



2012 Forms
must be submitted before May 1

534 West Otterman Street
Greensburg PA 15601
412-551-1555

info@moonglowyoga.com
www.moonglowyoga.com

2012 Application for Moonglow Yoga Teacher Training

Please complete and submit the application form. We require that you send a \$100 deposit which will secure a space for you. You can pay the balance at any time prior to first session, or you can make monthly payments over the next nine months of \$220 each month. Tuition for our 200 hour program is \$1,800 if paid before first session. Or, if paying monthly, your total is \$1980. Your payment includes tuition, unlimited access to Moonglow Yoga classes, workshops taught by Moonglow Yoga School instructors, the Moonglow Yoga School Training Manual and private mentoring. Textbooks are not included. If monthly payments are made, each payment MUST be made prior to the next session, or you will forfeit your training weekend and will have to make it up after payment is made.

Workshops taught by other than the school's instructors are available at face value.

Refund policy: all payments are non-refundable.

Name: _____
Date of Birth: _____
Mailing Address: _____
Phone: _____
Email address: _____

Current profession or lifestyle:

- Write a brief but complete description of your Yoga experience, including the style(s) that you have practiced in the past, with whom you have studied and when. Are you currently attending Yoga classes? If yes, tell where, with whom, how often, etc. Please also include previous yoga teacher training experiences.

- Are you working with any particular challenges, injuries, etc? If so, what are they and how are you addressing them?

- What do you want to gain from this program? If you have specific wishes or areas of interest that you would like to explore, please explain.

- Do you want to teach Yoga? Why or why not?



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'200 Hour' Moonglow Yoga Teacher Training Description & Certification Requirements

Moonglow Yoga Teacher Training follows and incorporates minimum Yoga Alliance Standards.

- **Techniques/Training Practice: (100 Hours)** Includes asanas, simple breathing exercises, chanting, and meditation. These hours are in the dedicated yoga teacher training environment at Moonglow Yoga.
- **Teaching Methodology: (25 Hours)** Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and deepening communication skills.
- **Anatomy and Physiology: (20 Hours)** Includes both physical anatomy and bodily systems, organs, etc., and subtle/pranic anatomy and physiology (chakras, nadis, etc.).
- **Yoga Philosophy, Ethics, & Lifestyle: (30 Hours)** Study of Yoga Sutra (ethics for yoga teachers), 'living the life of the yogi', truthfulness and self introspection reading.
- **Practicum: (10 Hours)** Includes student teaching as well as observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.
- **Non-Contact Hours: (30 Hours)** Studies from book list, observing other yoga instructors, journaling.
- **Contact Hours: (180 Hours Minimum)** Contact hours means that the teacher trainer is physically in the presence of the student. Non-contact or independent study hours may include assigned reading.

Moonglow Yoga Teacher Training complies with the 200-Hour Level of the Yoga Alliance Standards for Registered Yoga Teachers, as follows:

1. **Contact Hours: (180 Hours minimum)** Instruction with the teacher trainer physically present.
2. **Non-contact or independent study hours: (20 hours minimum)** Learning when the teacher trainer is not present. This may include: assigned reading or other homework, unsupervised study groups, and observing other students' instruction.

Yoga Alliance Yoga Teacher Registration Information:
(Moonglow Yoga School is a Yoga Alliance Registered School.)

Upon successful conclusion of your Moonglow training, you will be qualified to register with Yoga Alliance. To assist you in this process, at the conclusion of the Yandara training, we will supply you with the following:

1. An application to become a Registered Yoga Teacher.
2. A 200 hour Yoga Teacher Training certificate
(see next page, Student Assessment Process for requirements).

A fee is required for this registration, payable directly to the Yoga Alliance.



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Certification Process

Throughout the program, you will participate in weekend workshops with the school's director as well as workshops led by guest RYT instructors.

Moonglow Yoga School's curriculum is covered in nine weekend sessions. You will be required to complete tasks set for you in between sessions which include written inquiries on the particular module we are working on, journaling, and assigned readings.

You are encouraged to participate in three classes a week with a qualified yoga teacher. These classes can be at Moonglow Yoga, or at another area yoga studio. Those unable to do this can practice with DVD's, podcasts or in other ways, experience other teaching styles. Please keep a journal with accurate records of your class experiences.

