



info@BEAMyoga.com

Revitalizing everyBODY and mind and spirit



Yoga Teacher Training

Dear Friend,

Thank you for your interest in our BEAM Yoga® 200 hour certification in Yoga Teacher Training. Enclosed, please find an information packet and a program application. To register for this training, you need to have your application submitted and approved. Please review this material and choose the school dates to which you are applying.

Please return the application to BEAM Yoga, Linda M. Morse, 19 Union Chapel Rd., Weaverville, NC 28787. Should you change your mind, your acceptance will be valid for one year.

Enclosed you will find:

- The Course Objectives
- An overview of the Curriculum
- Program dates, including days, times, costs
- Prerequisites to application
- Criteria for Certification
- Responsibility Agreement
- Ethics Agreement
- The Application Form

A deposit of \$200.00 is advised as soon as possible to assure your place in the class. Programs fill as applications are approved and deposits received, on a first come basis. Class size is limited. The deposit is applied against your tuition. Please make checks payable to: Linda M. Morse. There is no separate application fee.

A teacher training manual is included with your tuition, as well as Richard Faulds' text, "Kripalu Yoga: A Guide to Practice On and Off the Mat". This text will be required reading as homework assignments during the program.

Linda M. Morse, Director of the program, is 500 hour certified within the Kripalu tradition, and is certified through Yoga Alliance as an E-RYT 500, to train teachers professionally through the 500 hour level. In addition to the Kripalu tradition, she brings her own emphasis of BEAM Yoga®, which applies the Principles of Breath, Energy, Alignment and Movement to the practice.

Accommodations, should you be in need, are available locally. Call Ms. Morse at 828-484-9722 for a listing.

Blessings.

Course Objectives

Our Yoga Teacher Training with its BEAM Yoga® approach, will provide you with an in-depth experience of yoga and the deep union of body, mind and spirit that is fostered. You will learn the fundamental principles of yoga which apply to all of the postures: that of Breath, Energy, Alignment and Movement.

You will learn to teach methodology competently, and gain confidence in order to keep your students safe. You will experience a wide variety of classes from gentle thru power and different schools or traditions of yoga in order to determine what is right for your own teaching.

The growth through your own personal practice, as well as strong principles of instruction, will deepen your yoga practice. You will have an in depth experience with the chakra system which fosters personal growth. We teach through what we know and personally experience.

You will be given the basic skills needed to determine how you will use your teacher training in the world – your own business, or marketing to the community in general.

We will provide a group environment which will offer you the context to learn and develop your skills and personal teaching style. This is a deeply enriching personal growth program.

The Curriculum

The 200 hour Yoga Teacher Training affords both the fundamental skills in posture training and the personal growth that is needed to be the vessel to hold a safe setting for your students as the guide on their path.

Asanas – You will learn to teach over 30 basic postures safely, learning to give clear directions for coming into and out of the postures and for holding safely. You will learn the BEAM Yoga® approach to the principles guiding the postures. A meditative approach to the practice of yoga will be emphasized.

Warm-ups – Conditioning and warming up the body as part of the practice of yoga will be studied and used as a way to begin to bring an awareness to the body and to within.

Assists – You will learn safe ways to invite the student to their own avenue to deepen their posture. An assist need not be viewed as a correction, but as an invitation to drop within.

Pranayama – Deep intimate awareness of breath, and basic breathing techniques will be learned.

Centering, relaxation and meditation – These skills will be learned to create the sacred space for your students in order to guide them into their own personal experience.

Yoga Philosophy – You will learn the history and basic philosophy behind the tradition of yoga. The chakras will be looked at in depth experientially. You will learn ethics for Yoga Teachers.

Anatomy and Physiology – You will gain an introductory knowledge of the basic systems of the body, and how they apply to yoga practice.

Yoga Class Design – Learn how to put a yoga class together – from lesson plan through executing it in a fun and inspirational way. Learn various levels of class difficulty and ways to modify postures.

Practice Teaching – You will learn to demonstrate the ability to teach postures and give a class.

Homework – You will have the opportunity over the time between sessions to read assigned material, have independent work study, and integrate what you have learned in sessions.

Graduation – An intimate closing ceremony will be the awarding of your certification. Although this is for students only, there will be an evening performance celebration prior to graduation for any family and guests.

Program Dates

Our BEAM Yoga® Yoga Teacher Training program is a 200 hour certification through the Yoga Alliance, and as such, requires specific hours of contact. This amounts to twenty-seven days.

Weekend program – this meets for nine sessions on alternating weekends: FR 6:00-9:00pm; SA 8:00am-6:00pm; SU 8:00am-6:00pm.

