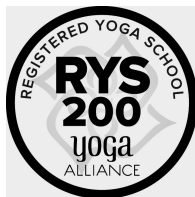


# Juliana's Hatha Yoga Teacher Training

Coral Springs, Florida

2016

This teacher training fulfills the Yoga Alliance's national standard for a registered yoga teacher.



## **Awaken the teacher within.**

With more than 25 years of experience in teaching yoga, Juliana knows that the best way to learn how to teach yoga is to immerse yourself completely in a yogic lifestyle and practice so that your teaching comes from your deep personal experience. With Juliana you will participate in posture clinics, study the ancient yogic texts, explore experimental anatomy, practice teaching in a variety of learning environments, and more.

## **What will you learn?**

**Relaxation and Meditation Methodology** gain skills for centering yourself and your students, creating a sacred space, and guiding the class in deeply restorative Savasana.

**Pranayama Techniques** Enable your students to experience body-mind integration and purification through yogic breathing, and teach them to connect consciously with their prana, or life force - the inherent wisdom of the body. Learn and practice creative ways of incorporating various methods of pranayama into your posture sequences.

**Principles of Anatomy, Physiology, and Kinesiology** Focus on safety, joint movement, range of motion, and a functional understanding of skeletomuscular systems and structures.

**How to Create Inspirational and Safe Yoga Classes** Develop skills for teaching an inspirational 1-hour or 1 1/2- hour yoga class: discover creative ways to warm-up and cool down the body; learn the benefits of classical yoga postures and how to weave them into posture sequences that make an exciting class; find ways to motivate students and safely pace your class according to students' skill levels and experience, including how to offer modifications, posture options, clarification of contraindications, and how to create lesson plans for a complete series of classes with progressive levels of difficulty.

**Skills for Transformational Teaching** Help your students develop a heightened sense of body-awareness and self-awareness to deepen their practice on the mat, and show them how to take that awareness into their lives.



# *Yoga Teacher Training*

## FEES & SCHEDULES

### JULIANA'S HATHA YOGA TEACHER TRAINING SESSION

2016

Our Teacher training schedule will be as follows:

We will meet every Tuesday 4-9pm, as well as Saturday and Sunday every other weekend from 9am-5pm.

#### **Juliana's Yoga Teacher Training Certification Program**

200 hour

Start Dates: To be Announced for Spring and Fall 2016

Tuition: \$3,000.00

Location:

Juliana's Art of Yoga Studio, Coral Springs, FL and Pompano Beach, FL

#### **TERMS:**

A non-refundable deposit of \$750 is due upon registration for the teacher training course. The balance is payable in 3 installments of \$750 due at the 20<sup>th</sup> of every month for 3 months (2016. Balance due before graduation)

#### **Conditions:**

Juliana's Art of Yoga will not be held responsible for any loss or physical disability in any way resulting from or during the course of training.

The participants have to be in good general health as the yoga teacher training course will be comprehensive and demanding.

Juliana's Art of Yoga has the right to change the yoga teacher training course hours, course contents, course fees, include or delete some aspects of the program and course if necessary without prior notification.

The cost of recommended text or other materials for the course except for teacher training manual will be the responsibility of the participants. For any further inquiries, please feel free to call or email me at:

(954) 696-6978

[Julianasyoga@hotmail.com](mailto:Julianasyoga@hotmail.com)



## Teacher Certification Requirements

Teacher training certification Hatha Yoga Level 1 fulfills the Yoga Alliance's 200 hour national standard for a Registered Yoga Teacher (RYT). Evaluation is based on successfully meeting the Hatha Yoga Teacher Training Level 1.

- Minimum one year of yoga practice
- Attendance of all 152 hours of classroom instruction with Juliana Trejo plus 20 hours of assigned homework, 20 Hours of Non-Contact Classes with other teachers, and 8 hours of Karma Yoga.
- Satisfactory practicum assessment
- Passing grade on oral and written examination
- Full payment of course fees

### Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Do you wish to receive monthly newsletters to inform you of upcoming events at the studio? **Yes / No**

How did you hear about us? \_\_\_\_\_

- \$750 deposit upon registration

Payment method ( ) Check ( ) Cash

### Refund policy

I understand that:

A non-refundable deposit of \$750 is due upon registration for the teacher training course. The balance is payable in 3 installments of \$750 due at the 20<sup>th</sup> each month for 3 months. After the start



of the training, no refunds will be given for the training. Juliana's Art of Yoga reserves the right to terminate any student from the training program at any given moment.

