

Namaste'

Thank you for your interest in the CITYOGA Advanced Yoga Teacher Certification. To apply for this Certification, please complete the enclosed application. Once we have reviewed your application and documentation we will send you a transcript indicating how many credit hours you may have already earned or an indication of how many hours you may transfer in.

Please follow the instructions below carefully and return the forms to the address on the application:

1. Fill out 500-Hour Application Form completely.
3. Read the Criteria and Ethics Agreements and keep for your records.
4. Mail application and \$60.00 application fee and all supporting documentation to CITYOGA School of Yoga and Health, 2442 Central Avenue Indianapolis, IN 46205
5. You will receive a transcript with the results of our review indicating the credit granted toward your certification. Credits transferred from other locations are limited to elective hours and carry a \$5.00 transfer fee per hour awarded.

If you have any questions about this application process, please email info@cityyoga.biz or call 317.920.9642

CITYOGA 500 Yoga Teacher Training Certification Program

The CITYOGA 500 curriculum builds upon the basic 200 hour Yoga Alliance registration criteria. It provides an additional 300+ hours of training to deepen personal practice and advance teaching skills. Students with a 200 hour certification from any Yoga Alliance registered school or who are currently registered at the 200 hour level with Yoga Alliance are eligible to apply.

Designed much like graduate work at a university, this modular, rather than intensive format allows students to schedule and structure the training in a way best suited for them. The curriculum consists set of core requisite courses (course descriptions below), augmented by electives. Core courses are offered a minimum of 2 times per year.

Electives are fulfilled through independent study or by attending workshops and intensives – many of which can be taken right at CITYOGA. As an example, intensives at CITYOGA with Seane Corn, Paul Gilley, Felicia Tomasko, Rolf Gates and Kofi Busia all qualify to fulfill elective hours. These courses will allow you to both explore

areas of personal interest and fulfill required subjects including pranayama, meditation and professional ethics.

If you have questions about the curriculum, contact info@cityyoga.biz or call 317.920.9642

For Yoga Alliance Standards please contact info@yogaalliance.org or 877-964-2255

500-Hour Certification Program Outline

1. Certification from 200 hour Yoga Alliance Registered School required
2. Core Curriculum - 4 class modules each 6 weeks in length, including one weekend. Classes meet on Thursday evenings from 5:30 - 10:30p. Cost: \$600 per module
3. Practicum/ mentorship module - 40 hours of one-on-one work with appointed/chosen mentor. Cost: \$600.00
4. 105 Hours of Required Electives

Core Curriculum -165 Hours

1. Module 1: Yoga in Action: Ethics for Yoga Teachers and The Art of Teaching Yoga: A Comprehensive and Practical Teaching Methodology
2. Module 2: The Deeper Dimensions of Yoga
3. Module 3: Pranayama, Bandhas and Mudras, Anatomy for Yoga Intensive
4. Module 4: Teaching Meditation Techniques and The Inner Path

CITYOGA Use only:
Application & Fee Received:
Date: _____
Initials: _____

Required Practicum/Mentorship

In addition to the core curriculum, this program requires students to choose and work with a designated and approved teacher mentor. In general, the mentor will observe classes taught by the student and deliver guidance about areas of concern or safety, identify areas of possible improvement, advise about development opportunities, assist in the development of long-term goals and objectives. Students will work with mentor to create a professional development plan.

Required Electives 105 Hours

Credit is earned for approved programs and independent study.

1. Techniques: 50 hours
2. Teaching Methodology: 10 hours
3. Anatomy & Physiology: 30 hours
4. Philosophy/Ethics/Lifestyle: 15 hours

Total Hours of Study 500 Hours

CPR Certification is required for Certification. Yoga Alliance registry at the 500-hour level requires 100 hours of documented teaching time.

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Cost and Fees

The cost for core, required curriculum courses is \$10.00 per credit hour. The cost for classes that fulfill required elective will vary depending on the instructor, subject matter and length of the course.

For information related to cost, or if you have other questions about this curriculum, please contact Nikki at nikki@cityoga.biz or call 317.920.9642.

**CITYOGA 500 HOUR CERTIFICATION PROGRAM
APPLICATION**

Please print clearly and fill out the application completely. Use additional paper as necessary. Incomplete applications cannot be processed. Return completed application & \$60 application fee to:

CITYOGA School of Yoga and Health
2442 Central Avenue
Indianapolis, IN 46205
www.cityyoga.biz
Info@cityyoga.bia
317.920.9641

YOUR NAME (as you would like it to appear on Certificate):

MAILING ADDRESS:

CITY STATE ZIP:

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____

E-MAIL ADDRESS:

PRIMARY OCCUPATION:

Are you a RYT of Yoga Alliance? Yes ____ No ____

If you have completed 200-hour training at a Yoga Alliance Registered School, please complete the information below.