Planned dates are:

Fall '11 YTT dates:

Aug. 26 – 28; Sept. 9 – 11; Sept. 23 – 25; Oct. 7 – 9; Oct. 21 – 23; Nov. 4 – 6; Nov. 18 – 20; Dec. 2 – 4; Dec. 16 – 18

Spring '12 YTT dates:

Feb. 17 – 19; Mar. 2 – 4; Mar. 16 – 18; Mar. 30 – Apr. 1; Apr. 13 – 15; Apr. 27 – 29; May 11 – 13; May 25 – 27; June 8 – 10

Homework between weekend sessions is expected to be three hours.

Attendance is required.

Specific needs should be discussed with the director.

CPR training hopefully will be offered during the program dates.

Tuition cost is \$ 2300. This price is all inclusive, and includes a teacher training manual and a required reading text. A deposit of \$200.00, which is applied to the tuition, is recommended to be sent at your earliest to secure a place in the class on a first come basis. Class size is limited.

Tuition is due by the start of the program. Specific needs for a payment plan should be discussed with the director.

Cancellation policy – For cancellation 2 or more days prior to start of program, 100% of deposit will be refunded. Less than 2 days prior and up to completion of one third of the program, one third of monies paid will be refunded. No other refunds or credits are available. You may apply your money toward the next program if unable to complete.

Housing is available at a number of nearby locations. Call Ms. Morse at 828-484-9722 for a listing. Food can be made available at a nominal cost during the program.

Prerequisites

It is expected that you have a personal practice of yoga and that you regularly attend yoga classes. This program is not for someone who has only done yoga with videos, or whimsically thinks it might be nice to be a yoga teacher. The program is a challenging opportunity for personal growth and deepening the intimacy of what yoga means to you. Regularly attending yoga classes gives you an idea of what is involved with putting a class together, creating a safe environment and the actual teaching of yoga - not just knowing how to do asanas. You should have a daily personal practice of yoga for at least six months. It is not required that you intend to teach. Some people simply want to deepen their experience and understanding of yoga.

Criteria for Certification

This program is intended to qualify you as a 200 hour Yoga Teacher under the guidelines of Yoga Alliance. As such, specific aspects of your involvement are required. Attendance is mandatory at all sessions. There will be three hours expected of homework of reading assignments or independent work between weekend sessions. Each session will have a review to determine that work from the previous session has been understood and learned. You will demonstrate the ability to language and lead a class with centering, warm-ups, assists, the body of the class, and guided relaxation. Every effort will be made to ensure that you understand and integrate the material. Challenges which may present themselves should be addressed with the director. A certain level of emotional and mental stability goes along with the technical skills to become certified. This assures a safe environment for the student and competency of training for the teacher. We reserve the right to withhold certification from any student who fails to develop the necessary skills. Should you not be able to complete your study, or be held from certification at the time of graduation, you can come under the mentorship of an appointed teacher. This process may require additional costs to you. If you are not able to complete the requirements within a year, you may need to repeat the program in order to become certified.

Responsibility Agreement

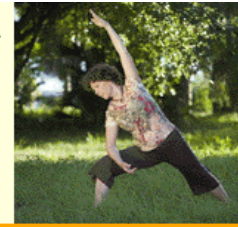
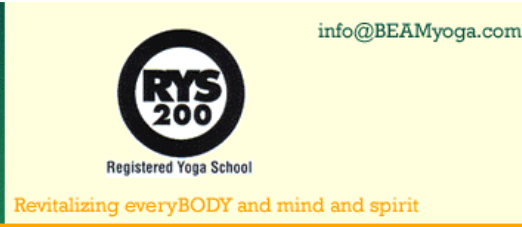
You are expected to have responsibility for yourself throughout the Teacher Training Program. This program is rigorous and demanding of your time and effort. You need to care for yourself accordingly. Our staff cannot know your needs. This program is designed to offer you the best possible yoga education, but some of any given content may not be right for each individual. We expect you to monitor yourself for what is safe and right for you – as you would expect the same of your yoga students as you teach. If you feel unsafe in any manner or form during this training, honor yourself - physically and psychologically, and do not participate in what is not right for you. Know what the boundaries and limits are for you, and uphold these. The practice of yoga can be about exploring new boundaries and limits. BEAM Yoga®, director and staff are not responsible for any risks which you choose to take in your education, exploration, and inquiry. The study of yoga may involve exploring and discussing different belief systems, which may be different from your own. This is simply a presentation, not an expectation of any belief system. You alone, choose what you want to believe.

