



2012 Yoga School Application **200hr Teacher Training Program** **& Yoga Immersion Track**

Namaste. We are so glad that you are considering applying to one of Blue Banyan Yoga School's two exciting programs of study: Teacher Training or the Yoga Immersion Program! Obviously you are drawn to something in the practice and experience of Yoga that drives you to a deeper exploration and even toward the possibility of teaching. We are honored that you are considering Blue Banyan to be the school that might guide that transformation. Thank you.

Now...take a deep breath...We have intentionally crafted an application of great magnitude – one that will demand much of you. We do not expect you to already know the answer to every one of these questions. We do, however, expect you to answer each as honestly and completely as you can, and in some cases, take the time and spend the energy to find out the things you do not already know. The modern yogi(ni)-in-training must use all things at his/her disposal – ask friends, ask teachers (not Sophie or Jake), consult books, surf the internet...use your resources...but please take the time to answer the questions to the best of your ability.

And know that we are primarily concerned with your curiosity, your work ethic, and your exposure to the breadth of yogic topics that will be explored throughout the course of this program (not that you've got all the facts down). You should also feel free to present this application in a way that reflects your own personality, creativity and energy.

In addition to the completion of this application, all applicants need a minimum of 2 years of regular practice. Prospective students are also expected to take at least one class with both Sophie and Jake. (At which time, please note that you are doing so in pursuit/investigation of a Yoga School Program).

*Our **Teacher Training Program** is fully accredited and recognized by Yoga Alliance at the 200 hour level making you eligible to register with YA as an RYT upon successful completion of the program. Only students participating in the Teaching Track will be endorsed by Blue Banyan as teachers of yoga.*

Tuition for this program is \$3000 which includes:

- *Over 8 hours each week of direct in-class study with Sophie and Jake (for 5 months) including personalized instruction in an intimate, teaching-focused setting - as well as guidance through a transformational journey of experiential learning*
- *Weekend Workshops with our inspired Adjunct Faculty*
- *Unlimited Free yoga at Blue Banyan for the duration of the program*
- *The Blue Banyan Mentor Program*
- *Participation in special events outside of regularly scheduled class times*
- *Continuing Education offerings for following your graduation*
 - *And of course much more...*

The **Yoga Immersion Track** is a non-certification course of study designed for the individual interested in deeply transforming their personal practice and understanding of Yoga with no intention to teach.

Tuition for this program is \$1800 and includes:

- Over 9 hours of weekly in-class study with Sophie and Jake - with an emphasis on the transformational journey of experiential learning
- Weekend Workshops with our inspired Adjunct Faculty
- Unlimited Free yoga at Blue Banyan for the duration of the program
- Participation in special events outside of regularly scheduled class times
 - And more...

Tuition is due in full before the start of the program (special arrangements/payment plans can be arranged as needed and must be requested at the time of application). Each student will have a 4-week grace period in which to leave the program. Upon leaving, the student will be refunded 50% of their tuition with the option to enroll in a future Yoga School Program for 75% of the full tuition price. Extreme circumstances will be taken into consideration determined on a case-by-case basis.

The program runs February 3rd – June 16th, 2012

General Meeting Times are:

Fridays 5:30 – 9:30pm

Saturdays 11:00 am – 4:00 pm

One Sunday each month (1:00-6pm)

Specific dates TBD

The Teacher Training program meets most weekends, Yoga Immersion meets every other.

Please submit your application and a \$200 deposit by December 15th, 2011

Space is limited for BOTH programs.

Please include the following information at the top of your application.

Name _____

Address _____



**BLUE
BANYAN
YOGA**

Phone _____

Email _____

How long have you been practicing Yoga? _____

What style(s)? _____

Who have been your teachers? _____

Application questions on the following page.

Questions to be answered without the use of additional resources:

1. Why do we chant OM?
2. What does it mean to practice from a beginner's mind?
3. Habits tend to create neglect and neglect breeds habits.
How is this concept manifest on and off the mat for you?
4. Flexibility translates as many things.
Do you consider yourself a flexible person? How so?
5. What is your definition/description of Spirituality. How is it manifest in your life?
6. What yoga posture/pose are you most adverse to? Please explore why this might be so.
7. How is the following quote reflective of your practice?
"In the practice of tolerance, one's enemy is the best teacher" Dali Lama
8. What is your understanding of Ayurveda?
9. What are your expectations, hopes, fears around participation in this program?
10. Describe your yoga journey thus far, and how it has brought you to this application.

The following questions to be answered by Teaching Track Applicants only.

11. You are home for a holiday with your family and your mother asks you to share 30 min of yoga with her and her friends. What does it look like?
12. How is Savasana a culmination of a practice?
13. At Blue Banyan we feel it is crucial for teachers to come to the mat regularly as a student in order to maintain a solid teaching practice. How does this resonate with you?
14. Some attributes of a "good" yoga teacher can be taught, some cannot. What are those attributes and why/how might this be so.
15. What makes a good yoga class?

Questions that may be answered with the use of additional resources:

1. What are the Yoga Sutras?
2. Sutra 1.2 states that, "Yoga is the cessation of the fluctuations of the mind." Explain your understanding of this sutra.
3. What is a chakra? How many are there? List the names, locations, and associations of each.
4. Astanga is Sanskrit for "8 limbs". Name the 8 limbs of yoga and offer a brief description of each.
5. What is mantra? How does mantra relate to a physical yoga practice?
6. What does Vinyasa mean? Why do we practice it?
7. What is Pranayama? What forms/techniques are you familiar with/have you practiced?
8. Who is Krishnamacharya?
9. Who is Patanjali?