To receive certification at the 200 hour level Moonglow Yoga Teacher, students must:

1. Attend required classes, activities and assignments (or scheduled makeups).
2. Satisfactorily complete all reading assignments, written assignments and take home and in-class quizzes. Pass satisfactorily a written final.
3. Demonstrate the skills and attitudes of a Moonglow Yoga teacher including:
 - Satisfactory performance in the student teaching sessions,
 - Practice teaching and agree to follow the Code of Ethics for Yoga Teachers.

Evaluation will take into account:

- Understanding of techniques and knowledge of basic instruction,
 - Clarity of instructions, demonstration skills,
 - Observation of class and appropriate corrections,
 - Pacing, Control of class, Attitude, Confidence
 - Manner of interaction with students,
 - Ability to create and maintain physical, emotional, and psychological safety for students.
4. Certification is based on our subjective assessment of your readiness to teach and knowledge base. Those who prepare adequately and make a sincere effort during the program usually receive certification. Over the program, we will build up a close bond and we will remain your mentor for as long as you choose.

Things to Bring With You:

Sticky mat, yoga strap, 2 yoga blocks, 1-2 thick yoga blankets, meditation seat or pillow, eye pillow, all required books, pencil, or pen and notebooks. You may bring a laptop, if you prefer to take notes by typing them into your computer. Wireless internet is not available at this time.



Name _____

Date _____

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Ethics Agreement for Moonglow Yoga Students

Moonglow Yoga Instructors offer experiential educational yoga classes. We recognize that the nature of yoga is to promote physical and psychological growth, through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred, safe environment to allow transformation to happen. It is important for you to possess a high degree of emotional maturity and personal integrity, in order to serve and empower your students.

As Moonglow Yoga Instructor I agree to the following code of ethics:

I agree to have a sincere commitment to provide the highest quality care to those that seek my professional services. Initials: _____

I agree effective yoga teaching often involves some physical contact applied in an atmosphere of safety. It is my responsibility as a teacher to create and maintain a safe environment that engenders trust and mutual respect among students and teacher. I agree to offer compassionate, competent, and safe touch to my students when assisting them in yoga classes. Initials: _____

I agree to refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a student even if the student attempts to sexualize the relationship. I agree an essential part of teaching Moonglow Yoga is the development and maintenance of a professional teacher/student relationship. This includes establishing clear and appropriate social and sexual boundaries. I agree not to engage in a sexual relationship with any student within six months of them formally dropping out of class. Initials: _____

I agree to represent my qualifications honestly and provide only the services I am qualified and certified to perform. I agree to refrain from recommending treatment, diagnosing a condition, or suggesting a student disregard medical advice. I agree to acknowledge the limitations and contraindications of yoga and refer students to the appropriate health care professionals. Initials: _____

I agree to consistently maintain and improve my professional knowledge and competence, striving for professional excellence through regular assessment of personal and professional strengths and weaknesses and through continued education and training. Initials: _____

I agree to conduct my business and professional activities with honesty and integrity. I agree to refuse to unjustly discriminate against students. I agree to respect students' boundaries with regard to privacy, disclosure, emotional expression and beliefs. Initials: _____

I agree to avoid any interest, activity, or influence, which might be in conflict with my obligation as a Moonglow Yoga Instructor to act in the best interest of the students. Initials: _____

I agree and understand that all actions that breach the principles of this Moonglow Yoga Instructor's Ethics Agreement will be fairly investigated. I understand that if the situation warrants, my certification as a Moonglow Yoga Instructor may be suspended, revoked or restricted. I have read this document in its entirety, understand it, and agree to honor it. I also understand that by signing the application I am entering into a legal contract that incorporates all aspects of this agreement. Initials: _____

I agree to accept a "non-compete" relationship with Moonglow Yoga, in-which, I agree that I will not open a yoga studio/center within 30 miles of the Moonglow Yoga Center, or open a yoga studio within another fitness facility within a 30 mile radius. I agree that if I become an instructor at Moonglow Yoga, I may not teach at another yoga studio within a 30 mile radius.

I fully acknowledge, the information included, sequencing and style of yoga study in this program is copyrighted, and I will protect it by not REPRODUCING, OR DISTRIBUTING IT IN ANY FORM. I understand that exploiting this copyright leaves me liable for current copyright breach fines beginning at \$150,000.00.

I will protect the intellectual capital from this training, including manuals, study, guides and personal class instruction the same way I would protect my own private/confidential personal information. All class materials and handbook are the property of Moonglow Yoga and cannot be duplicated in any way. All copywrite laws apply.

Initials: _____