**Yogis in Service Teacher Training Application**

YISTT, 2023



Thank you for considering the Yogis in Service 2023, 200-hour Yoga Alliance Certified Yoga Teacher Training. Following successful completion of the program, accepted students will be eligible to register at Yoga Alliance as YISTT is a registered training program. There are a limited number of spaces and we can’t accept all applicants. Those who have shown a strong commitment to WNY, service to others, as well as YIS and its mission are encouraged to apply. The admissions process will be closed once the class isfilled. We are excited to learn more about you!

**Training Dates:**

|  |  |
| --- | --- |
| Session 1: January 27, 28, 29  Session 2: February 24, 25, 26  Session 3: March 24, 25, 26  Session 4: April 28, 29, 30  Session 5: May 12, 13, 14 | Session 6: June 16, 17, 18  Session 7: July 14, 15, 16  No August Dates  Session 8: September 22, 23, 24  Session 9: October 20, 21, 22 |

**Hours\***

|  |  |
| --- | --- |
| **Day Hours** | **Content** |
| Friday 6-9 | Practice Teaching |
| Saturday 10-7 | Content, Experiential Learning, and Practice- *with 1 hour lunch break* |
| Sunday 11-5 | Content, Experiential Learning, and Practice- *with a working lunch* |

\**All sessions include 10 minute breaks on the 60-90 minutes cycles*

**To Apply you will need to do the following:**

Note, we cannot review your application until all three requirements above have been filled.

1. Please fill out the YISTT application and submit it via (a) email to [yogisinservice@](mailto:yogisinservice@yogisinservice.com)gmail.com, or (b) via mail addressed to Yogis in Service- Attention Catherine Cook-Cottone, Teacher Training, 153 Mount Vernon Rd. Amherst, NY 14226.
2. Submit your **non**-**refundable** application fee of $50. Please write a check paid to Yogis in Service via mail addressed to Yogis in Service- Attention Catherine Cook-Cottone, Teacher Training, 153 Mount Vernon Rd. Amherst, NY 14226.
3. We also require a picture of you (for our personal records) and a letter of recommendation from your yoga instructor. Submit this along with your emailed or mailed application.

**Cost of Program:**

This YISTT Program cost is $3,200 for the 200-hour certification. There are three payment options. We request that if you can, please make payments using cash or check.

* Pay in total by using cash or check January = $3,000 (savings of $200)
* Pay in 2 installments = $3,100 ($1,550 due January 6th and May 5th, 2017)
* Pay in 4 installments $3,200 ($800 due January 6th, March 10th, May 5th, and July 7th).

Upon acceptance into the program, we will require a $300.00 deposit within 30-days. This deposit will be applied to tuition. The remaining balance of $2,900.00, for a total of $3,200.00, will be required for payment of tuition. When considering if the program is right for you, it is important to note that you will also be required to purchase a set to textbooks. Our program is research-based and we will be using the latest yoga resources to guide your learning.

There will be no refunds. Please note, we are a not-for-profit (your tuition dollars pay for the training and support the mission of YIS) and this training *may be* considered as career development for taxes (check with your tax preparation advisor).

As you complete the application, please take as much space as you need to answer each question.

Name:

Email address:

Date of Birth:

**Yoga Experience**

How long have you been practicing yoga? Where do you practice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How has your yoga practice impacted your life?

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Do you currently teach yoga? Please list any previous trainings you’ve completed.

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**Yoga Teaching**

Why are you, or do you want to be, a yoga teacher?

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What are your goals (professional or other) for the YISTT training specifically?

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**Community Service**

Besides practicing yoga, what other community events or organizations do you take part in? Please talk about your professional work here if it is a helping profession.

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In what ways do you feel you could most effectively serve your local community? Please address the match between the community needs and what you would like to contribute?

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**Program Commitment, Support, and Sustainability**

The program is a 10-month (9 weekend), formal program with various home-based projects and papers that must also be completed. The program curriculum will be delivered via 9-weekend long training sessions, once each month (January through October). Each weekend will consist of 20 hours of time spent at the YIS studio or other designated location. You will need to attend each of the weekend sessions. We are looking for students who will be positive, ready to learn, and eager to contribute positively to the group. If you are not sure you can do this at this point in your life, please wait and apply for a different session of the program (2025, 2027, etc..)

Please write about your commitment to the program (if you are selected), the support you will have that will make your commitment possible, and your self-care practices that will help you *sustain positive engagement* over the 10-month (9 weekend) training period.

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**Healthy Processing of Trauma-informed Content**

The YISTT includes material covering *trauma-informed methods of teaching yoga*. Although we cover anatomy, instruction of poses, sequences, and philosophy (and more), there is a substantial part of the program that addresses trauma and emotions. Please explain your support systems (people who support you), coping skills, and/or self-care practices. Experience with trauma or helping others with trauma is NOT required. Here, we are looking for an assurance that you will be able to effectively engage in, and fully experience the trauma-informed sections of the coursework.

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**Medical and Physical Status**

The YISTT 20-hour weekends can be rigorous. You will need to be sure you have the support of your primary care physician (and if appropriate- medical specialist) to engage in active yoga practice and assisting.

I have support of my primary care (and if appropriate- medical specialist) to complete the 10 month, 9 weekend training.

**Yes or No** (circle one), If no, explain:

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**Attendance commitment to the 10 month, 9 weekend program**

This program has been registered with Yoga Alliance as a 200-hour teacher certification program. We have made a commitment to training teachers to the 200-hour level. The weekend dates have been posted at [www.yogisinservice.org](http://www.yogisinservice.org) under teacher training.

100% attendance is required. **If you miss more than 10% of the meeting hours, we cannot attest to your attendance in this program and will not provide you with a certificate given our obligations to the 200-hour training.** That is, you cannot not miss days, weekends, be consistently late, or leave early. There will be no exceptions to this requirement (illness, scheduled events, family issues, etc..). If you do miss more than 10% of sessions, you can complete the program- however you will not receive a certificate. Note, certification requirements will be further delineated in program.

I understand and accept the attendance requirement for receiving my 200-hour certificate from YISTT program.

**Yes or No** (circle one)

**Appropriateness for YIS Training**

As a YIS Trainee, you may be working with vulnerable populations. We need to know if there is any reason we should be concerned with your ability to keep those with whom we work safe.

*I have* been accused of, or committed a crime involving danger to others or inappropriate activity with a minor.

**Yes** (please explain on the back of form) or **No**

**More about YOU?**

Tell us about anything else you’d like us to know about you.

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Thank you- a reminder that we will need **all four components** of your application before it can be processed (i.e., [1] application form, [2] fee, [3] photo, and [4] letter of recommendation from your yoga teacher).



Yogis in Service, Inc.

www.yogisinservice.org