



## **Welcome to the Yin Yoga Teacher Training!**

We're excited to be bringing this group together to share the teachings we so profoundly 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)

Jude Levy: (Tushti): [jude@illuminatetheshadow.com](mailto:jude@illuminatetheshadow.com)

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

### ***Location:***

Cosmic Soulchemy

Address: 9900 E Mississippi Ave

Capital Club House

Denver CO 80227

Questions about the Studio and Training: (707)206-8173 or email [cosmicsoulchemy@gmail.com](mailto:cosmicsoulchemy@gmail.com)

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

- What is Yin Yoga
- History, Benefits, & Principles of Yin
- Intro to TCM Meridians
- 5 Element Theory
- Yin & Yang Asana
- Sequencing Techniques
- Prop Support
- Teaching Yin
- Difference between Restorative and Yin

## 2023 Yin YTT Schedule

**February** Fridays in February on 10, 17, & 24, 2-6 pm

**March** Fridays in March on 10, 17, & 24, 2-6 pm



**Training Investment:** \$450

### **Payment Options:**

- **Early Bird Special:** **Save \$55!!** Pay \$395 in full 30-days before 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 for paying the remaining balance. They may keep the materials and complete the training later at no additional cost. They may be subject to additional fees for materials.

### **Additional Reading Material that is Not Provided:**

- Insight Yoga by Sarah Powers
- The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga by Bernie Clark  
Forward by Sarah Powers
- The Language of Yin: Yoga Themes, Sequences, and Inspiration to Bring Your Class to Life and Life to Your Class (The Inspired Yoga Teacher) By Gabrielle Harris

### **To Make Payment:**

- [Venmo: @Heather-Alexandar](#) (Triple Check Spelling on Last Name)
- [PayPal: 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.

### **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 emailed a digital manual to bring to class each session. You may request a printed spiral-bound manual for an additional \$25. We also 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 Phone #:

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 before the start of training.

A cancellation occurring later than 14 days but up to 48 hours before 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 before 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 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 later 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. 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, 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: \_\_\_\_\_.