

300/500-Hour Yoga Teacher Training Course



presented by
Yoga Center of Carmel



13 Weekend Intensives: Friday evening, Saturday and Sundays
Class hours: Friday, 6-9 p.m. Saturday 12:15-7:15 p.m.
Sunday 10:00-5:00 p.m. (Asana class included)

This unique training will be offered as 4 units of study. The units can be taken in any order, however Unit 1 is a pre-requisite of Unit 2. Units will be offered again in our 2018/19 Training and missed units can be taken over two years. If you need to miss more than one weekend of a unit, simply take that unit in the next year.

Unit One: Anatomy of a Healthy Practice
October 20-22, November 3-5, December 1-3, 2017
Unit Two: Asana, Alignment and Adjustments
January 5-7 & 19-21, February 9-11 & 23-25, 2018
Unit Three: Exploring the Subtle Bodies
March 9-11 & 23-25, April 6-8
Unit Four: Yoga for Specific Populations
April 20-22, May 4-6, May 18-20

Practicum: Will be offered on various Sundays 4:45-6:15 p.m. (after class) and some Thursday evenings (7:30-8:30).
Dates to be announced. Students are required to attend 15 hours of practicum.

Additional Class Hours:

25 hours of take home assignments

9 hours of Student Teaching

30 Additional Yoga Class Hours or Workshops: These Classes and Workshops must be taken with instructors at Yoga Center of Carmel or the Teacher Training faculty, or approved Certified Yoga Instructors in other venues.

Tuition

\$3500 (\$500 deposit with application). Final payment of \$3000 due Oct. 7, 2017 (credit cards not accepted)

\$3600 if paid after October 7, 2017

\$3700 Installment Plan; \$925 with application; Installment payments of \$925, due Jan 1, March 4, April 15, 2018

Cancellation Policy: Deposits are refundable up to 8 weeks (Aug 25, 2017) prior to the beginning of training.
If written cancellation is received after that date, deposit is non-refundable unless another participant can fill the spot.

Tuition Includes:

13 weekend Intensives

Discount on all Yoga Center of Carmel classes and Workshops for duration of Course

Eligibility to become a 500hour Registered Yoga Teacher (RYT500) through Yoga Alliance when paired with an existing RYT200 level certificate This unique training will be offered as 4 units of study. The units can be taken in any order, however Unit 1 is a pre-requisite of Unit 2. Units will be offered again in our 2018/19 Training and missed units can be taken over two years. If you need to miss more than one weekend of a unit, simply take that unit in the next year.

Tuition does not include required texts. These must be purchased separately.

Course location

Yoga Center of Carmel, Sunset Cultural Center, Cottage #18 on 10th Ave. near San Carlos St. Carmel-by-the-Sea, CA

Course Faculty

Karen Quinn, ERYT500, Certified Yoga Therapist, Certified Ayurvedic Practitioner is the lead instructor for this training. She brings 18 years and over 10,000 hours of teaching experience to create trainings rich in anatomy, alignment and ahimsa. Her emphasis is on sharing the many tools of yoga therapy that allows students to discover the wonder and ease of this ancient practice. In addition, we have assembled an incredible group of instructors with years of hands on experience to share their knowledge and expertise so that you can share with others the many gifts of yoga.

For more information or to apply:

Contact: Karen Quinn- karen@feelbetteryoga.com or www.feelbetteryoga.com [303-588-6866](tel:303-588-6866)

Yoga Teacher Training & Advanced Studies Course Application Form

300/500 Hour Yoga Alliance Accreditation Course

October 20, 2017 – May 20, 2018

Presented by

Yoga Center of Carmel

Training and Certifying Yoga Teachers since 1998

To register, please complete the information below and provide a brief description (200 words or less) of your Yoga background and goals as a Yoga Instructor and what you enjoy doing outside of Yoga.

Name _____

Address _____ City/State/Zip _____

E-mail _____ Birth date: ____/____/____

Work Phone: (____) _____ Ext. _____

Home Phone: (____) _____ Cell Phone: (____) _____

Emergency Contact

Name: _____ Phone (____) _____ Relationship: _____

Tuition Plans:

___ \$3500 (\$500 deposit with application). Final payment of \$3000 due Oct 7, 2017 (credit cards not accepted)

___ \$3600 if paid after October 7, 2017

___ \$3700 if using Installment Plan; \$925 with application; Installment payments of \$925 due, January 1, March 4, April 15, 2018

Cancellation Policy: Deposits are refundable up to 8 weeks (August 25, 2017) prior to the beginning of the Training. If written cancellation is received after that date, deposit is non-refundable unless the spot can be filled by another participant.

Release of Liability:

NOTICE: This is a legal document releasing our liability. Please read.

By signing this document you state that: (1) You assume all risk of injuries from participating in this 200 HOUR TEACHER TRAINING CERTIFICATION COURSE. (2) You release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from all liability arising out of your participation in these classes.

1. **RELEASE OF LIABILITY:** In consideration for the opportunity to participate in this activity and the services provided by YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS, I (on behalf of myself, my family, heirs, assigns, and legal representatives) release YOGA CENTER OF CARMEL, and their DESIGNATED INSTRUCTORS from any liability whatsoever arising out of my participation in or presence in the 200 HOUR TEACHER TRAINING CERTIFICATION COURSE.
2. **MEDICAL RESTRICTIONS:** To the best of my knowledge, I have no physical or medical restrictions, which would prevent me from participating in the 200 HOUR TEACHER TRAINING CERTIFICATION COURSE.

Participant _____ Date _____

Please mail Tuition Plan amount, completed release of liability form, and your registration information to:

Yoga Center of Carmel Teacher Training PO Box 1413 Carmel, CA 93921