



200-Hr RYT Live Your Yoga Teacher Training Program

August 2022 – April 2023

Registration Deadline: July 30, 2022

Cary Yoga Collective is pleased to announce our 2022-2023 annual Live Your Yoga Teacher Training Program, developed by our Founder of Yoga Garden of Apex, Dharma Richards. Whether you want to become a yoga teacher, or if you are looking to delve deeper into your own personal practice, you do not have to be an advanced practitioner to enroll. Outlined below is basic information regarding the program, including dates, tuition and application. Our program will certify graduates at a level exceeding the Yoga Alliance 200-Hour Teacher Training requirements, and is offered to anyone, with at least 6 months of formal yoga practice with a qualified teacher, who wants to formalize their study of yoga in order to Live Their Yoga. Registration is strictly limited and space fills quickly. Please info@cary-yoga.com if you have any questions or need assistance in any way.

Om Shanti, Peace.

2022-2023 Weekend Times & Dates:

Dates: 2022: August 27th - 28th, September 24th - 25th, October 22nd - 23rd, November 19th - 20th, December 17th - 18th

Dates 2023: January 21st - 22nd, February 18th - 19th, March 18th - 19th, April 22nd - 23rd

Days/Times: Saturdays & Sundays 9:00am-5:30pm (Daily times may vary if needed)

100% Attendance is mandatory. If you have any scheduling conflicts, please email info@cary-yoga.com. It is not recommended, but under extenuating circumstances if any dates are missed, we will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$50/hr.), while upholding the integrity of our program.

Cary Yoga Collective * 2425 Kildaire Farm Rd * Cary, NC * 27518 * 919.533.YOGA

www.caryyogacollective.com * info@cary-yoga.com



- ❖ Punctuality. 100% Attendance is Mandatory. *Pre-Approved* makeup hours will be billed at an hourly rate
- ❖ Daily Asana, Pranayama & Meditation Practice (home study or in class setting)
- ❖ 7 required textbooks (not included in tuition; see Required Reading List attached)
- ❖ Attendance in a weekly class at Cary Yoga Collective or other approved certified RYS facility
- ❖ Three research papers and class reviews
- ❖ Karma Yoga – 9 hours minimum Volunteer Service (does not have to be ‘yoga’ related)
- ❖ 10 Hours of Student Teaching towards the end of program
- ❖ 10% Off Any class pass & retail items through the end of the program with Cary Yoga Collective
- ❖ 20-Class Pass is included in tuition

Course Topics Overview:

Classical Hatha & Vinyasa Training with Concentrations in Restorative & Yin Yoga * Beginning & Advanced Sequences * Yoga Philosophy & Lifestyle * Ethical Guidelines * Styles & Types of Yoga * Karma Yoga & Selfless Service * Purification * Yama & Niyama and the 8-Limbed Path of Patanjali’s Yoga Sutras * Cleansing * Mantra * Pranayama & Concentration Techniques * Postures & Sequencing * Yoga Nidra & Relaxation * Yin Yoga * Restorative Yoga * Yogic Nutrition * Ayurvedic Principles * Chakras * Business of Yoga * Teaching Circles * Continued Education Recommendations * Ancient Texts & Scriptural Studies * Yoga Therapy * Teaching & Assisting Practicum * Anatomy & Physiology * Adjustments & Modifications * Intro to Prenatal Yoga * Yoga for PTSD, Anxiety & Depression * History * Student Assisting & Teaching * Developing a Daily Practice & Practice Journal * Homework, Essays and Practice Assignments

Required Reading List

Tree of Yoga – BKS Iyengar

Yoga - The Spirit & Practice of Moving Into Stillness – Erich Schiffmann

The Heart of Yoga: Developing a Personal Practice- T. K. V. Desikachar

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

The Living Gita – Sri Swami Satchidananda

Yoga Anatomy – Leslie Kaminoff

Yoga Posture, Adjustments and Assisting – Stephanie Pappas

Recommended but NOT Required

Back Care Basics, Mary Pullig Schatz, M.D., The Miracle Of Mindfulness, Thich Naht Hanh, Light On Yoga, BKS Iyengar



Live Your Yoga Teacher Training Program Application

(Registration deadline July 30, 2022. Early Bird Pricing Ends June 30, 2022)

August 2022 – April 2023

Name: _____ Birthdate: ____/____/____

Home Phone: _____ Mobile: _____

Email: _____

Address: _____

City: _____ State/Zip: _____

Emergency Contact: _____ Phone: _____

List any medical issues or concerns: _____

Investment Options (please check one)

_____ **Option 1:** \$2,900 Paid in Full by June 30, 2022 (\$250 is non-refundable/non-transferable) with Application.

_____ **Option 2:** \$500 Deposit (\$250 is non-refundable/non-transferable) with application prior to June 30, 2022, and 5 auto-payments of \$520/ea. due the 1st of each month prior to each of the first 5 training weekends.

_____ **Option 3:** After June 30, 2022, \$3,200 Paid in Full (\$300 is non-refundable/non-transferable) with Application

_____ **Option 4:** After June 30, 2022, \$600 Deposit (\$300 is non-refundable/non-transferable) with Application; and 5 auto-payments of \$520 due the 1st of each month prior to each of the first 5 weekends

***Auto Pay Debit Information (Complete only if choosing Investment Option 2 or 4, or if paying-in-full on bankcard):**

Circle One: Visa MasterCard Debit Card

Card Number: _____ Expiration: _____ CCV#: _____

Name on Card: _____

Signature of Acceptance of Terms Above: _____

Please initial: _____ I have read and accept the Cancellation & 100% Attendance Policy



Cancellation & Attendance Policy – NO EXCEPTIONS. Please initial on each ' _____ ' and sign:

_____ Withdrawals up to 90 days before the start of the program: All payments will be refunded minus non-refundable deposit.

_____ Withdrawals 60-0 days prior to start of the program: All payments are non-refundable unless a replacement student is found.

_____ Once you begin the program, all payments are non-refundable. Non-attendance is non-refundable. See Attendance policy below.

_____ Withdrawals from the program must be made in writing or email.

_____ Cary Yoga Collective reserves the right to postpone or cancel the training if the required minimum of registrants is not met, with full refund.

_____ **100% Attendance is mandatory.** If you have any scheduling conflicts, please email info@cary-yoga.com. We will make every effort to work with your individualized needs, which will include make up private sessions billed at an hourly rate (\$50/hr.), while upholding the integrity of our program.

_____ We want to make sure that those who are dedicated to attending are able to. If you have any question as to the time and commitment required or the scheduled dates for the program, please email us at info@cary-yoga.com with any questions or concerns before enrolling in the program.

I have read and accept the Cancellation & Attendance Policy:

Signature: _____ Print Name: _____



What is your profession?

What is your current state of health? List all health ailments, if any.

Do you have any injuries? Please describe.

Are you currently on any medications? If so which ones and what for?

Do you currently see a therapist?

Describe your yoga experience and current practice? Include how long you have been practicing, with who, and any teaching experience.

What is your intention for applying for this program?

How will you make the time for a daily practice?



What are your biggest challenges in life?

Is there anything else you would like to share?

How is your diet and how do you feel about it?

Please allow 5-7 business days to process your application and receive confirmation email.

Please email (photo of or scan), mail, or hand-deliver original signed Application & Payment to our studio.