



INNER YOGI APPLICATION
August 2013 – Tulum, Mexico
1 week In-House Inner Yogi Workshop (August 3-10, 2013)

Inner Yogi Outline

In this workshop you will learn the discipline of Vipassana, which means to see things as they really are and a self-led, self-discovery yoga practice. This will be taught in a supportive group environment through dialogue, discussion and study. The tools for mindfulness will be taught to you whether you choose to be a teacher or just expand your knowledge and understanding of yoga. It is a total immersion in the mind, body and spirit of yoga. By sharing this experience with others, formally or informally, you will become a teacher of yoga.

Tentative Schedule

The evening of arrival we will have an opening ceremony and introduction. The following day we will begin our full day's program. Starting at 6 or 6:30am and going until 6 or 6:30pm in the evening. There will be a break in the middle of our day of 3-5 hours. One day will be off to explore further outside of our sanctuary. During the time we have off, there is the large coral reef of the Riviera Maya to explore prolific ruins of Tulum, Coba and Chichen Itza. The local Mayan culture is truly insightful and empowering to meet such spiritual and harmonious people.

Course Topics to be covered:

- Practicing and developing Noble Silence. Noble Silence means silence of body, speech, and mind.
- Practicing and developing a self led, structured discipline of a self-led yoga, pranayama and meditation practice.
- Aspects of proper mental & physical health
- Energy awareness of oneself and others
- Learning aspects and creating a flowing asana routine
- Creating, developing a dialogue and format for practice

Participants will be expected to:

- Complete a 3-Day Fresh Juice fast prior to departure (details upon registration)
- Take a minimum of 3 classes per week prior to training.
- Be fully present and participate actively in the training workshop.
- Practice teaching with other participants in the group. (for yoga teachers)
- Complete all research and written homework assignments.
- Observe and assist at minimum 3 classes throughout the workshop. (for yoga teachers)
- Demonstrate the ability to teach a complete class. (for yoga teachers)

Application Process

Acceptance is on a first come basis. You may submit your deposit by check, cash, or credit card. Please make checks payable to: YogaAbove Deposits are processed upon acceptance into the training. If accepted into the training, all deposits are non-refundable unless your place is filled.

Acceptance Notification

Applicants who have been accepted into the Inner Yogi program will be notified via e-mail within one week of receipt of their application. All accepted applicants must confirm their registration via e-mail. If an applicant fails to confirm, his/her spot may be offered to another applicant.

Please email completed applications to: Teacher@YogaAbove.com

If you are not making deposit via credit card, please deliver cash or check deposit to the studio, in a sealed envelope - ATTN: YogaAbove Inner Yogi

Applications will not be reviewed until deposit is received.

PART I - Personal Information:

First Name _____ Last Name _____

Gender: Female Male

Address _____ Apt # _____

City _____ State _____ ZIP _____

Day Phone _____ Evening Phone _____

Email Address _____

Current Occupation _____

Emergency Contact _____

Phone _____ Relationship _____

How did you hear about our program?

In Class Announcement YogaAbove Website

Friend Teacher – Where? _____

Other _____

PART II – Questionnaire:

Please respond thoroughly to the following questions, use additional space as needed.

1. How do you define or explain yoga when asked by someone who has never taken a yoga class?
2. What role does yoga have in your life on a personal level?
3. How long have you been practicing yoga?
4. What styles of yoga do you practice or have you explored?
5. How often do you practice? How many times have you practiced at YogaAbove?
6. What aspects of yoga do you practice? Asana Pranayama
 Meditation Chanting Restorative Other _____
7. Are you currently teaching yoga? If so, where, how often?
8. Please describe any experiences you feel will be relevant to your training and teaching.

9. Why are you interested in the Inner Yogi Workshop?

10. What do you feel is the role of a yoga teacher? What prerequisites do you believe are necessary to qualify as a yoga teacher?

11. What do you hope to accomplish and realize out of participating in this workshop?

12. What aspects or styles of yoga are you most interested in learning more about?

13. Do you have any pre-existing injuries that may affect your ability to participate in this course?

14. Please share a poem or inspirational story that move you.

15. If you were to encourage someone to read a couple of books (2), which would they be?

16. And lastly, is there anything else that you would like to share about this journey, about your motivation, your expectations or your experience

PART III – Payment Information:

Payment Schedule

Total Tuition:

Register for your accommodations for the Yoga Retreat & Immersion 2013

At <http://YogaAbove.com/Retreat/>

Inner Yogi Workshop

\$475 – One Week workshop

Payment

\$475 Due with application (One-Week)

Billing Information

Full Name _____

Billing Address:

Street _____

City, State, ZIP _____

Phone _____

Credit Card # _____ Expires: _____ Code: _____

Credit Card Type: American Express Visa MasterCard Discover

By signing, I acknowledge and agree to the payment schedule above and understand that, once accepted into the program, payment is non-refundable. I further understand that if payment is not received by the stated deadline, my space in the program and deposit will be forfeited and I waive any and all rights to a refund.

I authorize YogaAbove to initiate credit card debit entries for tuition payments according to the schedule above.

Signature

Date

Agreement to the Terms of the YogaAbove Inner Yogi Workshop

I understand that, upon fulfilling all requirements of the Inner Yogi Workshop, I am to inquire with my certifying organization directly if this training program gives me credit toward their organization or certification process.

I understand that, upon acceptance into the Inner Yogi Workshop, my deposit and any tuition paid are non-refundable should I, at any time, chose not to continue or complete the program.

If unusual circumstances prevent me from completing my training or satisfying my requirements, I *may* be permitted to complete or “retake” missed parts of the program during make-up sessions. Requests for make-up sessions must be made in writing, and approved by the director. I understand that three or more missed sessions may result in my not graduating the training.

I understand that YogaAbove will not release my certificate until all requirements are completed, and that completing the YogaAbove certification requirements does not guarantee *graduation* of the training program.

I understand that YogaAbove reserves the right to ask me to leave the program at any point if my behavior is destructive, inappropriate, or unethical and violates ethical guidelines. In these circumstances, I understand that all tuition paid will not be refunded.

I understand that all Inner Yogi materials, written or electronic, created by YogaAbove and provided to me during the course of this program are not to be copied, reproduced, or distributed, in whole or in part, or by any means without express written consent of YogaAbove.

I understand and agree to the above.

Print Name

Signature

Date