9-6
Sundays 9-5

Dates

1. April 20-22
2. May 18-20
3. June 8-10
4. July 20-22
5. August 17-19
6. September 1-3
7. Oct. 12-14
8. Nov. 16-18
9. Dec. 14-16
10. Jan. 11-13
11. Feb. 22-24
12. March 15-17
13. April 19-21
14. May 31-June 2
15. June 28-30

To facilitate a successful group process, **a maximum of 18 students** will be accepted into the program. Therefore you are advised to register as early as possible.

Registration

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

Teacher Training
ClearSpring Yoga, Chattanooga, TN
PO Box 4466
17 Market St
Chattanooga, TN 37405

Tuition

Tuition Plans	Fee	Pay-By Deadline
Early Payment	\$3,295	January 31, 2012
Full Payment	\$3,595	March 15, 2012
Payment Plans	\$3,595 plus fees	Deposit due February 15.

Deposit: \$300 due at the time of registration for all applicants. Applied to your tuition or refunded if the program is full or eligibility requirements are unmet.

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 \$3,095. No discounts are given in this case. Please submit a 1-2 page essay with your application. Decisions will be made on or before March 1, 2012.

Tuition Plans: We offer two excellent tuition plans with minimal fees (see application). 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 cash, 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 6-18 hours: One 6 hour make-up class at the end of the program. Date and time to be announced. The fee is \$75.

Between 18 and 40: Two 6 hour make-up classes at the end of the program. Date and time to be announced. The fee is \$150.

More than 40 hours: 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. 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 anything 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 **Subtle Yoga** instructors 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). Who or what 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

You will be asked to sign liability wavers during the first weekend of the training as well as a photo release; please let us know if you have any concerns about these.

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.

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?

3. Please describe your RYT200 training.

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?
7. Which styles of yoga have you studied and/ or which styles do you resonate with most?
8. If you are a yoga teacher, how much experience have you had?
9. If you are not currently a yoga teacher, do you plan to teach? To whom?
10. Please list any degrees and/or credentials in the fields of behavioral health, yoga or integrative wellness.
11. 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.
12. Why do you want to take this training and what do you expect from it?
13. 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?

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!).
- 2. Participating in class discussions and workshops** – your participation is essential. If you can attend, but cannot participate for any reason, please make this clear to the instructor prior to each weekend training session.
- 3. Teaching** – 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 on your desired topic to the entire class.
- 4. 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 needs to 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 21, 2013.
- 5. 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.
- 6. Supervised Clinic** – You will be required to participate in 5 supervised clinics towards the latter half of the program.
- 7. Homework** – Usually there is about 1-3 hours of reading between each weekend session that we meet.
- 8. Reading List** – Please see the reading list below. Not all books need to be purchased immediately.
- 9. 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.
- 10. Ethics statement** – Please sign the ethics statement (see below) for your file.
- 11. 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

The amounts in the table below reflect a \$300 deposit received with your application.

Tuition Plans	Fee	Deadline
Early Payment	\$3,295	January 31, 2012
Full Payment	\$3,595	March 15, 2012
Payment Plans	\$3,595 plus fees	Deposit due by February 15.

Please note that if you choose to use a payment plan, we require a credit card number on file. Payments not received on time will be charged to your card unless other arrangements are made. Please check the Payment Plan Option you would like to use:

Option 1 – Payment in Full before January 31, 2012.

Option 2 – Payment in Full by March 15, 2012.

Option 3 – Standard Payment Plan. Total amount: \$3,645
(The standard payment plan carries a \$50 service charge)

Deposit with application: \$300
February 1, 2012: \$500
March 1, 2012: \$1,045
April 1, 2012: \$900
May 1, 2012: \$900

Option 4 – Extended Payment Plan. Total amount: \$3,695
(The extended plan carries a \$100 service charge)

Deposit with application: \$300
Feb. 1, 2012: \$595
April 1, 2012: \$600
June 1, 2012: \$600
Aug. 1, 2012: \$600
Oct. 1, 2012: \$600
Dec. 1, 2012 \$400

Option 5 – Personalized plan

If you would like to develop another plan that works better for you, please call Stephanie Rider at 423.266.3539 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 March 15, 2012: a 100% tuition refund minus a \$100 processing fee.

Between March 15 and April 1, 2012: a 75% tuition refund minus a \$100 processing fee.

After April 1: No refunds.

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 refund up to 50% of the tuition minus \$250 each for weekends already attended.

Please mail checks to:

ClearSpring Yoga, Chattanooga, TN
17 Market St
Chattanooga, TN 37405

Or contact ClearSpring Yoga at 423.266.3539 for credit card payment or pay with a credit card online. Go to ClearSpringYoga.com and click on CLASSES, then TEACHER TRAINING.

It is understood that withdrawal from the RYT500 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.

Signature

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 á 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.