Supporting yourself can be explored in many fashions. There is time during each session, within time boundaries, to speak relevant thoughts, questions, feelings, and insight with the class. There is co-listening and conscious communication which provides an opportunity for bonding with other students, non-judgmental listening, learning to develop rapport with others. Staff is available outside the confines of the class for one-on-one meetings. Yoga practice is part of the curriculum for growth. You are encouraged to integrate all your experiences of body, mind, spirit, which become the foundation of your yoga teacher education. Be mindful of yourself.

Ethics Agreement

We know that deep personal growth happens with our students in our yoga classes. Due to the nature of this work, a high standard of ethics is required of our teachers. Our students integrate body, mind and spirit, and often may have deep transformational experiences. As a teacher, you are the guide on their journey, and must offer a safe and sacred space for them to practice. You must then, have a high degree of emotional maturity and personal integrity to serve and empower your students. Here are some essentials:

- You will develop and maintain a professional teacher/student relationship, establishing clear and appropriate social and sexual boundaries.
- You understand effective yoga teaching may involve some physical contact applied in an atmosphere of safety. You will develop trust and respect with students. Assists must be in a compassionate, competent and safe manner.
- You will refrain from initiating or engaging in any sexual conduct, activity or behavior involving a student even if mutual consent or the student initiates.
- You will refrain from conversations regarding religion, politics, sexuality or any medical advice both in the classroom and out.
- You will understand that you are providing a professional service, and will present that honestly to the level that you are certified to perform. Refer students to other health care professionals as appropriate.
- You will nourish and improve your professional knowledge with continued education and training.
- You will conduct your business and professional activities with honesty and integrity.
- You will refuse to unjustly discriminate against students.
- You will always act in the best interests of your students, respecting the boundaries with regard to privacy, disclosure, emotional expression and beliefs.
- You understand actions breaching the principles of ethics could result in your certification being revoked or restricted.



200 hr. YOGA TEACHER TRAINING APPLICATION FORM

Please complete and return with a deposit of \$200.00 (made out to Linda M. Morse) to:

BEAM Yoga – Linda Morse
19 Union Chapel Rd.
Weaverville, NC 28787

Personal information

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell _____ Work _____

E-mail _____ Date of Birth _____

Current Occupation _____

Emergency Contact _____ Phone _____

Program information

Preferred Program Date _____

How did you find out about the BEAM Yoga® teacher training? _____

Prerequisite information

How long have you been practicing yoga postures? _____

Have you had a daily personal practice of at least 6 months? _____

How much time is your daily practice? _____

What style of yoga do you primarily practice? _____

Have you taken classes with a certified teacher for at least 6 months? _____

Yoga teaching experience

Are you currently teaching yoga? _____ For how long? _____

What tradition/style do you teach? _____

Essay questions

Please answer the following questions regarding your relationship to yoga on a separate sheet of paper.

1. Please describe your daily yoga practice. Which postures do you typically do?
2. What does yoga mean to you? How have your feelings about yoga changed or developed over time?

3. Why do you want to be a certified yoga teacher at this time in your life?
4. What do you most enjoy about yoga for yourself or others?
5. Do you see yoga restricted to only certain people?

Health information

If you answer yes to any of the following, please describe fully on a separate page.

Are you under medical treatment for any physical or psychological condition? _____

Are you currently pregnant or trying to get pregnant? _____

Have you ever been hospitalized for a psychiatric condition? _____

Do you have any chronic physical limitations or disabilities? _____

Have you had a serious illness or major surgery within the last 5 years? _____

Do you have a communicable disease? _____

Are you in recovery from a drug/alcohol addiction and if so, how long? _____

Full disclosure and acceptance of terms

BEAM Yoga® and staff must be able to rely on the accuracy and completeness of information provided by applicants. Information is confidential, and needed as a means to keep a safe environment for all. By signing below, you affirm the information provided to be true and complete.

Should you need to leave the program due to health consideration, continuing in another session is at the discretion of the Director. Your best needs will be the determining factor.

Having fully read the Criteria for Certification and upon accepting the requirements, conditions, and agreements within, you understand that failure to meet the criteria may result in not being certified. Please initial here. _____

Understanding the Ethics Agreement, and that any violation during the training may result in not being certified; and that any future violation may result in revocation of your certification. Please initial here. _____

Understand that the Criteria for Certification, Responsibility Agreement, and Ethics Agreement are considered legal contracts. You may keep for your records. You will be asked to sign copies on the first day of your program.

Signature _____ **Date** _____

BEAM Yoga®, director and staff do not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. The information in this application is treated as confidential. Please retain a copy of this application for your files