Name of School: _____

Certification Date _____

Please send a copy of transcript or certificate from this school or a copy of your Yoga Alliance Registry acceptance.

Are you currently teaching yoga? YES ____ NO ____

If so, what is the average # of classes per week that you teach

How many years of teaching experience do you have? _____

Do you teach a specific tradition/style? If so what is it? _____

How long have you practiced Hatha Yoga _____

Do you have a regular personal yoga practice? YES ____ NO ____

On a separate sheet of paper, please answer the following questions. Please be as clear, thorough and concise as possible.

What does yoga mean to you?

How has your involvement in yoga changed and developed since your basic yoga teacher training?

What is your main area of interest in yoga?

PROGRAMS AND TRAININGS: On a separate sheet of paper list programs and training you wish to transfer in for elective credit (transfer fees may apply). Programs completed as a part of your 200

hour training do not apply. Attach a short written description of the program (this can be from a course brochure, outline, or syllabus), the Director's Bio and a short synopsis of what you have learned or applied to your practice and/or teaching. Please make sure that each listing includes the following: Course Title Instructor/Director, Date, Length of Program, Location.

HEALTH AWARENESS: If you have a medical condition which might affect your ability to participate or which may be adversely affected by practicing yoga, it is your responsibility to let program directors know and to take care of yourself. Please answer the following questions.

Do you currently have any physical ailments or injuries that may challenge you?

Are you currently under the care of a medical Doctor? Are you able and willing to get a medical release to participate to your fullest ability level?

Are you currently under the care of a therapist or psychiatrist? If yes, does the situation prevent you from interacting fully in the yoga training course? Occasionally, because of the nature of our training, memories, which may not be totally healed, may surface. We try to be particularly sensitive to this, but it will ultimately be your responsibility to maintain your own safe boundaries and to let the instructors know if or when you need assistance.

Have you ever been convicted or pleaded guilty to a felony or Misdemeanor? If yes, explain.

DECLARATION OF DISCLOSURE AND ACCEPTANCE OF TERMS:

I hereby declare the information in this application is true to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for rejecting this application, expulsion from the program, or revocation of certification. I have read the Criteria Outline and the Ethics Agreement and understand and accept the conditions and requirements. I understand that failure to complete the certification requirements as outlined in these forms will result in my not being certified. I understand that I am entitled to no refunds, credits, or adjustments resulting from my failure to complete the certification. I understand that CITYOGA is under no obligation to award any credit for past experience or training and does so at its own

discretion. The final determination is left to the Executive Director and appointed staff, whose decision shall be final.

Signature: _____

Date: _____

Ethical Guidelines

CITYOGA has adopted the ethical guidelines defined by the California Yoga Teachers Association. We teach from these guidelines and request that students agree to them. Please read these guidelines carefully.

Statement of Purpose: We recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally, and spiritually.

Principles: In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

- To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
- To stay abreast of new developments in the field of yoga through educational activities and study.
- To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
- To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
- To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
- To establish and maintain appropriate professional relationship boundaries.
- To cultivate an attitude of humanity in our teaching, we dedicate our work to something greater than ourselves

Professional Practices: In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

- We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage

- Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
- We may at times render service to individuals or groups in need without regard to financial remuneration.
- We neither receive nor pay a commission for referral of a student.
- We conduct our fiscal affairs with due regard to recognized business and accounting procedures.
- We are careful to represent facts truthfully to students, referral sources, and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
- We do not malign colleagues or other professionals.

Student Relationships: It is our responsibility to maintain relationships with students on a professional basis.

- We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
- We make only realistic statements regarding the benefits of yoga.
- We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class.
- We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
- We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.

- All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures, and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
- We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a former student.

Confidentiality: We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

- All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
- We treat all communications from students with professional confidence.
- When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
- We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
- We obtain written consent of students before audio and/or video tape recording or permitting third party observation of their sessions.
- When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is

thoroughly disguised

Assistants, Students, Employees: As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students, and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

- We do not engage in sexual or other harassment of current assistants, students, employees, or colleagues.
- All forms of sexual behavior, as defined in Section 4.6, with our assistants, students, and employees are unethical.
- We advise our assistants, students, and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience, and competence.
- We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible, and ethical manner to protect, or intervene on behalf of, a student or other member of the public or another employee.

Interprofessional Relationships: As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and interprofessional relationships.

- Knowingly soliciting another teacher's students is unethical.
- Speaking of other teachers with disrespect is unethical.