



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



**Recovery Yoga Teacher Training**  
**sponsored by Zen and Now**  
(starting Jan 11,2020)

**Application- Teacher Certification Program**

Recovery Yoga Teacher Training follows the guidelines established by Yoga Alliance for 200-Hour teacher certification.  
**MEETS YOGA ALLIANCE STANDARDS**

**Pre-requisites:** An interest in furthering your yoga practice and sharing your enthusiasm of yoga with others.

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 and may apply to Yoga Alliance for your RYT-200hr certification.

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 2nd full weekend each month from Jan 2020 – Dec 2020. Note: there are 2 training weekends (2<sup>nd</sup> and 4<sup>th</sup> full weekends) in Feb 2020, the April training will be the 3<sup>rd</sup> weekend (4/18-4/19) and NO trainings in July or August.

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

**Tuition 2020:** \$3,150 plus tax. Payment, in full, is due by Jan 10<sup>th</sup>, 2020.

Early bird pricing: \$2800 (\$350.00 discount) if paid in full by Dec 10<sup>th</sup>, 2019. Cash or check preferred. Credit cards may be used, but are subject to a 3% surcharge.

**Non-certification Tuition:** \$2800 plus tax, if paid in full by Jan 10<sup>th</sup>, 2020. \$350 discount (\$2450) if paid in full by Dec 10<sup>th</sup>, 2019. Cash or check preferred. Credit cards may be used, but are subject to a 3% surcharge.

**Tuition includes:** Up to 50 classes at Zen and Now (\$750.00 value) over the course of the training. Books on reading list will be purchased separately.

***The \$100 application fee is nonrefundable, unless if you are not accepted. Once accepted a non-refundable \$500 deposit is required to reserve your space.***

**Mail completed application and fee to:** Lisa Bragaw, Zen and Now, 170 Flanders Road, Niantic, CT. 06357. Make checks payable to Zen and Now. You will be notified by email as to your acceptance.

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

## **QUESTIONS:**

**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. Why are you interested in attending this 200-hr yoga teacher training?
2. Are you currently teaching? If so, what style of yoga do you teach? Where and how many classes per week?
3. How long have you been practicing yoga (asana)?
4. Do you have a meditation practice? If so, please describe briefly.

5. Who have been your most influential asana and/or meditation teachers?
  
  
  
  
  
  
  
  
  
  
6. Please list other trainings, retreats and/or intensives you have attended.
  
  
  
  
  
  
  
  
  
  
7. How often and how long do you practice asana? Meditation?
  
  
  
  
  
  
  
  
  
  
8. What about the Recovery Yoga Teacher Training Program interests you most?
  
  
  
  
  
  
  
  
  
  
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 procedures 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. Will you be able to attend **ALL** required training sessions?

**Please provide:**

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ May we text you? Yes/No (circle one)

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

**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 attorney fees and court costs, arising or resulting from my participation in this program, except as a result of gross negligence or willful misconduct. I also understand that all materials provided during this training are proprietary and may not be used outside of the training without express written permission.

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

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

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

Please put all training dates in your calendar. We meet 9am – 6pm Sat and Sun each training weekend and take an hour for lunch.

Training dates:

1/11 – 1/12/20

2/8 – 2/9/20

\*2/22 – 2/23/20 (extra Feb weekend)

3/14 – 3/15/20

\*4/18 – 4/19/20 (3<sup>rd</sup> weekend in April)

5/9 – 5/10/20

6/13 – 6/14/20

\*No training July or August

9/12 – 9/13/20

10/10 – 10/11/20

11/14 – 11/15/20

12/12 – 12/13/20 (Graduation!!)