



# **ARRICHION HOT YOGA**

## **RYT 200 Teacher Training Program**

Jan 13- Feb 12, 2012

**Arrichion Hot Yoga • [www.arrichion.com](http://www.arrichion.com)**

8606 Jersey Court Raleigh, NC 27617 | 336.669.4212 | [info@arrichion.com](mailto:info@arrichion.com)

# Love Hot Yoga?

Do you want to learn more about hot yoga, deepen your yoga practice and share the love with others?

If you answered yes to any of these questions, you should try Arrichion Hot Yoga Teacher Training Program.

We not only teach the techniques to deepen your own practice but we also teach you to become the best coach/

instructor possible. Arrichion family comes from years of coaching/instructing and we have created the best system. We

do not focus on the philosophy of reading tons of books/memorizing. We focus on the actual teaching. In this 5 weekend

Intensive (150 hours, 50 hours of internship) you will learn:

- Technique
- Teaching Methodology
- Deepen your own practice
- Breath Control
- Topaz Script (our foundational class)
- Voice Inflection
- Yoga Philosophy
- Yoga History
- Practical Yoga Anatomy
- Customer Service
- Connecting with students
- Adjustments

After your training, you will have a strong foundation. However the best way to continue to learn and grow is to start teaching right away. This is why there is a 50-hour internship requirement. The internship can be at our studio, another studio, private classes, teaching wrestlers, videoing yourself, etc. **We do not guarantee that you will do your internship hours at our studio or be hired at our studio. We are very selective and it is based on our availability.** After completion of your training and internship, you will be certified Yoga Alliance 200 hours. (see website [yogaalliance.org](http://yogaalliance.org))

**DATES:** Jan 13- Feb 12, 2012

5 consecutive weekend program Fridays 4-9pm, Saturdays & Sundays 8am-7pm

*Sample Week 1 schedule* (subject to change):

Friday, 1/13	Saturday, 1/14	Sunday, 1/15
<b>4-4:30pm</b> Introduction <b>4:30-6pm</b> Yoga History <b>6-7pm</b> Going over Topaz script (getting familiar with the names, making flash cards for first 3poses) <b>7-9pm</b> Asana Lab & Anatomy (first 3 poses)	<b>8-9am</b> Yoga History <b>9-11am</b> Practice 1,2,3s of first 3 poses (deep breathing, separate leg half moon, separate leg forehead to knee) <b>11-12pm</b> Lunch break <b>12-1pm</b> Teaching Methodology (first 3 poses) <b>1-2pm</b> Topaz Class <b>2-4pm</b> Yoga Philosophy & Lifestyle/ Nutrition <b>4-6pm</b> Teaching Methodology (first 3 poses)	<b>8-9am</b> Yoga Pranayama Breathing <b>9-11am</b> Write up next 3 poses (Half moon, awkward series, eagle) <b>11-12pm</b> Topaz <b>12-1pm</b> Lunch break <b>1-3pm</b> Teaching methodology (all 6 poses) <b>3-4pm</b> Asana Lab & Anatomy (second 3 poses) <b>4-6pm</b> Teaching methodology (all 6 poses)

**LOCATION:** Arrichion Hot Yoga Raleigh Studio. 8606 Jersey Court Raleigh NC, 27617

## TUITION:

**\$1,800** if you get your money in before December 15th.

**\$2,000** after December 15th.

**\$900** down payment required by December 15th

**Application submitted with non-refundable\* \$250 deposit.** \*Refundable only if Arrichion Hot Yoga cancels the program

## MATERIALS YOU WILL RECEIVE

(once you have completed full payment):

- TOPAZ DVD
- TOPAZ SCRIPT
- ARRICHION TEACHER TRAINING NOTEBOOK

## MATERIALS YOU WILL NEED TO PURCHASE:

- *Yoga Anatomy* by Leslie Kaminoff, Amy Matthews - Human Kinetics (2007) - Paperback - 221 pages
- *The Pure Heart of Yoga: Ten Essential Steps for Personal Transformation* by Robert J. Butera PhD.



# ARRICHION HOT YOGA

## RYT 200 Teacher Training Program Application

\$250 non-refundable\* deposit required with application.  
 \*Refundable only if Arrichion Hot Yoga cancels the program  
 \$900 down payment required by December 15th  
 \$1,800 if paid in full by Dec 15th. \$2,000 after Dec 15th.  
 Call Quinn at 336.215.6367 for payment options.

