



A UNIQUE  
200 HOUR  
TRAINING,  
WITH  
EMPHASIS  
ON THE  
YOGA OF  
SERVICE.



**Recovery Yoga Teacher Training  
sponsored by Zen and Now  
Application- Teacher Certification Program**

Recovery Yoga Teacher Training follows the guidelines established by Yoga Alliance for 200-Hour teacher certification.

*MEETS YOGA ALLIANCE STANDARDS*

At the completion of the training, you will be certified by Elizabeth Johnstone of Recovery Yoga, and be able to register with the Yoga Alliance at the 200-hour level. Attendance at all scheduled trainings is mandatory for certification. Participants are expected to practice asana and meditation throughout the training, as well as complete readings, journaling and other assignments, and lead at least 5 community-based classes, ideally, bringing yoga to a population that doesn't have easy access to yoga, as part of our commitment to serving others.

We meet 9am – 6pm Sat and Sun the 2<sup>nd</sup> full weekend each month from Jan – Dec 2019.  
Note: there are 2 trainings in Feb and none in July or August.

**\*\*\*\*Attendance at all training weekends is mandatory for certification\*\*\*\***

**Tuition 2018:** \$3,150. Payment, in full, is due by 1/12/19. NOTE: \$350.00 discount (\$2800) if paid in full by 12/15/18. \$100 application fee and \$500 deposit to save your spot (if accepted) will be applied toward tuition, and are non-refundable and non-transferable. Payment plans are available. Contact [Lisa@zenandnowct.com](mailto:Lisa@zenandnowct.com), or speak with Lisa at the studio to discuss options.

**Non-certification Tuition:** \$2,800 if paid in full by 1/12/19. \$350 discount (\$2450) if paid in full by 12/15/17.

**Tuition also includes:** 50 classes at Zen and Now (\$750.00 value) over the course of the training. Books on reading are not included, and will be purchased separately.

**Mail completed application and fee to:** Lisa Bragaw, Zen and Now, 170 Flanders Road, Niantic, CT. 06357. You will be notified by mail or email as to your acceptance. Make checks payable to "Zen & Now." Completed applications may be emailed to [lisa@zenandnowct.com](mailto:lisa@zenandnowct.com) and will be processed after the application fee of \$100 is received.

**Payment plans are available**, please email Lisa at: [lisa@zenandnowct.com](mailto:lisa@zenandnowct.com) for information



**NAME:** \_\_\_\_\_

Please answer the following questions *honestly and as completely as possible*. All answers will be kept confidential. You may use the back, or add additional sheets, if necessary. Answers may be hand- or type-written.

1. How long have you been practicing yoga (asana)?
2. Do you have a meditation practice? If so, please describe briefly.
3. Who have been your most influential asana and/or meditation teachers?
4. Please list trainings, retreats and/or intensives you have attended.
5. How often and how long do you practice asana? Meditation?
6. Why do you want to be a certified yoga teacher?
7. What about the Recovery Yoga Teacher Training Program interests you most?



8. Are you currently teaching yoga? If so, where, how often, and what style of yoga do you teach?
9. What does yoga mean to you? Describe how your life has been impacted by practicing yoga.
10. What are your expectations for this yoga teacher training?
11. Are you currently dealing with any physical or mental issues? If so, please provide details.
12. Are you on any medications? If so, please provide details.
13. Have you had any surgery or medical procedure in the last 7 years? If so, please provide details.



14. What are some of your other interests, ways you keep active, and community service activities?

15. **Please provide:** Your name, address, city/state, zip, day/night phone, cell phone, and e-mail address and emergency contact info:

- Name: \_\_\_\_\_
- Street Address: \_\_\_\_\_
- City, State, Zip: \_\_\_\_\_
- Best phone # to reach you on: \_\_\_\_\_
  - May we text you? Yes/No (circle one)
- Alternate phone #: \_\_\_\_\_
- Email address: \_\_\_\_\_
- Emergency contact name, phone and email:  
\_\_\_\_\_  
\_\_\_\_\_

**ADDITIONAL NOTES/COMMENTS:**

I understand that my physical, mental and emotional well-being is my own responsibility and that this program and those teaching it are not responsible for any injuries I sustain during this program. I have disclosed any physical, mental or emotional conditions that may affect my ability to fully take part in this teacher training. I assume all responsibility for any risks involved in completing this program, and voluntarily and expressly agree to hold harmless and indemnify Recovery Yoga, Inc., Zen and Now, and their respective officers, directors, agents, legal representatives and instructors from and against any and all liability, loss, cost, damage and/or expense, including attorneys fees and court costs, arising or resulting from my participation in this program, except as a result of gross negligence or willful misconduct.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check box if \$100 Application is fee enclosed. Make checks payable to **Zen and Now**.

Check box if \$100 Application fee is being mailed or dropped off at the studio.

