



## 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:** Robin Appel – (Arula Mukti): [robin.appel@always-at-aum.com](mailto:robin.appel@always-at-aum.com)  
Michele Bos – (Bhaktidāyini): [libra3877@yahoo.com](mailto:libra3877@yahoo.com)  
Regina McGowan – (Samarasa): [rmcgowanesq@yahoo.com](mailto:rmcgowanesq@yahoo.com)  
Nick Viscovich – (Vishanka): [nickviscovich@gmail.com](mailto:nickviscovich@gmail.com)

**Location:** Just Breathe Yoga  
299 Raft Avenue  
Sayville, NY 11782  
Owner: Nicole Stumpf – (Virya): [nicki@justbreatheyoga.com](mailto:nicki@justbreatheyoga.com)  
Studio Manager: Jude Levy – (Tushti): [jude@justbreatheyoga.com](mailto:jude@justbreatheyoga.com)  
Studio Number: (631) 750-5647

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

- Teaching Methodology
- Yoga Philosophy
- Sanskrit
- Chanting and Mantras
- Anatomy and Physiology
- Human Energy and Chakra System
- Pranayama and Meditation
- Asana Lab for 109 Yoga Poses
- Ayurveda
- Injury Management and Sequencing Around Injuries
- Prenatal Yoga
- Restorative Yoga
- Contact Yoga
- Trauma Training
- Business Management
- Hot Yoga (Optional)
- Kids Yoga (Optional)
- Sup Yoga (Optional)

**Training Schedule for 2016:** Mon & Wed 9/11/17 through 12/18/17  
Fri – 11/3 from 5:30pm-9:30pm at Afterglow Yoga in Amityville  
Sat – 11/4 from 10:15am-6pm at Afterglow Yoga in Amityville  
Sat – 12/2 from 11am-7pm at Just Breathe Yoga in Sayville

**Investment for Training:** \$3,000

**Payment Options:**

- **Early Bird Special:** **Save \$400!!** Pay \$2,600 in full 30-days prior to start of training.
- **Special:** **Save \$200!!** Pay \$2,800 in full by start of training.
- **Payment Plan:** Pay \$500 when registering and \$500 each the 5-months of the 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.

The fees include a 425-page curriculum and (18) yoga classes at Just Breathe Yoga that expire at the end of the training.

**Graduation Requirements:**

- It is heavily recommended that you maintain a daily practice throughout the duration of the training either with an instructor or a home practice.
- You will need to complete (18) additional classes with an Always-At-Aum instructor as part of the requirements set by the Yoga Alliance.
- Complete all written homework and reading assignments.
- Attend all classes. If you miss a class you will simply need to make it up at any one of our (11) locations at no additional charge. There is no time limit to do this. If you would like to receive a signed certificate at graduation you can pay an additional fee and make the missed class(es) up in a private lesson.
- Complete final examination.

**What to Bring:**

The sessions will begin with a yoga practice so wear comfortable clothing and perhaps bring a change of clothes. You will be given a training curriculum, which you are to bring to each session along with other materials listed on the agenda. You will also want to bring a pen, highlighter, and a notebook. 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: _____
Emergency Contact Information Name: _____	
Emergency Contact Information Number: _____	

Which training are you registering for? \_\_\_\_\_

Dates of training: \_\_\_\_\_

Location of training: \_\_\_\_\_

Please list any *current* injuries or medical conditions. \_\_\_\_\_

\_\_\_\_\_

Please list any *past* injuries or medical conditions. \_\_\_\_\_

\_\_\_\_\_

Who referred you to this training? \_\_\_\_\_

~ *Namaste* ~

## ***About Your Yoga Practice:***

How long have you been practicing yoga? \_\_\_\_\_

How often do you practice? \_\_\_\_\_

Do you have a home practice? If so, describe. \_\_\_\_\_

\_\_\_\_\_

What style(s) do you practice? \_\_\_\_\_

\_\_\_\_\_

Who are your favorite three teachers to study with and why? \_\_\_\_\_

\_\_\_\_\_

Do you practice any other parts of Patanjali's eight limbs of yoga i.e. meditation or pranayama? \_\_\_\_\_

\_\_\_\_\_

What does yoga mean to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ***About Your Interest in Becoming a Yoga Instructor:***

Why have you decided to take a yoga teacher training? \_\_\_\_\_

\_\_\_\_\_

Why have you chosen to take this yoga teacher training? \_\_\_\_\_

\_\_\_\_\_

What are you hoping to get out of this training? Please be specific. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you taken any other teacher training's? If so, which ones? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What qualities do you think make a good yoga teacher? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ***About Who You Are Today:***

Describe yourself in one word. \_\_\_\_\_

What is your greatest strength? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

### ***Payment Information:***

Initial Amount Paid: \_\_\_\_\_ Date Paid: \_\_\_\_\_

Balance Remaining: \_\_\_\_\_ Date Paid in Full: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**~ Om Shanti Shanti Shanti ~**

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

A full refund will be given (less a \$100 processing fee) to a student who cancels up to 14 days prior to the start of a training.

