

## **APPLICATION FOR 26 + 2 Hot Yoga Teacher Training. 75-HR TEACHER TRAINING 2019**

A comprehensive training for Traditional Hot Yoga, including variations of hot room practices. In this training we will learn the long-term benefits of hot room practice and the specific techniques of teaching in the hot room.

### **Traditional Hot Yoga:**

- The alignment of the 26 postures in the hot series and their benefits.
- The Importance of the 2 Pranayama Practices.
- Modifications and Variations.
- Timing and Approach to leading the series with confidence and authority.
- Keeping dialogue Inspired and Fresh.
- Physical and Verbal Assisting.
- Maintaining the Discipline of the tradition.

### **Hot Yoga Flow and Hot Vinyasa:**

- Smart Sequencing.
- Challenge and Success.
- Safety and Moderation.

### **Pre-requisites:**

[200hr qualification](#) in teaching yoga.

10 Traditional Hot Yoga Classes.

No known contraindications to practicing in the hot room.

### **Dates and Times:**

The training consists of [50 Hours](#) contact time with your teachers Arden and Victoria and [25](#) additional hours of non-contact time. Non-contact time includes 2 (minimum) additional hot classes a week starting Sunday March 31st and homework/ reading assignments.

**ALL SCHEDULED CLASSES AND TRAINING SESSIONS MUST BE ATTENDED TO QUALIFY - NO EXCEPTIONS.**

Our first training session is on

**Sunday March 31st in our LIC Studio.**

Training Weekends

[April 5th - 7th](#) & [April 12th - 14th](#) & [April 26th - 28th.](#)

Fridays: ASTORIA

6:30pm - 10:00pm.

Saturdays: LIC

11:00am - 12:30pm & 2:00pm - 7:00pm.

Sundays: LIC

12:15am - 1:30pm & 2:00pm - 7:00pm.

## **COST, PAYMENT OPTIONS AND REFUND POLICY**

Early Bird Tuition: \$1,100 due by March 1st 2019

Full Tuition: \$1,200 due by March 30th 2019

(\$250 of tuition to paid as a non-refundable deposit at time of application.)

The training includes membership to The Yoga Room; which includes unlimited classes during the training. Current members will freeze their membership when training begins. The training cost includes program manual but not required reading books. All Deposits are non-refundable (unless application is denied).

Thank you for your interest in our yoga teacher-training program.

**Step 1.** Please take a moment to complete this application form and send to [arden@yogaroomnyc.com](mailto:arden@yogaroomnyc.com). you can also leave your application form at the front desk at either studio (Astoria or LIC) for the attention of Victoria Greene or Arden Goll.

**Step 2.** Optional - Schedule a meeting with Arden or Victoria to discuss the program and ask any questions you may have. We are also happy to speak on the phone or communicate via email.

**Step 3.** Once accepted into the program a non-refundable deposit of \$250 is due to Confirm your placement.

Date:	
Name:	
Address:	
City:	
State:	
Zip:	
Phone:	
Email:	

Please answer the following questions as thoughtfully as you can, use more space if Needed for your responses.

**Are you currently a student at The Yoga Room?**

- 1. What is Hot Yoga (Bikram) to you and what impact has it had on your life?**
- 2. How many straight forward traditional hot yoga classes do you take a week?**
- 3. How many years have you been practicing traditional hot (Bikram) yoga?**
- 4. Where did you receive your 200hr Yoga Teacher Training and when?**
- 5. Do you have any experience in teaching Hot Yoga or Hot Vinyasa? If no what style of yoga do you teach?**
- 6. Is your intention to learn to teach Hot Yoga / Hot Vinyasa become or to deepen your personal practice?**
- 7. Do you foresee any limitations that would prevent you from participating in the training fully, including scheduling, religious practices, conflicts, injuries etc.**

**Optional,**

**We are interested in how this practice makes you feel. So can you tell us what your favorite part of class is, do you have a favorite pose from the series? Which postures do you struggle with or have trouble understanding. List 3 things that you would like to better understand through this training.**