

YOGALIGN®



**Kauai Yoga School RYS  
200 Hour Teacher Training  
Application for Spring 2012**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone \_\_\_\_\_ Date of birth \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact and phone \_\_\_\_\_

**KYS classes are 5 days a week, Monday to Friday for 6 weeks.**

**The following schedule will be used as a point of reference:**

**Mon. 9am - 1pm and 2 - 4:00m**

**Tues. Wed. & Thurs. 9am - 1:30 pm & 6 - 8:30 pm**

**Fri. 9am - 1:00 pm**

**Class time hours comprise 180 of the 200 hour course. 20 hours are completed as self study and independent teaching which must be logged and turned in to receive your graduation certificate. It is strongly recommended that the majority of these hours are spent practicing teaching skills. A set of essay questions, required to receive your teaching certificate, can be completed as a portion of the additional 20 hours.**

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**Questions:**

1. Why do you want to take this training?

2. How has yoga affected your life?

3. Do you teach currently or plan to teach yoga? What is your training and/or what do you teach?

4. Describe your current yoga practice including the frequency, duration and number of years you have been practicing.

5. Please list any yoga workshops, seminars, trainings or retreats you have attended.



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## COURSE TUITION AND REFUND POLICY FOR FALL 2010 COURSE

Course tuition is \$3500 plus state tax of \$140 for a total of \$3650. A \$500 deposit will hold your space, but all fees must be paid 2 weeks prior to the 1<sup>st</sup> day of class to retain your placement in the class.

**Receive a \$500 discount if you pay in FULL30 days prior to the start of class on Feb 12<sup>th</sup>**

**Total cost with tax (\$120) is then \$3120 instead of \$3650!**

**\* \*\*\* If you need to cancel after you have paid, a full refund is available if you do it before Feb 12, 2012.**

A full refund is still available after Feb 12, 2012 if another student enrolls and can take your space. **Refunds are not available once you have begun the course but I do allow you the opportunity to enroll again at no charge if you need to leave before the course is over. This is allowed with special permission if there are serious circumstances that necessitate your leaving before the course has ended.**

This is an intensive course that requires mature skills in communication, concentration, organization, and consideration for others. Students may be asked to leave the course without a refund in case of irresponsible or disruptive behaviors or drug or extreme alcohol usage that is negatively affecting the experience of the class.

I agree to these conditions \_\_\_\_\_  
(please sign and date)

**Make checks payable to:** Michaelle Edwards  
**and mail to:** PO BOX 681, Hanalei, HI 96714.

**To pay for the course by credit card**, you may call me with your card information and I will process it with my merchant account. There is a 1.75% charge for private credit cards issued to individuals and a 3.75% charge for foreign or business cards. You must submit this application information via email to [manayoga@yahoo.com](mailto:manayoga@yahoo.com), or print it out and mail to:

Kauai Yoga School RYS  
Michaelle Edwards, E-RYT, LMT, Director  
PO Box 681  
Hanalei, Hi. 96714

[www.manayoga.com](http://www.manayoga.com) **808-652-3823**

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## **Kauai Yoga School RYT 200 hour Teacher Training Ethical Guidelines**

I \_\_\_\_\_ date \_\_\_\_\_ agree and accept the following ethical guidelines and will follow them to the best of my abilities as a yoga teacher. I understand that being a Yoga teacher is a noble and sacred endeavor that aligns me with a long line of honorable teachers.

1. Yoga teachers are committed to maintaining impeccable standards of professional competence and integrity.
2. Yoga teachers dedicate themselves to a thorough and continuing study and practice of Yoga, in particular the theoretical and practical aspects of the branch of Yoga that they teach.
3. Yoga teachers are committed to avoiding substance abuse and, if for some reason succumb to chemical dependency, agree to stop teaching until they are free from drug and/or alcohol abuse. They will do everything in their power to remain free of addiction, including being fully accountable to a support group.
4. Yoga teachers embrace the ideal of truthfulness in dealing with students and others, including accurately representing their training and experience relevant to their teaching of Yoga.
5. Yoga teachers are committed to promoting physical, emotional, mental, and spiritual well-being of their students. Yoga teachers stay informed of student injuries and take serious precaution to keep yoga safe and comfortable for everyone in class.
6. Yoga teachers abstain from giving medical advice or advice that could be construed as such, unless they have the necessary medical qualifications.
7. Yoga teachers are open to instructing all students regardless of race, nationality, gender, sexual orientation, and social or financial status.
8. Yoga teachers are willing to accept students with physical disabilities, provided they have the skill to teach those students properly.
9. Yoga teachers agree to treat their students with respect and never strike, insult, or use unkind words with them.
10. Yoga teachers agree to avoid any form of sexual harassment of students. Yoga teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action. This is to ensure that the teacher in question is sufficiently clear about his or her motives.
11. Yoga teachers do not force their opinions on students but appreciate that every individual is entitled to his/her ideas and beliefs. At the same time, Yoga teachers communicate that Yoga seeks a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change, or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then Yoga teachers are free to decline working with that individual and, if possible, find an amicable way of dissolving the teaching relationship.
12. Yoga teachers will make every effort to avoid exploiting the trust of students and any potential dependency, instead encouraging students to find greater inner freedom.

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13. Yoga teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, observing proper decorum inside and outside of the classroom.
14. Yoga teachers strive to practice tolerance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done with fairness and focus on facts. As a yoga teacher, you agree that communication skills need to follow the guidelines of compassionate intention. When speaking, yoga teachers strive to say only what is kind and only what is necessary following the principle of ahimsa (non-violence).

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## Kauai Yoga School RYT

### Required Books for the course:

Trail Guide to the Body by Andrew Biel

YogAlign Teacher Training Manual by Michaelle Edwards  
(supplied by KYS)

The Heart of Yoga by TKV Desikachar

### Suggested Reading:

Autobiography of a Yogi by Paramahansa Yogananda

The yoga Sutras translation and discussion by Swami Satchidananda

Yoga: Moving Into Stillness by Erich Schiffman

Bhagavad Gita

Light on Yoga by BKS Iyengar

Relax your neck and liberate your shoulders by Eric Franklin

Pelvic Power by Eric Franklin

A path with Heart by Jack Kornfield

The Power of Now by Eckhart Tolle

Yoga as Therapy by Doug Keller

### Further Reading:

#### Anatomy & Physiology

Anatomy Trains, Myers, Thomas W.

The Endless Web. Fascial Anatomy and Physical Reality. R. Louis Schultz, PhD and Rosemary Feitis, DO.

The Key Poses of Hatha Yoga Volume I & II. Your Guide to Functional Anatomy in Yoga, Ray Long, MD, FRCSC.

The New Rules of Posture, Bond, Mary.

Ageless Spine, Lasting Health, Kathleen Porter.

The Chair. Rethinking Culture, Body, and Design, Cranz, Galen.

Somatics. Reawakening the Mind's Control of Movement, Flexibility, and Health, Hanna, Thomas.

The Psoas Book, Liz Koch.

Back Care Basics, Schatz, M.P., M.D.

#### Breathing

Anatomy of Breathing, Calais-Germain, Blandine.

Refining the Breath. Pranayama:

The Art of the Awakened Breath,  
Doug Keller.

#### Yoga

Heart of the Yogi, Doug Keller

Runner's Yoga, Jean Couch

#### Philosophy and Spirituality

Care of the Soul, Thomas Moore.

Being Peace, Tich Nhat Hanh

The Miracle of Mindfulness,

Thich Nhat Hanh

Seven Masters, One Path, John Selby.

The Mastery of Love, Don

Miguel Ruiz.