



## Application for Teacher Training, 2009- '10

2329 Parrish Street; 4916 Baltimore Avenue  
1839 E. Passyunk Avenue, Philadelphia, PA,  
215.235.1228; WakeUpYoga.com

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Thank you for your interest in Wake Up Yoga's Teacher Training program! This program is a 250-hour certification program that is recognized by the Yoga Alliance. Upon completion you will be able to register with the Yoga Alliance to become a Registered Yoga Teacher at the 200-hour level.

**Please print and keep this first page for your records!**

**Classroom time will be Wednesdays from 7:30 – 9:30 pm at Fairmount  
One-Weekend-a-Month at South**

**Fridays: 6-9 pm**

**Saturdays: 9 am – 4 pm**

**Sundays: 11 am – 4 pm**

**(5) Additional Saturdays (mostly at West) from 12 – 5 pm**

**Dates:** Every Wednesday from 9/23/09 – 12/16/09 EXCEPT: 11/25/09  
Every Wednesday from 1/6/10 – 5/12/10 EXCEPT: 4/7, 4/14 & 4/21/10  
Winter Break: December 17 – January 5, 2010

**Weekend Intensives:** (one of these weekends may have to shift ... information will be posted as soon as it's known!)

9/25 – 9/27/09

10/9 – 10/12/09 (Retreat at Pendle Hill)

11/6 – 11/8/09 (Anatomy)

12/4 – 12/6/09

1/8 – 1/10/10

2/5 – 2/7/10 (Sanskrit)

3/12 – 3/14/10

4/16 – 4/18/10 (Yoga Sutra)

4/30 – 5/2/10

### **(5) Saturday Asana Review Days and/or Workshops**

10/24/09 – Asana Review at West

11/21/09 – Asana Review at West

1/23/10 – Introduction to Ayurveda at West

2/20/10 – Asana Review at West (this date is a little fluid ... pending confirmation of Yoga Sutra Teacher)

3/27/10 – All Day Meditation Sit at Fairmount

Students will also be required to teach (2) complete classes during Teaching Clinic Weekends/Week Nights:  
4/2 – 4/3/10; 4/9 – 4/11/10; (3) Wednesdays: 4/7, 4/14 & 4/21/10

Teaching Finals will be scheduled between April 22 – May 11, 2010. Closing Celebration: Wednesday, May 12, 2010

In order to have your application considered, you must take a vinyasa class with Corina; it is highly suggested that you also take a vinyasa class with Victoria.

Application deadline is August 12th. Applicants will be notified by August 19. The maximum number of students we can accept is 18. After this application deadline, students could be accepted into the program provided there is space. **Upon acceptance, please read the book: *The Shambhala Guide to Yoga*, by Georg Feurstein by the first day of class.**

The cost of the program is \$3,100 (includes 8 months of unlimited yoga classes!). Receive a \$200 discount if paid in full by October 15, 2009. Payment plans available ... spread your payments out through May, 2010 for just \$363/month, due on the 15<sup>th</sup>. Please submit a non-refundable deposit of \$200 (checks payable to: Wake Up Yoga) with your application. If you are not accepted into the program, your check will be returned to you.

Thank You and Namaste!

Application

1. Name \_\_\_\_\_

2. Address \_\_\_\_\_

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

3. Phone \_\_\_\_\_ email \_\_\_\_\_

4. How long have you been practicing Yoga? \_\_\_\_\_

5. Who have been your teachers? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Why do you want to enroll specifically in this teacher training program?

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

7. What are your hopes/expectations of the program?

\_\_\_\_\_  
\_\_\_\_\_

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8. Do you meditate? If so, what technique(s)? How often?

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9. Do you have any scheduling conflicts? (please list)

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10. What does it mean to be a student (of yoga, of a teacher training program)?

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11. What does it mean to be a teacher?

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14. Demonstrate how you possess those qualities, or describe how you aspire to::

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15. (complete this sentence) To me, Yoga is \_\_\_\_\_

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By submitting this application, I, \_\_\_\_\_, acknowledge that this is a  
(print name)  
tremendous undertaking. Should I be accepted, I will do everything in my power to be  
present and prepared for all scheduled classes.

\_\_\_\_\_  
(sign)

\_\_\_\_\_  
(date)

Thank you very much for your time and interest! We will notify you very soon!