



## 48 HOUR SIVA POWER YOGA TEACHER TRAINING APPLICATION

Winter 2013  
3 WEEKENDS  
JAN 19- Feb 3

### THE PROGRAM

Siva Yoga – is committed to sharing the beauty and power of yoga. Siva Yoga offers a 48 Hour vinyasa power yoga training program.

Are you interested in deepening your own practice? Are you being called to teach yoga? Learn the fascinating story of a 5000-year-old discipline! This program is a beginning level training and is a wonderful introduction for new yogis. Students are encouraged to engage in “svadhyaya” – the Sanskrit term for self inquiry. This is an opportunity to continue your journey on the road to self-knowledge.

### THE SCHEDULE

The Siva Yoga 48 Hour Teacher Training program consists of a 3 Weekend Program.

#### 1. CERTIFICATION FOR 48 HOUR MODULE

The Certification of the 48 Hour Program Module is a concentrated course, which covers the basic principles of teaching yoga, and will allow you to start developing and practicing your yoga teaching skills. It is also appropriate for those who do not plan to teach, but wish to deepen their understanding of yoga. It is the first part of the 200 Hour Teacher Training program. The focus will be on: 1) An overview of Yoga History and Philosophy; 2) Overview of Yoga Anatomy; 3) Proper Yoga Poses and Structuring a Yoga Class; 4) Music in class; 5) Yoga Business and Ethics; 6) The Art of Teaching; 7) Practicum of Vinyasa Yoga; 8) Written and Practical Exam.

Successful completion of the Intensive Module provides you with a Certificate of Completion. This allows you to start practice-teaching at a basic level. Most health clubs and some yoga studios will accept this basic training.

Intensive Module Dates: 1/19, 1/20, 1/26, 1/27, 2/2, 2/3

## 5. BOOK LIST - REQUIRED

Enclosed is the book list required for Siva Power Yoga's 48 Hour Teacher Training. You may purchase these through amazon.com, retail bookstore, or at Siva Power Yoga studio.

- Journey Into Power - Baron Baptiste
- The Heart of Yoga: Developing A Personal Practice – Desikachar
- Siddhartha – by Hermann Hesse
- Yoga Anatomy – Leslie Kaminoff

## Overview of 48 Hour Siva Yoga Course

Siva Yoga Program

Rewiring the Mind

Daily Power Yoga Practice

The Cleansing Diet

Meditation for Truthful Living

Journeying Into Real Life

The 11 Asana Series

Integration Series

Sun Salutations

Warrior Series

Balance Series

Triangle Series

Back Bending Series

Abdominal Series

Inversion Series

Hip Series

Forward Bending Series

Surrender To Gravity Series

Presence

Awakening

Vitality

Equanimity

Grounding

Igniting

Stability

Rejuvenation

Opening

Release

Deep Rest

Yoga Philosophy

Yoga Sutras

Meditation

Yoga For Life

## Time Table

Day 1: Review 48 Hour Course. Go over the manual. Address the philosophy of the Siva Power Yoga Teacher Training Program. Q&A time. Intro to Flow Class. Learn and discuss Eight Universal Principles of Stepping Up To The Edge. Discuss the 8 Limbs of Yoga. Learn, practice and teach the Integration and Sun Salutations Series Part 1. Learn and practice the pranayama Ujayi Breath. 8 hrs.

Day 2: Learn The Pillars of Power Yoga. Learn the Master Principles of Alignment. Teach Integration and Sun Salutations Part 2. Discuss the Yamas and Niyamas. Review the Cleansing Diet Guiding Principles. Learn and practice the Warrior Series. Review pranayama Ujayi Breath. Teach Warrior Series Part 1. 8 hrs.

HW: Start 7 Day Cleanse 1. Read Yoga Sutras.

Day 3: Share experiences of 7 Day Cleansing Diet. Review and discuss Yoga Sutras and share your favorite Yoga Sutra. Teach Integration and Sun Salutations Part 2. Learn and practice Balance, Triangle, Abdominal and Inversion Series. Teach Warrior Series Part 2. Practice pranayama Ujayi Breath. Practice Meditation 1. 8 hrs.

Day 4: Discuss the 7 Most Common Mistakes in Yoga. Overview of Yoga Anatomy. Learn and practice the Hip, Forward Bend, and Surrender To Gravity Series. Review 11 Asanas Series. Practice pranayama Alternate Nose Breathing. Practice Meditation 2. How to teach 20 minute class? Music, flow and your yoga class. 8 hrs.

HW: Read Siddhartha. Written Exam. Anatomy Exam.

Day 5: Discuss Siddhartha. Review written exam. Discuss "Journeying Into Life"- living a yoga lifestyle. Practical Exam Part 1. 8hrs.

Day 6: Discuss the Business of Yoga. Practical Exam Part 2. 8 hrs.

Application Process

Acceptance is on a first come basis. You may submit your deposit by cash, check or credit card. Please make checks payable to SIVA. Deposits are processed upon acceptance into the training.

Acceptance Notification

Applicants who have been accepted into the Siva Power Yoga Teacher Training program will be notified via email within one week of receipt of their application. All accepted applicants must confirm their registration via email. If an applicant fails to confirm, his/her spot may be offered to another applicant.

Please email completed applications to [sivayogastudios@yahoo.com](mailto:sivayogastudios@yahoo.com) or send to SIVA POWER YOGA, ATTN: Yoga Teacher Training, 535 W Douglas, Ste 110, Wichita, KS 67213.

