



# Application for Teacher Training, 2008-'09

## WakeUpYoga.com

2329 Parrish Street, Philadelphia, PA 19130  
215.235.1228

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.

The program costs \$2,700, and includes a Weekend Retreat at the Pendlehill Quaker Retreat Center in Wallingford, and unlimited regularly scheduled classes at the studio, along with the very special opportunity to study with some Guest Presenters who are true Masters in their field. You are encouraged to attend as many classes as you like, committing to coming to Wake Up Yoga at least two times a week. You will be required to practice at least one time a week on your own, and at least 3 times a week in studio classes or at home (either here or elsewhere). There are books to read, responses to write, and plenty of homework! Payments can be made as follows: A non-refundable deposit of \$250 is required upon acceptance into the program. The remaining \$2,250 can be spread into 5 payments of \$450 each.

In addition to this application, if you haven't already, you must take a class with Corina. We will meet for the first time on Wednesday, September 24, 2008, and conclude on by mid-April, 2009 (end date yet to be determined!).

Classroom time will be Wednesdays from 7:30 – 9:30 pm, and approximately every other weekend: Fridays from 7:30-9:30 pm, and Saturdays from 12 – 6 pm. We will meet approximately 1 Sunday a month, from 12 – 5 pm.

The exact dates and times for all programs have been solidified, except for the meditation component. If any weekend dates must be changed you will be notified as soon as they arise.

**The dates are:** every Wednesday between September 24, 2008 – April 17, 2009 EXCEPT: October 8 (Yom Kippur); November 26 (thanksgiving); December 17, 24, & 31 (holiday break); March 11 (Costa Rica Retreat).

### Weekends:

October 3, 4 & 5

October 17 & 18

November 1 (this is a Saturday, no class on Friday, 10/31 – Halloween)

November 11, 12 & 13

November 21 & 22

(two weekends off to prepare for holidays)

December 12, 13 & 14

(this weekend on retreat at the Pendle Hill Retreat Center)

January 9, 10 & 11

January 23 & 24

February 6, 7, & 8

February 20 & 21

February 27, 28 & March 1 (NOTICE: these two weekends in a row; now there are two weekends in a row that we don't meet)

March 20, 21 & 22

April 3, 4 & 5

Conclusion: April 17 – a Friday

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 Jill Manning.

Application deadline is June 11. Applicants will be notified by June 18. 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.

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?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What are your hopes/expectations of the program?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Do you meditate? If so, what technique(s)? How often?  
\_\_\_\_\_  
\_\_\_\_\_
9. Do you have any scheduling conflicts? (please list)  
\_\_\_\_\_  
\_\_\_\_\_

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

---

---

---

---

11. What does it mean to be a teacher?

---

---

---

---

---

12. This training program is a sacred, transformational fire. It is demanding, and rigorous (and deeply rewarding/satisfying!). What has been the most rigorous, demanding undertaking you have been engaged in, and how did you navigate the difficulties?

---

---

---

---

---

---

---

---

---

---

13. What qualities are essential in an excellent yoga teacher?

---

---

---

---

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

---

---

---

---

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

---

---

---

---

---

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!