



125 NATURE PARK ROAD
GREENSBURG PA 15601

BETHANY@MOONGLOWYOGA.COM

APPLICATION FOR MOONGLOW YOGA TEACHER TRAINING

Please complete and submit the application form. We require that you make a \$385 deposit or payment in full - which will secure a space for you. Your tuition includes all training sessions, Moonglow Yoga classes, the Moonglow Yoga School Training Manual and individual mentoring. Workshops taught outside of the program syllabus are available at face value. Additional books are not included. If monthly payments are made, each payment MUST be made at the beginning of each month. Payments can be made online or at the studio - all payments are non-refundable and non-transferrable.

Questions? Contact Bethany at bethany@moonglowyoga.com, or by phone directly at 724.953.2020.

**Applications should be completed and dropped off at the studio, or mailed directly to Bethany:
Moonglow Yoga, c/o Bethany Connelly 1124 Mount Pleasant Road Greensburg PA 15601**

Name: _____

Mailing Address: _____

Phone: _____

Email address: _____

Current profession or lifestyle: _____

Your Yoga Experience: Are you currently attending Yoga classes? If yes, tell where, what styles, 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 detail here.

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



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ETHICS AGREEMENT FOR MOONGLOW YOGA TEACHER TRAINERS

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 A STUDENT OF MOONGLOW YOGA'S TRAINING PROGRAM, I AGREE TO THE FOLLOWING:

- Initials: _____ I agree effective yoga teaching often involves some physical contact applied in an atmosphere of safety. It is my responsibility as a trainee and 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 training and teaching Moonglow Yoga is the development and maintenance of a professional teacher/student relationship. This includes establishing clear and appropriate social and sexual boundaries. .
- Initials: _____ I agree to represent my qualifications honestly and provide only the services I am qualified and certified to perform.
- Initials: _____ I agree to refrain from treating and/or 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 conduct my teaching 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 accept a "non-compete" relationship with Moonglow Yoga, in-which, I agree that I will not: open a yoga studio, gain ownership or purchase a yoga studio, or open a yoga facility within another space - within a 10 mile radius of Moonglow Yoga unless I gain prior approval from the owners of Moonglow Yoga.
- Initials: _____ I also understand that this non-compete does not prevent me from teaching at other studios or facilities within this radius. However, I agree to not promote another studio or facility either while in training or teaching at Moonglow, unless I gain prior approval from the owners of Moonglow Yoga.
- Initials: _____ I will protect the materials from this training, including manuals, study guides and personal class instruction the same way I would protect my own private/confidential personal information. While yoga is a broad and variable practice, some of the materials and methods provided are copyrighted and should not be duplicated without prior approval from their respective owners.
- Initials: _____ I agree to honor my body during this training. I represent that I am in the proper physical condition, and have been cleared by my physician to participate in this training and any classes I take at Moonglow Yoga. I assume all risk of injury to myself and all risk of damage to and loss of my property arising out of my participation in this training and Moonglow classes. I release and forever discharge Moonglow Yoga, its owners, and its instructors from any and all liability for any injury, including death, and for property damage or loss which may be suffered by me, arising out of or in any way connected with my participation in this training and Moonglow classes; and, for myself, my heirs, executors, and assigns, to indemnify and hold harmless Moonglow Yoga, its owners, and its instructors from any and all liability, claims, demands, actions, loss and damage arising out of my participation in this training and Moonglow classes. I also understand that by signing the application I am entering into a legal contract that incorporates all aspects of this agreement.

Name: _____

Signature: _____

Date: _____



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CERTIFICATION PROCESS

KEEP THIS SHEET AS A REFERENCE

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

You will be required to complete tasks set for you in between sessions which include: assigned readings, class and sequence planning, self-study worksheets, and journaling.

You are encouraged to participate in two classes per week with a qualified yoga teacher. These classes can be at Moonglow Yoga (included in your tuition), or at your local yoga studio. Please keep a journal with accurate records of your class experiences. A log will be provided on the first day of training for outside classes.

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 assessments.
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.
 - Turn in a recorded 60-minute class for final evaluation prior to the final weekend.

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:

Yoga mat, water bottle and snacks if you'd like, meditation seat or pillow, required books, pens and notebooks. You may bring a laptop if you prefer to take notes by typing them into your computer.