



Welcome to the 200-hr 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: Cassandra Barnes: cassandra@sseverns.com
Heather Alexandar: halexandar7@gmail.com
Jackie Cusimano: healingtouchbyjackie@gmail.com
Jude Levy: (Tushti): jude@illuminatetheshadow.com
Regina McGowan - (Samarasa): rmcgowanesq@yahoo.com
Robin Appel Maida - (Arula Mukti): robin.appel@always-at-aum.com

Location: Honest Haven

Address: 645 S Canosa Ct
Denver CO 80219
Questions about the Studio: 720.282.9121
Questions about the 200hr YTT: (631)235-5307

Training will include instruction on the following topics:

- 6 Types of Adjustments • Anatomy and Physiology
- Asana Labs for 109 Yoga Poses • Ayurveda
- Business Management • Chanting and Mantras
- Contact Yoga • Enneagrams
- Human Energy and Chakra System • Injury Management
- Pranayama and Meditation • Prenatal Yoga
- Restorative Yoga • Sanskrit
- Sequencing Around Injuries • Teaching Methodology
- Trauma Sensitive Yoga • Trauma and Systemic Imprinting • Yin Yoga • Yoga Philosophy

Which YTT format works best for your schedule? Choose as many as you'd like.

Intensive: Monday-Friday 10a-2p

Evening: Monday & Wednesday 5:30p-9:30p

Weekend: Friday 6p-9:30p, Saturday and Sunday 11a-3p (times can vary)



Training Investment: \$3,000

Payment Options:

- **Early Bird Special:** **Save \$400!!** Pay \$2,600 in full 30-days prior to the start of training.
- **Special:** **Save \$200!!** Pay \$2,800 in full by the start of training.
- **Payment Plan:** Pay (6) payments of \$500.

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.

All fees include a 335-page curriculum 10 yoga classes.

Additional Reading Material that is Not Provided:

- Bhagavad Gita – A New Translation, by: Stephen Mitchell
 - The Yoga Sutras of Patanjali, translation, and commentary by: Sri Swami Satchidananda

To Make Payment:

- Venmo to: @alwaysataum
- Zelle to: robin.appel@always-at-aum.com
- Check payable to: Always-At-Aum
- Credit card: <https://always-at-aum.com/trainings/200-hr-ytt/pay-for-200/> • 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.

What to Bring:

All training sessions begin with a yoga practice so we suggest wearing comfortable clothing to practice and consider bringing a change of clothes. Students are given a training curriculum to bring to class each session. We suggest bringing a pen, a highlighter, and a notebook. Please feel free to bring snacks.

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 styles of yoga do you practice?

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

Who can we thank for referring you to our school? Heather Alexandar Cosmic Soulchemy

~ 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 strives 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, 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 reserves the right to cancel any training at any time. If this should occur, a full refund will be given.

Disclaimer

Always-At-Aum, LLC'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's programs too psychologically or physically challenging. Always-At-Aum, LLC 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: _____.