A cancellation occurring later than 14 days but up to 24 hours prior to the start of a training will entitle the student only to a credit (less a \$100 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 cancelled. No credit will be given for a cancellation occurring within 24 hours prior to the start of a 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 a 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 a 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 a 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.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

# Reading List

The following is a list of the required reading material you will be using to complete assignments during this training. We have also included the list of books we used to create the 200-hour training. Please don't feel the need to purchase all of those books. If you wish to expand your library we suggest going to a bookstore with this list and choosing the books that resonate with you.

## Required Reading:

- A Handbook of Chakra Healing – Spiritual Practice for Health, Harmony, and Inner Peace, by: Kalashatra Govinda
- Always-At-Aum Yoga School: Yoga Teacher Training Curriculum, by: Robin K. Appel and Teresa E. Millar (*Included in your tuition and will be given to you on the first day of training*)
- Bhagavad Gita – A New Translation, by: Stephen Mitchell
- The Language of Yoga – Complete A to Z Guide to Asana Names, Sanskrit Terms, and Chants, by: Nicolai Bachman
- Light on Yoga (Yoga Dipika), by: B.K.S. Iyengar
- Mindfulness In Plain English, by: Venerable Henepola Gunaratana
- The Yoga Sutras of Patanjali, translation and commentary by: Sri Swami Satchidananda
- Yoga Anatomy – 2<sup>nd</sup> Edition, by: Leslie Kaminoff

## Suggested Reading:

### Anatomy:

- Anatomy of Movement, by: Blandine Calais-Germain
- Illustrated Essentials of Musculoskeletal Anatomy, by: Seig and Adams

### Chakras:

- The Book of Chakras – Discover The Hidden Forces Within You, by: Ambika Wauters
- The 7 Healing Chakras Workbook – Exercises and Meditations for Unlocking Your Body's Energy Centers, by: Brenda Davies, M.D.
- The Chakra System – A Complete Course in Self-Diagnosis and Healing, by: Anodea Judith – 6 CD set from Sounds True

### Children:

- I Believe in Me – A Book of Affirmations, by: Connie Bowen
- Letters from the Secret Lives of Teens, by: Scott Fried
- Making the Best of Me – A Handbook for Student Excellence and Self-Esteem, by: Stew Semigran and Cindy Wilkinson

- Yoga Ed./Sportime Curriculum for K-G2, 3-5, 6-8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga Ed. Tools for Teachers Manual for Pre-K, K-G8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga for Children – A Complete Illustrated Guide to Yoga Including A Manual for Parents and Teachers, by: Swati Chanchani and Rajiv Chanchani
- Yoga Pretzel Deck, by: Tara Lynda Guber and Leah Kalish
- Yoga Planet Deck, by: Tara Lynda Guber and Leah Kalish

#### ***Meditation:***

- Coloring Mandalas – Circles of the Sacred Feminine, by: Susanne F. Fincher
- Mandala Designs, by: Martha Bartfeld
- Mudras: Yoga in your Hands, by: Gertrud Hirschi

#### ***Mind/Body Connection:***

- Brain Gym, by: Paul E. Dennison, Ph.D. and Gail E. Dennison
- Making the Brain Body Connection: A Playful Guide to Releasing Mental,
- Physical & Emotional Blocks to Success by Sharon Promislow
- The Miracle of Water, by: Masaru Emoto

#### ***Pain Management:***

- Healing Back Pain: The Mindbody Connection, by: John E. Sarno, M.D.
- The Genius of Flexibility – The Smart Way to Stretch and Strengthen Your Body, by: Bob Cooley
- The Mindbody Prescription – Healing The Body, Healing The Pain, by: John E. Sarno, M.D.
- The Ultimate Body Rolling Workout – The Revolutionary Way to Tone, Lengthen, and Realign Your Body, by: Yamuna Zake and Stephanie Goldren

#### ***Relationships:***

- Deepen Your Bond with Family, Friends, & Lovers - Contact: The Yoga of Relationship by: Tara Lynda Guber with Anodea Judith
- If the Buddha Dated, by: Charlotte Kasl
- If the Buddha Got Stuck, by: Charlotte Kasl
- If the Buddha Married, by: Charlotte Kasl
- The Joy of Partner Yoga – Enjoy The Pleasures of Yoga With A Partner, by: Mishabae
- The Four Agreements, by Don Miguel Ruiz
- Yoga for Partners – Over 75 Postures to Do Together, by: Jessie Chapman

#### ***Sanskrit:***

- Introduction to Sanskrit Materials, by: Manorama  
Includes CD of Manorama and Sanskrit Studies Course Packet - \$26



*Self-help:*

- A Path with Heart, by: Jack Kornfield
- Karma 101, by: Joshua Mack
- Living Your Yoga: Finding the Spiritual in Everyday Life, by: Judith Lasater
- The Way of the Peaceful Warrior, by Dan Millman

*Yoga:*

- Asana Learning Deck by: Mikelle Tereson's – Flip deck from Yogablossom
- Cool Yoga Tricks, by: Miriam Austin
- Relax & Renew, by: Judith Lasater
- Stretching – For Everyday Fitness and For Running, Tennis, Raquetball, Cycling, Swimming, Golf, and Other Sports, by: Bob Anderson
- The Autobiography of a Yogi, by: Paramahansa Yogananda
- Yoga As Medicine – The Yogic Prescription For Health and Healing, by: Timothy McCall, M.D.
- The Yoga Handbook – A Complete Step-By-Step Guide, by: Noa Belling