



Kai Yoga Arts Ayurvedic Yoga Teacher Training

Presented by Kai Yoga Arts

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Teacher Training Application Form – 200 Hour

Kai Yoga Arts,LLC, Ayurvedic Yoga Teacher Training Course

Description of Training

Along with the study and practice of traditional Hatha Yoga, this study is strongly geared towards Ayurvedic teachings, treatments, lifestyle and philosophy. As such we would appreciate a color photo of yourself, face clearly visible. Upon submitting your application, a time will be arranged to meet with the Ayurvedic therapist prior to the beginning of the school to determine your Prakriti, or Constitution according to Ayurvedic principles, as this knowledge will be used extensively throughout your training. The questions asked are necessary to determine your constitution only and any information given will be confidential.

Our teacher was trained in the traditional and orthodox methods of Ayurveda and Hatha Yoga, and we feel this course is a unique opportunity for one to study these traditions. In this way, these practices may differ from what you may be accustomed to in a typical yoga training, and we advise the student to keep an open mind throughout this course of study.

Conditions

According to traditional *Ayurvedic practice*, no claims are made to cure or heal people of specific symptoms or dis-ease. The ancient and holistic *Ayurvedic* system facilitates, through education, the means to realize and understand your own entirely unique nature and how best to manage it. It is a life-long journey and there are certain things you are here to experience in this lifetime. *Ayurveda* can provide you with the necessary tools to understand and accept your nature and manage it as best you can, so that those things you are here to experience may indeed be experienced.

Requirements for Completion of Course

Attendance at all classes is compulsory.

Students must complete 100 hours of yoga practice with an approved teacher.

Student must complete a certified CPR course, offered at Kai Yoga Arts.

Students will teach three practice yoga classes, observed by a Kai instructor. They also will observe three classes.

Students are expected to read and familiarize themselves with the provided reading material, becoming aware of the fundamental philosophies of Yoga and Ayurveda.

Students will be expected to submit a final essay, chosen from a list of topics or upon approved topic of their choice.

Fees

There is a \$150.00 non-refundable application fee due upon submitting the application. The balance of \$2000.00 (tuition) will be due at the start of your program. Please call us if you have questions.

Your tuition covers the following:

100 hours of classroom workshops and instruction.

100 Hours of yoga classes at Kai Yoga. 100 hours must be logged to be eligible for the Yoga Alliance 200 RYT certificate. The student will have 6 months to complete this.

Kai Yoga Arts will provide the required textbooks.

Upon graduation from the Kai Yoga Arts YTT course and the completion of 100 hours of approved yoga practice, Kai Yoga, LLC, will apply for the student's RYT-200 certification from Yoga Alliance. Upon completion of this course, the student will also receive an Ayuryoga Certificate from Ayuryoga, of Singapore, an affiliated school of Kai Yoga Arts, LLC.

Agreement

- I understand that tuition must be paid in full by the starting date, unless other arrangements have been made in agreement between myself and Kai Yoga Arts, LLC.
- I understand that I must meet the requirements of graduation as stated in this application.
- I agree to honor the space of Kai Yoga Arts and to conduct myself in a manner of respect and acknowledge that I am there as a student and will convey that respect to fellow students and faculty.

- I acknowledge that by learning the tradition of yoga, I will honor that trust and bond between a teacher and student. I agree to never exploit a student for personal gain or gratification and will always treat them with respect.
- I agree that my role as a yoga teacher is to serve the student's personal exploration of yoga, and will do so in a conscious manner.

I do acknowledge that Hatha Yoga is a physical practice and there is risk of personal injury. I agree not to hold Kai Yoga Arts, LLC, or any of its instructors liable for any mishap that may occur during my class participation.

Submission of application signifies that I have read, understand and agree to all requirements for the training.

_____ Yes (required)

Signature _____

Printed Name _____

Date _____

Student Information

Name: _____

Female ____ Male ____ Date of Birth: ____/____/____

Mailing Address: _____

City, State, Zip: _____

Telephone (home): _____ (cell) _____

Email: _____

Do you currently receive Kai Yoga Art's newsletters? _____

How many years have you been practicing yoga? _____

Are you currently taking yoga classes? Yes ____ No ____

How many times a week? _____ How long have you been taking this class? _____

What style or tradition? _____

What relevant courses, education or training have you had in the past two years?

Are you currently teaching yoga? Yes _____ No _____

Where? _____

Tell us about the class: style, tradition, length of class: _____

Please tell us something about your expectations from this course, also, why you chose Yoga Teacher Training at Kai Yoga? _____

Are you interested in teaching at Kai Yoga Arts? Yes _____ No _____

Health Information

Describe your present state of health: _____

Physical Limitations: _____

Serious illness, injury or major surgery within the last two years: _____

Please describe any mental or physical condition that would be helpful for your instructor to be aware of. Any chronic pain or ailment?.

In case of emergency, please contact:

Name: _____ Relationship: _____

Telephone: _____ Alternate Telephone: _____

Physician: _____

I certify that the above information is true and complete to the best of my knowledge, and that I will not hold Kai Yoga Arts, LLC or my instructor liable for any mishaps arising from my participation in the Teacher Training program or a yoga class held at Kai Yoga Arts.

Signature _____ Date: _____

When you are finished filling out the form Save a copy to your computer, then email to namaste@kaiyoga.net