



For additional information on the program, please visit [sattvayogaonline.com](http://sattvayogaonline.com) for more details

### **Tuition & Dates:**

Starts Friday, September 9<sup>th</sup>, 2011 & continues for nine weekends: Friday evenings: 6-9:00pm; Saturday & Sunday 8am-6:00pm (weekend of October 28<sup>th</sup> is class break). Course ends Sunday November, 13<sup>th</sup> at 6:00pm with a graduation reception following.

Early Tuition Payment & Registration (due no later than July 31<sup>st</sup>): \$2,888.00

Tuition Rate: \$3,288.00

Payments & Applications can be emailed to [ali\\_valdez@hotmail.com](mailto:ali_valdez@hotmail.com) or mailed: Sattva Yoga 318 8<sup>th</sup> Ave W, Kirkland WA 98033

**\$500 deposit is required upon application submission (check or PayPal)\*\***

**\*\*Deposits are nonrefundable once accepted into the program via email notification.**

### **Application Process for Fall Teacher Training hosted in Kirkland, Washington:**

Acceptance is on a first come first serve basis. \$500 deposit is required at time of application submission. Applicants who are accepted to the program will be notified via email and must confirm their registration through email. If an applicant does not confirm their spot may be lost to another applicant. Once confirmed, you will be sent a detailed welcome email which you will want to keep and some documentation to fill out. Once documentation is complete, and paid in full, the comprehensive Training Guide will be available for pick up at Kirkland Studio, or mailed direct for an additional \$8.95.

### **Reading materials (Not included in tuition price):**

#### **Required:**

Yoga Sutras of Patanjali, BKS Iyengar version highly recommended for consistency  
Bhagavad Gita, Mitchell translation preferred  
Light on Yoga & Light on Pranayama, BKS Iyengar  
The Yoga Tradition, Georg Feuerstein  
Hatha Yoga Pradipika, Swami Svatrama  
Anatomy of Movement, Blandine Calais-Germain  
Yoga Anatomy, Leslie Kaminoff  
Autobiography of a Yogi, Paramhansa Yogananda

***Sattva Yoga Teacher Training exceeds all the requirements listed by Yoga Alliance for a 200-hour RYT certification– and is a Registered Yoga Alliance School under registrations: 67589, 67695 (both Kirkland) & 67695 (Yakima, WA)***



## Personal Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name Phone Relationship

How did you hear about our program? \_\_\_\_\_

## Medical History

*Please complete the medical history section below so that we can be sure to respond to any emergencies that may come up during training.*

How would you evaluate your current health?

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Please list any injuries or medical conditions that may affect your ability to participate fully in training

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Is there anything else we should know about your medical history?

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## Questionnaire

*Please answer questions honestly and as clearly as possible. This questionnaire was made to better serve you and gain a general picture of your yoga practice and history.*

1. How long have you practiced yoga? \_\_\_\_\_
2. How many days per week do you practice yoga? \_\_\_\_\_
3. What style of yoga do you usually practice? \_\_\_\_\_
4. What teachers have you studied under regularly? \_\_\_\_\_
5. List any workshops you have taken. \_\_\_\_\_
6. Do you hold any other certifications in yoga, wellness or fitness? \_\_\_\_\_
7. Do you currently teach yoga? If so, where and what style? \_\_\_\_\_  
\_\_\_\_\_
8. What aspects of yoga do you practice? (Meditation, Pranayama, etc.) \_\_\_\_\_  
\_\_\_\_\_
9. What area of yoga challenges you the most? \_\_\_\_\_  
\_\_\_\_\_
10. What motivated you to do this (list three goals?) \_\_\_\_\_  
\_\_\_\_\_
11. What is your preferred T-shirt size? \_\_\_\_\_



**Questionnaire continued....**

12. What do you hope to gain from this training? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. In your opinion, what qualities embody a good yoga instructor? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. What are your greatest concerns about taking a training of this magnitude or becoming a teacher?  
(e.g. uncomfortable speaking in groups, not sure you can do certain postures.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. If photography or videos are taken during the course of the training for educational or promotional purposes, are you ok with the use of your image?  
\_\_\_\_\_  
\_\_\_\_\_