

Breathe Joy Yoga 200-Hour Teacher Training Application

Program prerequisites: Students should have an established yoga practice for a minimum of six months. Students with less than one year of yoga experience must include a personal essay, in addition to answering the application questions. The essay should detail what led you to yoga, why the practice is important to you, and why you want to enter our teacher training program. Essays should be 800-1,000 words in length. All students should also answer all 7 questions completely.

Name _____

Address _____

Email _____

Home _____

Phone _____

Work _____

Phone _____

Cell Phone _____

Please answer the following questions on a separate piece of paper:

- 1) Why are you interested in this teacher training program?
- 2) Please tell us about your yoga experience and background.
- 3) Describe your current yoga practice.
- 4) Please list any other relevant training and/or experience
- 5) What do you hope to get from this training?
- 6) Please tell us a bit more about your diet, health (any injuries, illnesses – past or present), and exercise habits.
- 7) Please tell us a little more about your lifestyle, family and/or home life.

Class dates:

Our structured Tuesday or Sunday night classes for 2009/2010 will run from October 27, 2009-June 15, 2010

Orientation for **all** students will be held on **Tuesday, Oct. 27** at Breathe Joy Yoga at 6:30-9:30 pm. Classes begin the following week, on **Tuesday night Nov. 3 at Breathe Joy Yoga or Sunday night , Nov. 1 at Blyss in Falmouth.** All classes are held from 6:30-10 pm unless otherwise noted in the syllabus you will receive at the orientation meeting. Students are to select one location (Sharon or Falmouth.) In addition to the Tuesday and Sunday night classes, students will attend 4-5 weekend workshops (2-4 hours in length) throughout the course of the training and other selected classes. Please call Breathe Joy Yoga for more details.

Tuition: \$2,695 (includes registration fee)

Deposits in the amount of \$695 (checks made out to “Breathe Joy Yoga”, money order or cash; or online payment with a credit card) are due by October 1, 2009 to hold your spot and ensure that we have met the minimum enrollment to run the course. Deposits are non-refundable and non-transferable. *Students then can either pay the remaining \$1,900 (\$2,000 minus \$100 pay in full discount – see “Ways to Save Money” below) on the first session date in November by check or cash. Or, students can pay \$2,000 in four installments of \$500 (by check or cash). Payments will be due at the orientation on **Tuesday, Oct. 27, in December, January, and February (exact dates TBA).** Students are responsible for paying on time and there will be a \$25 late fee for payments received up to a week after payments are due and a \$50 late fee for payments received a week or more after the due date. There is a \$30 fee for returned checks. If you need another type of payment plan, please talk to Robyn and we will do our best to accommodate you.*

Ways to save money:

- *Pay in full at the orientation on October 27 and receive a **\$100** discount.*
- *Refer a friend who is also accepted into the program (must be referred by you and not a Breathe Joy Yoga teacher training staff member) and you save **\$100** (only one discount per person).*

Breathe Joy Yoga Teacher Training Staff:

(some instructors subject to change)

Robyn Parets, E-RYT & Director of Breathe Joy Yoga: Robyn Parets, an experienced registered yoga teacher (E-RYT) through the Yoga Alliance, is also certified in Meridian Yoga and is a Reiki II practitioner. A journalist with many well-known publications, including the Los Angeles Times, Inc. Magazine Group, and Investor's Business Daily, Robyn found her way to yoga several years ago when her life was interrupted by a neurological disorder. Her illness left her severely weakened, depressed, and suffering from panic attacks. Yet, through her dedicated yoga and pranayama practice, Robyn rediscovered her inner-strength and innate ability to heal. Now devoted to yoga, Robyn inspires students to tap into their own healing potential (physical, mental and/or spiritual).

She incorporates vinyasa flow yoga as well as the teachings of Ashtanga yoga's Pattabhi Jois into her uplifting and energizing classes, which are often taught to rhythmic world music -- helping inspire her students to open their hearts and deepen their yoga practices.

Six years ago, Robyn launched a children's yoga program called Pretzel Kids® which takes yoga into schools and after-school programs throughout the Boston area. Someday, this program and curriculum will be available nationally. The first Pretzel Kids® teacher training was offered in the fall of 2008.

Besides teaching at Breathe Joy Yoga and directing the 200-hour teacher training program, Robyn is a featured guest teacher at New Age Health Spa in New York, one of the nation's top destination spas. Her own practice consists primarily of Hatha and Vinyasa yoga -- flowing, traditional yoga styles linking the breath to postures. She is particularly inspired by several yoga and meditation teachers, including Daniel Brown, Rod Stryker, Cyndi Lee, Lauren Toolin, Karendayal Foster, and Amy Weintraub (author of Yoga for Depression). For Robyn, yoga is a life-changing, joyful practice and she aims to instill a sense of well-being and happiness in her students of all ages.