In consideration of and as inducement to you enrolling me as a student of Juliana's Art of Yoga, 9739 W. Sample Rd, Coral Springs, FL 33065, I represent and agree as follows:

1. I am presently in good health. I have been examined by a licensed physician within the past SIX months and I have been found by such physician to be in good health and fully able to perform all Yoga exercises.
2. I understand and acknowledge that I am to receive instruction in yoga exercises only, and I will not hold Juliana's Art of Yoga/Yoga 4 Life, Inc., its partners, instructors or employees to any higher standard of care that are applicable to a Yoga school.
3. I hereby release, waive, discharge and covenant not to sue **JULIANA'S ART OF YOGA/YOGA 4 LIFE, INC, IT'S PARTNERS, IT'S OWNER, IT'S INSTRUCTORS, IT'S AGENTS AND EMPLOYEES**, (all for purposes herein referred to as "RELEASES"), from all liability to the undersigned, his or her personal representatives, assign, heirs, and next to kin for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death or injury of the undersigned whether caused by, negligence of the Releases or otherwise while I am in or upon the premises used by Releases.
4. I hereby assume full responsibility for and risk of bodily injury, death, or property damage that may be due to the negligence of the Releases or otherwise while I am in or upon the premises and/or while Yoga programs or education offered by Releases.
5. I expressly agree to indemnify and hold harmless Releases, arising out of the necessity of defending any lawsuit instituted by virtue of injuries, death or property damage suffered by me, or injuries, death or property damage caused by me.
6. I further expressly agree that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State of Florida and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. I have read and voluntarily signed this form, and further agree that no oral representations, statements or inducements apart from the foregoing written have been made. This release contains the entire Agreement between the two parties hereto, and in terms of this release are contractual and not a mere recital.
8. The tuition paid herewith and such registration fees paid hereafter are NON-REFUNDABLE and subject to time limits which I agree and abide by.

I FURTHER STATE THAT I HAVE CAREFULLY READ THE FOREGOING RELEASE AND KNOW THE CONTENTS THEREOF, AND FULLY AGREE WITH AND UNDERSTAND IT, AND I SIGN THE SAME AS MY OWN FREE ACT.

DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_



# Teacher Training Application 2016

## I. PRE-REQUISITES

You must satisfy (A), (B) and (C) **to be admitted to Teacher Training**

- A. Minimum of twelve (12) month of regular Yoga Practice.
- B. Letter of Recommendation from the studio director of the affiliated studio where you have satisfied requirement (A)
- C. Minimum of 18 years of age

If you are unable to satisfy any of the above pre-requisites due to any extraordinary circumstances, you may submit a written description of your situation for consideration to [Julianasyoga@hotmail.com](mailto:Julianasyoga@hotmail.com)

- |                      |                         |
|----------------------|-------------------------|
| 1. First Name        | Last name               |
| 2. Address           | City                    |
| 3. State             | Zip                     |
| 4. Emergency Contact | Emergency Contact Phone |
| 5. Phone             | Cell                    |
| 6. Email             |                         |



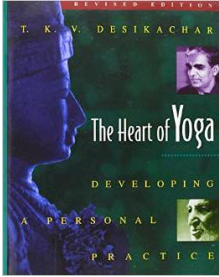
# Yoga Practice and Experience

1. Describe your yoga practice:
  - a. How long have you been practicing?
  - b. Who have been your most influential teachers and why?
  - c. List any trainings, intensives or retreats attended and why?
  - d. What style(s) of yoga do you practice?
  - e. How often and how long do you practice?
2. Why do you want to be a Registered Yoga Teacher?
3. Are you currently teaching yoga?
  - a. If so, where and what style of yoga do you teach?
4. What does yoga mean to you? Describe how your life has been impacted by practicing yoga.
5. What do you hope to gain and/or learn?
  - a. What are your expectations for this training?
6. Do you have any prior or current mental or physical problems or limitations that may affect your ability to teach yoga?
  - a. Are there any special accommodations or needs that would enable you to perform to the best of your ability?
7. Tell us about your hobbies, interests, other exercise practices, community service, etc.
8. How did you hear about the training?
9. Anything else you would like us to know about you?
10. Any questions, comments or concerns.

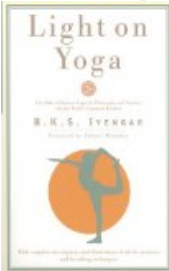


## Required Reading

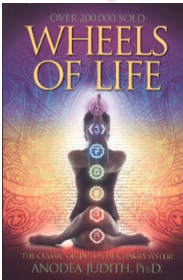
1. The Heart of Yoga  
By: T.K.V Desikachar



2. Light on Yoga  
By: B.K.S. Iyengar



3. The Wheels of Life  
By: Anodea Judith



4. The Yoga Sutras of Patanjali  
By: Swami Satchidananda

