



Dear Prospective Applicant,

Thank you for your interest in the Vital Vinyasa Teacher Training and Anusara Immersion. This unique opportunity is a 200-hour yoga instructor certification, fulfilling 100-hour Anusara Immersion requirements towards Anusara certification. The 200+ hour training will prepare you to teach the Vital Vinyasa Flow as well as provide an opportunity to study and practice pranayama, meditation, asana, as well as the tenets of India's 3000 year old healing system, Ayurveda. Trainees will study anatomy, Anusara principles of alignment, and learn business practices for the yoga industry. The Vital Vinyasa Teacher Training embraces community activism and your participation will also contribute to supporting a local charity.

The training will begin with a brief orientation for all trainees on Saturday, February 27 from 2-3 p.m. so that we may introduce the program, the instructors and participants. On Tuesday, March 2nd we'll meet for the Ayurvedic cleanse in which we will prepare the body slowly for three weeks, until the actual cleanse in the final week. We will meet Tuesdays March 2nd until March 23rd for the cleanse.

The Vital Vinyasa Training will be held Thursdays from March 4th until Thursday May 20th. Both Tuesday and Thursday evenings will begin promptly at 6:15pm and end promptly at 9:15pm. The Anusara Immersion component of the Vital Vinyasa training will be held on the following dates: Wednesdays March 3, 10, April 7, 14, May 5, 12 from 4:00-8:00 p.m.; Saturdays March 6, 13, April 10, 17, May 8, 15 from 9:00 – 2:30; Sundays March 14, April 11, 18, May 9, 16 from 9:00 – 2:30 p.m..

The Vital Vinyasa Trainees will also be meeting the following weekend days, March 27, 28, April 3, April 24, 25, May 22, 23. Our weekend sessions will be from 10:30 am until 5:30 pm. In addition, there will be one Friday night session on March 26 from 6:15-9:15 p.m..

The cost of the training is \$3500, or \$3000 if paid in full by February 1st. In addition to the cleanse and training, your investment includes 3 months of unlimited yoga. We have one internship available. If you feel you might be a candidate for this position, please submit your request to be considered with your application. Other details may be found in your application packet.

Once your application is complete, please return it to: Vital Yoga, 4342 Tennyson Street, Denver, CO 80212. Please call (303) 477-8545 if you have any questions as you consider stepping onto this path.

We look forward to facilitating your journey into this ancient and amazing art of practice,

Desi and Micah Springer and Madhuri Martin



## Vinyasa Teacher Training Application

Name \_\_\_\_\_ Date \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State Zip \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Are you currently a yoga student at Vital Yoga? \_\_\_\_\_

Have you participated in Vital Yoga's Programs and if so which?  
\_\_\_\_\_

How long have you been practicing yoga and which styles?  
\_\_\_\_\_

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

Is your intention to teach yoga or simply intensify your individual practice?  
\_\_\_\_\_

Do you have any injuries or health related concerns? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you aware that you will be asked to take a minimum of 5 yoga classes a week? \_\_\_\_\_

**Please submit with this application a page length essay describing your interest in yoga and your enthusiasm for teaching or intensifying your individual practice.**

Check any program that you may also be interested in participating in the future:

Vital Roots Teacher Training \_\_\_\_\_

Vital Vinyasa Teacher Training \_\_\_\_\_

Advanced Teaching Practicum \_\_\_\_\_

Advanced Yoga Therapy \_\_\_\_\_

Patanjali's Sutra Workshop \_\_\_\_\_

Advanced Ayurveda \_\_\_\_\_

Advanced Anatomy \_\_\_\_\_

Primordial Sound Meditation \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please submit your application in person to Antonia Totaro at the Vitality Center located at the Vital Yoga Highlands studio at 4342 Tennyson St. Denver, CO 80211.** Phone number: 303 477 8545. Email: [www.events@vitalyoga.org](mailto:www.events@vitalyoga.org) We will respond to your request within 48 business hours.



## Vital Vinyasa Trainee Agreements

### Vital Vinyasa Financial Agreement:

The cost of the Vital Vinyasa Teacher Training is \$3500. \$1500 deposit is due on or before February 15, 2010. If payment in full is received before February 1st, the cost is \$3000. Otherwise, after the initial deposit of \$1500, we will keep your credit card information on file and charge two separate payments of \$1000 each; the first on April 1, 2010 and the second on May 1, 2010.

Name as it appears on the card \_\_\_\_\_

Credit Card Type and# \_\_\_\_\_

Expiration \_\_\_\_\_ Security Code \_\_\_\_\_

### For administrative purposes:

**Initial Deposit/Payment in Full** \_\_\_\_\_ **Date Received** \_\_\_\_\_

**April Installment Amount** \_\_\_\_\_

**May Installment Amount** \_\_\_\_\_

### Vital Vinyasa Commitment to Training Attendance:

Part of your commitment to this training is a commitment to being on time, and attending every class. Our intent in this agreement is to help you get the most out of your training experience with us, to ensure the highest quality and level of training to all participants, and to build a strong, dedicated community of practitioners and teachers. We understand that this for many will appear to be a unreasonable commitment. Please consider that for this 10 week period of your life you will be getting back all that you put in and so much more. To this end, please read carefully and sign the following:

I, \_\_\_\_\_, understand that my 100% participation is required at every class and event of the Vital Vinyasa Teacher Training (February 27th through May 23<sup>rd</sup> 2010). If, in the event of an emergency I am not able to participate in any part of the program, I will be required to make up the time missed by scheduling a private class with one of the principal teachers (Micah, Desi or Madhuri) at \$100 per hour. If I miss more than three sessions, I will not be allowed to finish the training, collect a certificate, and I will not be given any refund of money paid.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_