**200hr Yoga Teacher Training Application**

**for the POTEGP Spiritual Guidance Center 501(c)3**

**Name: Birthday:**

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**Contact Number & Email:**

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**Reason You Wish to Join the Program: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**REGISTRATION**: to Register for the program and reserve your spot you must submit a non-refundable payment of $250 with this application no later than October 15th. Please make sure you can fully commit before sending in your registration fee and application. Deposits are returned to applicants who are not accepted in the program. Upon receival of application there will be a follow up interview to determine if our program is a good fit for you.

**$250 Deposit Payments can be made in Cash (in person), Check (written to POTEGP) or online (must request a link)**

**Applications can be mailed to POTEGP, 311 Sanford Rd, Westport MA 02790**

| **About the Program**  Weekly meetings on Sundays in addition to one Saturday each month.  *First Saturdays 10:30-1:30pm | Nov. 4th, Dec. 2nd, Jan. 6th, Feb. 3rd, Mar. 2nd & April 6th*  Weekly on Sundays *10:30am – 2:30pm | Nov. 5th – Apr. 21st (Excluding: Dec. 24th – Jan 31st)*  *Graduation Ceremony | Sat. April 27th & Sun April 28th (family/friend reception from 12-1 pm )*  *Tuition:* The entire program costs $3,200. To receive certification and attend the graduation retreat the total balance must be paid by April 21st 2024. We have several options for making payments including work-trade options; please talk to us to find out which option is best for you  *Practice Teach Hours:* in addition to the in person learning experience, each student is expected to complete 20 hours of practice teaching.  Additional Required Practice Hours: Each student is required to attend a minimum of 6 yoga classes with a certified yoga teacher during the duration of the program. Classes at the Heron are provided free of additional charge. All practice hours must be signed off by the teacher leading the class. (A spreadsheet will be provided)  **Overview**  This program encourages self-exploration, instills fundamental knowledge of both Sadhana Hatha and Vinyasa Yoga, and will assist in nourishing each student's goals. The program is designed for students to leave with a strong foundation for safe and ethical teaching practices. If one's goal is not to teach, but to use this training as a way to better understand their practice and the history and mechanics behind it, we also encourage you to attend! You will be introduced to ancient traditions, concepts and tools that lead to embodiment of wisdom, balance, contentment, and everlasting peace. The courses primary focus is the study of Sadhana Vinyasa Yoga, Sadhana Hatha Yoga, P-Jhana Meditation, P-Insight Meditation, Pranayama, Kriya, Bodywork (experiential anatomy and creative approach to movement/alignment) and POTEGP principles.  The program encourages you to find your own voice and teach based on your own direct experiences and wisdom. When you become an instructor and practitioner you are part of a tradition. |  | Lead Trainer: Jessica Howard  E-Mail: theheronstudio@gmail.com  Phone: [(774)264-0786 **Goals** Each student will become knowledgeable in safe and ethical teaching methods of Sadhana Yoga. We will explore yoga as a spiritual path working both experientially and theoretically. Our goal is to help students find their own voice by providing a strong foundation.  **Requirements: A desire to learn. No prior yoga experience is needed to attend.** **Materials: Required Books (to be purchased separately)** **BodyStories** by Andrea Olsen  **Yoga Anatomy** by Kaminoff Mathews  **Evaluation: There will be several exams, to determine each student’s progress as well as a final exam on the Graduation Retreat.**  *Links for more information*:  **Overview**: <https://www.theheronstudio.com/training/>  **Training & Requirements**: <https://www.theheronstudio.com/training-sessions/> |
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