PART 1 - PERSONAL INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender: Male\_\_\_\_ Female\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Day Phone\_\_\_\_\_ Evening Phone\_\_\_\_\_

Email Address \_\_\_\_\_

Current Occupation\_\_\_\_\_

Emergency contact person\_\_\_\_\_

Phone \_\_\_\_\_ Relationship\_\_\_\_\_

How did you here about the program?

\_\_\_ In Class Announcement

\_\_\_ Friend

\_\_\_Siva Power Yoga Website

\_\_\_ Teacher – Where?

\_\_\_ Other \_\_\_\_\_

## PART 2 – QUESTIONNAIRE

Please respond thoroughly to the following questions. Please feel free to use additional space if needed.

1. How do you define or explain yoga when asked by someone who has never taken a yoga class?
2. What role does yoga have in your life on a personal level?
3. How many years have you been practicing yoga?
4. How many days per week do you practice yoga?
5. What styles of yoga do you practice or have explored?
6. Do you have a home practice? \_\_\_\_Yes \_\_\_\_No
7. What aspects of yoga do you practice? \_\_\_\_ Asana \_\_\_\_ Pranayama \_\_\_\_Meditation  
\_\_\_\_Chanting \_\_\_\_ Restorative
8. Is this your first teacher training? \_\_\_\_Yes \_\_\_\_No
9. Are you currently teaching yoga? \_\_\_\_Yes \_\_\_\_ No
10. Please tell us why you want to take the Siva Power Yoga Teacher Training program?
11. What do you hope to accomplish or realize out of participating in this training?

PART 3 -MEDICAL HISTORY

Please complete the medical history section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

1. How would you evaluate your current health?  
 Excellent  
 Good  
 Fair  
 Poor (briefly describe)\_\_\_\_\_
  
2. Do you suffer from any of the conditions below?  
 Epilepsy  
 Diabetes  
 Heart Disease  
 Cancer
  
3. Are you pregnant or plan on being pregnant during the course of the training?  
 Yes  
 No
  
4. Are you currently or during the past two years have you been under the care of a physician or mental health care professional?  
\_\_\_\_\_  
\_\_\_\_\_
  
5. Please list all medications you are taking prescribed by your physician or health care professional:  
\_\_\_\_\_  
\_\_\_\_\_
  
6. Is there any specific injury or trauma that Siva Power Yoga should know ?  
 Yes (briefly explain)\_\_\_\_\_
  
7. I have read and signed the Siva Waiver Form?  
 Yes  
 No
  
8. Each day of class will require actual yoga practice of 2-4 hours in a heated room 85-90 degrees. Is there any reason why this may be a problem for you?  
 Yes (briefly explain)  
\_\_\_\_\_
  
- No

PART 4 – PAYMENT INFORMATION

PAYMENT SCHEDULE

Total Tuition:

- Early Registration \$600  
If we receive your application and full payment on or before September 1, 2012
- Regular Registration \$750  
If we receive your application and deposit after September 1, 2012

PAYMENT

\$500 deposit is required with your completed application to reserve your spot in the training.

All applications and remaining tuition balance is due by Jan 1, 2013.

BILLING INFORMATION

Full Name \_\_\_\_\_

Billing Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expires: \_\_\_\_\_ Code: \_\_\_\_\_

Credit Card Type:     \_\_\_ Visa           \_\_\_ MC           \_\_\_ Discover           \_\_\_ AMEX

By signing, I acknowledge and agree to the payment schedule above and understand that, once accepted into the program, payment is non-refundable. I further understand that if payment is not received by the stated deadline, my space in the program and deposit will be forfeited and I waive all rights to a refund.

I authorize Siva Power Yoga to initiate credit card debit entries for tuition payments according to the schedule above.

\_\_\_\_\_  
Complete Signature

\_\_\_\_\_  
Date

## Agreement to the Terms of the Siva Power Yoga 200 Hour Teacher Training

I understand that, upon fulfilling all requirements of the Siva Power Yoga Teacher Training, I will be eligible to receive my 200 Hour Teacher Certification and that Siva Power Yoga's curriculum follows the criteria established by Yoga Alliance for certification at the 200 Hour level.

I understand that, upon acceptance into the Siva Power Yoga Teacher Training, my deposit and any tuition paid are non-refundable should I, at any time, chose not to continue or complete the program.

If unusual circumstances prevent me from completing my training or satisfying my requirements, I may be permitted to complete or "retake" missed parts of the program during make-up sessions. Requests for make-up sessions must be made in writing, and approved by the director. I understand that three or more missed sessions may result in my not graduating the training.

I understand that Siva Power Yoga will not release my certificate until all requirements are completed, and that completing the Yoga Alliance Certification requirements does not guarantee graduation of the Siva Power Yoga Teacher Training. Graduation from the Siva Power Yoga Teacher Training is based on my ability to show proficiency in the requirements stated in the application above.

I understand that Siva Power Yoga reserves the right to ask me to leave the program at any point if my behavior is destructive, inappropriate, unethical, or violates the Yoga Alliance Code of Ethics guidelines. In these circumstances, I understand that all tuition paid will not be refunded.

I understand that all Siva Power Yoga Teacher Training materials, written or electronic, created by Siva Power Yoga and provided to me during the course of this program are not to be copied, reproduced, or distributed, in whole or in part, or by any means without the express written consent of Siva Power Yoga.

I understand and agree to the above.

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Print Name

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Signature

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Date