Lauren Toolin, E-RYT, former director of the Metta Center in Spencer, Ma. Lauren is a nationally recognized yoga instructor and a senior student and teaching assistant of Yogarupa Rod Stryker. She recently completed the Para Yoga Master Training with Rod, an intensive three year process. Lauren has been teaching fitness and wellness for 15 years and is an initiated practitioner in the tradition of Swami Rama of the Himalayas.

Her instruction is an engaging synthesis of the clarity and precision of the Iyengar system and the joyful, energetic inquiry of Tantra. Always insightful, inspirational, and infused with humor, Lauren's teaching conveys her passionate belief in Yoga's boundless potential for creating a healthy, successful and loving existence. Lauren's classes often include instruction in kriya, mantra, bandha, pranayama and meditation - profound techniques which are rarely taught in group yoga classes today.

In addition to teaching weekly classes at the center, she teaches workshops at regional yoga centers and conferences. She is a contributor to Yoga International Magazine and a featured instructor in the *MOB Skwad* television series. Lauren recently produced a PBS yoga documentary starring Rodney Yee. You can learn more about Lauren at www.laurenjaytoolin.com.

Daniel Orlansky, M.A., a yoga teacher for 15 years, is certified in Meridian Yoga, Kali Ray TriYoga and Kundalini Yoga. He holds a master's degree in Expressive Art Therapy/Dance Therapy from Lesley University and has been a visiting lecturer in movement studies at Tufts University. He has taught in many locations including the Kripalu Center, the Omega Institute, Mass College of Art, Interface, the Dance Complex, YogaSpirit Studios, the Waltham Athletic Club, Charles River School of Shiatsu, Finding Inner Peace Yoga Center, and the Kali Ray TriYoga Center, as well as various schools in Germany and Austria. He is currently on the staff of several yoga teacher training programs in the US and in Europe. You can learn more about Daniel at www.meridianyoga.com

Karendayal Foster, RYT and founder and director of Bliss Life Yoga.

Karendayal is a 500-hour Certified and Registered Yoga Teacher. She has studied with Master Yoga Teacher Shiva Rea and is gratefully a part of the Global Vinyasa Tribe Collective as an assistant/mentor within the Samudra Global School for Living Yoga Teacher Training Program. A life-long student, Karendayal has studied with many yoga masters including her inspired teacher/guide Gurmukh Kaur Khalsa (world renowned Master Kundalini Yoga Teacher & founder of Golden Bridge Yoga Center in CA). She teaches Prana Flow™ Vinyasa Yoga, Kundalini Yoga, Meditation, Yoga Trance Dance Celebrations, and The Art of Deliberate Creating and Ritual Celebrations – all part of living yoga. Karendayal serves life and love the best way she can and in all ways she knows how.

David Vendetti, owner of South Boston Yoga.

“Yoga allows me to be who I am without struggle. To notice, breathe, remember and enjoy this body, this moment. I love returning to my yoga mat to play in the body awakening, breathe into a heart wide open and find gratitude for the infinite that I forgot was me. Classes integrate a clear foundation in anatomy with intelligent alignment, hands on adjustments and ever evolving flows to heal the body. Students are encouraged to cultivate a deep passion for self examination, light hearted exploration and drop everything in order to find out that when we hold on to nothing, what is left is all we need. It has been an incredible gift to have studied and trained in yoga, structural bodywork and meditation. I have been honored to meet and practice with so many talented and amazing teachers whose work I cherish and share now as I teach. Thank you Patricia Walden, Ana Forrest, Tom Myers, Sri Sri Ravi Shankar, Lynne Begier, David Magone, Andrew Cohen, Bo Forbes, Sundara, Pamela Wilson, Arthur Kilmurray, Sri Louise, Byron Katie and Glenn Black for reflecting the limitless.” David co-owns South Boston Yoga with his partner, Todd Skoglund.

Jill Stevens, RYT and manager of Breathe Joy Yoga teacher training

Jill Stevens completed her 200-hour yoga teacher training at Breathe Joy Yoga in June of 2007 and teaches regular group asana classes at Breathe Joy Yoga. She is also a co-creator of the Pretzel Kids® curriculum and manual. Jill has been instrumental in developing the guidelines for our 200-hour teacher training program and is uniquely suited to this job. A graduate of Smith College with a B.A. in American Studies, Jill also holds a Masters degree in the art of teaching from the Harvard Graduate School of Education. She truly enjoys blending her two loves: yoga and classroom teaching and this shines through in the lesson plans Jill has created for the Breathe Joy Yoga teacher training program.