**Please return this form (mail or in person):**  
 Arrichion Hot Yoga  
 Re: Teacher Training Program  
 8606 Jersey Ct  
 Raleigh, NC 27617

### PART 1 | BASIC INFORMATION:

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
Street City State Zip

**Email:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_  
Name Relationship Phone Number

### PART 2 | TELL US MORE ABOUT YOU:

**How many years of experience do you have with yoga?** \_\_\_\_\_

**What type of yoga have you practiced?** \_\_\_\_\_

**Is this training for personal practice, to teach or both?** \_\_\_\_\_

**Do you want to teach kids, adults or both?** \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_

**Are you already an Arrichion member?** \_\_\_\_\_

**Are you already certified in yoga, if so where did you get certified and when?** \_\_\_\_\_

**Have you ever been to yoga workshops, trainings, etc? If yes, where and when did you attend?**

**Do you have any medical conditions?** \_\_\_\_\_

**Any other information you would like for us to be aware of:** \_\_\_\_\_



# ARRICHION HOT YOGA

## PART 3 | AGREEMENTS: (Read and Initial by each section)

### PERSONAL CONDUCT

Initial: \_\_\_\_\_

- I agree to be respectful of others including owners, teachers, other trainees, as well as other members and customers of Arrichion Hot Yoga.
- I agree to be on time and be prepared for each training sessions. I will notify the instructors immediately if I will not be able to do so in case of emergency.
- I agree to be professional inside and outside of the studio. This also applies to online and offline activities, including but not limited to facebook, twitter, and other social media.
- I agree to bring positive energy by refraining from negative behaviors such as being judgemental, complaining, or being rude to owners, teachers, other trainees, members, and customers of Arrichion Hot Yoga.

### ATTENDANCE

Initial: \_\_\_\_\_

- I agree to be on time for each class/sessions and will notify in advance (in writing) if any classes/sessions will be missed.
- I agree to stay until the end of each class, until I am dismissed from the instructor.
- I agree to provide doctor's note if physical illness is the reason for missing a class.
- I understand that missing two consecutive weekends, extended absence (without approval) or constant tardiness will be a grounds for dismissal from the training program.
- I understand that I will not successfully complete the program without making up the hours, and I will make up the hours during the same week by making arrangements with Arrichion Hot Yoga (it must be approved).

### INTERNSHIP AND EMPLOYMENT

Initial: \_\_\_\_\_

- I understand that there is no guarantee that I will do my internship hours at Arrichion Hot Yoga or be hired by Arrichion Hot Yoga after the completion of this program.

### FINANCIAL RESPONSIBILITY

Initial: \_\_\_\_\_

- I understand that \$250 deposit due at the time of application is non-refundable. If Arrichion Hot Yoga has to cancel the program the deposit will be refunded.
- If due to health reasons I am unable to participate in the program, I will provide a doctor's written note, and Arrichion may allow me to defer my enrollment until the next training program, but it is not guaranteed that the next training program will work with my schedule. Extreme personal reasons will be considered on a case by case basis.
- I authorize Arrichion Hot Yoga to charge/debit my tuition from my credit card or bank account according to the payment agreement form (will be provided). I am legally authorized to make charges to the account.

### MEDICAL

Initial: \_\_\_\_\_

- I attest that I am in good physical health and that I am physically able to participate in the program.
- I acknowledge that there is a risk of injury with any physical activities and I release and discharge Arrichion Hot Yoga and its employees from all claims, demands, and causes of action for any injury that I may incur during participation of this program.

### INTELLECTUAL PROPERTY

Initial: \_\_\_\_\_

- I understand that ALL Arrichion Hot Yoga materials and business practices and procedures are proprietary and subject to legal protection, including but not limited to copyright.
- I understand that by participating in this program I agree to protect and respect Arrichion Hot Yoga's intellectual property, and that it is illegal for me to reproduce or share with another individual or organizations outside of this program.

I, \_\_\_\_\_ (print name) certify that I have given true, accurate and complete information on this form to the best of my knowledge. I have read and agree to the Agreement terms above.

Signature \_\_\_\_\_

Date \_\_\_\_\_