



VITAL ROOTS OR VINYASA TEACHER TRAINING
200-Hour Certification Program
Oct 1–Dec 11, 2011 | Vital Yoga Highlands

Thank you for your interest in the Vital Yoga Teacher Training, we look forward to sharing this life changing event with you! Whether you are interested in Vital Roots or Vinyasa, the schedule remains the same. We'll meet together for philosophy, anatomy, and alignment, but separate into our respective groups to practice teaching. The 200+ hour training will prepare you to teach the Vital Roots series or Vinyasa style as well as provide an opportunity to study:

**Yoga Theory | History | Literature | Anatomy + Physiology | Sequencing
Alignment | Ethics | Philosophy | Ayurveda | Business | Dharma | Seva**

Training will be held on the following dates and times:

Saturday October 1, 2011: 2:00-5:00pm (Orientation)

Saturdays Oct 8-Dec 10: 10am-6pm (except Oct 22 and Nov 26)

Sundays Oct 2-Dec 11: 10am-5pm (except Nov 27)

Mondays Oct 3-Dec 5: 6:30-9:30p

Wednesdays Oct 5-Dec 7: 6:30-9:30pm (except Nov 23)

Please include with your application, a page length essay describing your interest in yoga, your enthusiasm for teaching or intensifying your individual practice, as well as a description of your commitment to serving your community. When complete please submit in person to Marjorie VanDyke at Vital Yoga Highlands 3955 Tennyson Street, Denver, CO 80212. Marjorie can be reached at (303) 477-8545 or admin@vitalyoga.org

If you have any questions as you consider participating in this rare certification opportunity, please contact:

Micah Springer at micah@vitalyoga.org, Desi Springer at desi@vitalyoga.org or Kitty Kreisberg, bhaktikitty@gmail.com

Fall 2011 Vital Yoga Teacher Training Application

Date _____ Name _____

Email Address _____

Mailing Address _____

City/State Zip _____

Phone _____ Emergency Contact _____

Are you currently a student at Vital Yoga? _____

Have you participated in other Vital Yoga 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?

Which style; Vinyasa or Vital Roots do you intend as your "major"? _____

Payment Information

The investment in this training program is \$3500. Students who enroll by September 16th receive 10% off the cost of tuition. If paying in installments, a \$500 deposit is due by October 1st, 2011. A payment plan is available after the deposit. If you opt for the payment plan, we will keep your credit card information on file and charge three separate payments until paid in full; the first on October 15th, 2011, the second on November 5th, 2011, and the final installment on December 3rd, 2011. All payments are nonrefundable.

Training investment includes all books and materials, in addition to three months of unlimited yoga classes at any Vital Yoga location as well as the Ayurvedic Cleanse.

Name as it appears on the credit card _____

Credit Card Type and # _____

Expiration date _____ Security Code _____

Commitment and Participation Agreement

Part of your commitment to this training is a commitment to being on time, practicing yoga 5 times per week and attending every training session. Our intent in this agreement is to help you get the most of your training experience, to ensure the highest quality and level of training to all participants and to build a strong, dedicated community of practitioners and teachers. To this end, please read carefully and sign the following:

I, _____, am aware that I am required to take a minimum of 5 yoga classes a week at any Vital Yoga studio for the duration of the training. Each time the training meets we will practice, with the exception of the cleanse meetings, and you are able to log those classes.

I, _____, understand that my 100% participation is required at every class and event of the Vital Yoga Teacher Training (October 1st through December 11th). 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 an approved teacher at \$100 per session. If I miss more than three (3) sessions, I will not be allowed to finish the training, collect a certificate, nor given any refund of money paid.

Signed: _____