



## Welcome to the SUP Yoga Teacher Training!

We're excited to be bringing this group together to share the teachings we so deeply love that have become an integral part of our lives. Our mission is to provide quality instruction to deepen the desire, knowledge, and skill of students who wish to share their practice and Yoga journey with others as facilitators of personal growth, inner peace, and mind/body health.

### ***Trainers:***

Heather Alexandar: [cosmicsoulchemy@gmail.com](mailto:cosmicsoulchemy@gmail.com)

Cassandra Severns: [cassandra@sseverns.com](mailto:cassandra@sseverns.com)

Robin Appel Maida – (Arula Mukti): [robin.appel@always-at-aum.com](mailto:robin.appel@always-at-aum.com)

### ***Location:***

Cosmic Soulchemy

Address: 645 S Canosa Ct

Denver CO 80219

Questions about the Studio and Training: (720)281-9178 or email [cosmicsoulchemy@gmail.com](mailto:cosmicsoulchemy@gmail.com)

### ***Training will include instruction on the following topics:***

- paddleboard technique, handling, and maneuvering for the SUP beginner
- basic water safety, seamanship, and rescue procedures to ensure the safety of all
- how to develop and modify sequences that are SUP yoga friendly
- industry insight on the SUP yoga business including how to market and purchase products and equipment
- Business of SUP Yoga in Colorado

## **SUP YTT Training Dates:**

**September:** Join us for a two-day intensive SUP Yoga training. Friday, September 16th from 4 pm -6 pm, in person at Honest Haven Yoga. Saturday, September 17th from 9 am to 2 pm at Gravel Pond at Chatfield for the water training.



**Training Investment:** \$450

### **Payment Options:**

- **Early Bird Special:** **Save \$55!!** Pay \$395 in full 30-days prior to the start of training.
- **Payment Plan:** Pay (3) payments of \$150. Must complete the last payment before the end of training.

If a trainee decides to drop out of the training before it is completed he/she is still responsible to pay the remaining balance. They may keep the materials and complete the training at a later time at no additional cost for the training. They may be subject to additional fees for materials.

### **To Make Payment:**

- **Venmo:** [@Heather-Alexandar](#) (Triple Check Spelling on Last Name)
- **PayPal:** [smokey.mermaid@gmail.com](mailto:smokey.mermaid@gmail.com)
- Cash

### **Certification Requirements:**

Students receive a certificate when they meet the following requirements:

- Attend all training sessions. If a student misses a training session(s) they can make up a missed class in one of our training at no additional charge or they have the option to make up the missed session(s) in a private lesson(s) for an additional fee of \$100/hr. Each missed session can be completed in a 1-2hr private lesson.
- Complete all written homework and reading assignments.
- Pay yoga teacher training balance.

### We recommend bringing the following supplies:

- Bug spray
- Sun protection – lotion, hat, etc.
- Bathing suit b/c it seems like it will be hot enough to go swimming
- Rash guard or any t-shirt. Lycra material is optimal b/c it will dry more quickly.
- Surf capris or any yoga pants. Lycra material is optimal b/c it will dry more quickly.
- Croakie sunglass retainer or a pair of sunglasses you don't mind losing
- Drinking water & Lunch for Saturday
- SUP board, paddle, life vest
- An open, playful yogi spirit!

## REGISTRATION FORM

Participant's Name:

Date:

Address:

City:

State:

Zip Code:

Home Telephone #:

Cell Telephone #:

Email Address:

Website:

DOB:

Occupation(s):

Emergency Contact Name and Number:

Please list any health conditions (i.e. physical injuries, pregnancy, mental/emotional conditions, etc.) the trainers need to be aware of to safely and effectively support you through the training:

What brought you to this training?

Is there anything else you'd like to share with us?

~ *Namaste* ~

**BY ENROLLING IN THIS PROGRAM, THE STUDENT AGREES TO THE PROGRAM'S PROCEDURES AND CANCELLATION POLICY.**

A full refund will be given (less a \$500 processing fee) to a student who cancels up to 14 days prior to the start of training.

A cancellation occurring later than 14 days but up to 48 hours prior to the start of training will entitle the student only to a credit (less a \$500 processing fee) that can be applied against a future training, provided the start of the future training occurs within one year from the conclusion of the training for which the student canceled. No credit will be given for a cancellation occurring within 48 hours prior to the start of training or if the student does not appear for the training or leaves the training before its conclusion for any reason. However, in these circumstances, the student will be extended a credit to take the training if and when it is held again.

Always-At-Aum, LLC and Cosmic Soulchemy strive to provide the highest quality instructors. However, if a student has any dissatisfaction with an instructor, the instructor's presentation, or the content of the training, no refund will be given.

If the training materials are returned, and they are in usable condition in the sole judgment of Always-At-Aum, LLC and Cosmic Soulchemy, the student will receive a refund for their cost.

If a student wishes to drop out of training before it is concluded, the student will remain responsible for any remaining balance. The student may keep the materials and complete the training at a later time at no additional cost but may be subject to additional fees for materials.

Always-At-Aum, LLC and Cosmic Soulchemy reserve the right to cancel any training at any time. If this should occur, a full refund will be given.

**Disclaimer**

Always-At-Aum, LLC and Cosmic Soulchemy's programs are educational experiences and are not to be mistaken for long-term therapy or cure. Also, it is possible that some people may find some of Always-At-Aum, LLC and Cosmic Soulchemy's programs too psychologically or physically challenging. Always-At-Aum, LLC and Cosmic Soulchemy cannot be responsible for a student's particular experience in connection with training and recommends that students consult their personal physicians or trusted advisors if they have any doubts or concerns.

I, \_\_\_\_\_, have carefully read and understand the above.

Print Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

Signature: \_\_\_\_\_.