We are pleased to send you application information for the 200-hour yoga teacher training program beginning October 2, 2020 here in Buffalo!

**Class Schedule**

Training sessions will be held Tuesdays 7-9 pm as well as one weekend a month from October 2020 through May 2021. All of the classes will be held at the Himalayan Institute of Buffalo. The teaching faculty consists of local Himalayan Institute Certified Yoga Teachers and occasionally faculty members from the Himalayan Institute’s headquarters in Honesdale, PA.

* *Weekends (Friday 6:30-8:30pm, Saturday 9am-5pm, Sunday 9am-5pm):* Oct 2-4, Oct 30-Nov 1, Nov 20-22, Dec 11-13/2021 Jan 15-17, Feb 19-21, Mar 19-21, April 23-25, and May 8-9.
* *Tuesdays (7-9pm):* Oct. 6–Dec. 8, 2020 and Jan. 12– April 20, 2021.

**Cost**

Tuition is $2999, which is all-inclusive. Additional benefits include:

* Membership with Himalayan Institute of Buffalo, with a student discount for a year.
* Teacher Training Manual.
* Eligibility to apply for the 200-hour level of registration (RYT) with Yoga Alliance, upon certification by the Himalayan Institute.

**Payment Options**

Tuition is payable in regulated installments. If you are paying in installments, half will be due at the start of training and the balance by the end of March 2020. If you need an individual payment plan, please talk with Julia prior to September 1st.

**Elements of Training**

1. Completion of required reading and course work in six areas: (1) Asana Practice, (2) Science of Breath, (3) Meditation, (4) Essential Yoga Philosophy, (5) Anatomy and Physiology, and (6) Ayurveda and Vegetarian Kitchen Basics.
2. Exams and Assignments:

* Take-home knowledge assessment.
* One-month meditation journal and written report.
* Teaching experience with self-evaluation report.

**Required Reading Material can be purchased from the bookstore.**

Yoga Mastering the Basics by Rolf Sovik and Sandra Anderson

The Perennial Psychology of the Bhagavad Gita by Swami Rama

The Secret of the Yoga Sutras by Pandit Rajmani

Yoga Body by Judith Laseter

**Breakdown of Training Hours**

1. Contact hours (under direct teacher supervision):

* Techniques 100
* Teaching Methods 20
* Yoga Philosophy, Ethics, Lifestyle 27
* Anatomy and Physiology 20
* Practicum/Proctored Exams 20

Total Contact Hours: 188 hours

1. Non-contact hours (personal study):

* Reading (all areas) 55
* Assignments 35

TOTAL Hours: 278 hours

**Certification**

Participants who complete the program receive Yoga Teacher Certification from the Himalayan Institute Teachers Association and are also eligible to apply for the 200-hour level of Registration (RYT) with Yoga Alliance. Most participants complete their certification within six months of the training program, with a maximum of two years allowed once program training sessions cease in May. After certification is granted a variety of continuing education seminars as well as the 500-hour advanced training is available for further refinement of teaching skills.

**Requirements and Recommendations**

If you would like to purchase additional resources, you will receive a 10% discount on all Himalayan Institute books and products in the HI Buffalo bookstore. For preparatory reading, we recommend *Yoga Mastering the Basics*.

Please complete the attached application and send it to us along with 1 passport size photo and your $108 application fee payable to the Himalayan Institute. The two references should also be sent to this address. When you are accepted into the program, you will receive more detailed information about the course syllabus. At the first class session, you will receive the comprehensive manual covering the curriculum of the course itself.

Looking forward to hearing from you,

Julia Kress

**Application for 200-Hour Teacher Training**

Full Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Profession \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please answer following questions in detail.

* When did you begin to study hatha yoga?
* What yoga classes and workshops have you attended in the past two years?

(Please list the tradition or style of your training and approximate hours per week)

* Describe your personal practice. How often do you practice and for how long?
* Describe any previous experience teaching hatha yoga
* How has yoga affected your life?
* Why do you wish to become a yoga teacher?

**Two references are required for the 200-hour program. Please use the reference forms attached. Please also include 1 passport size photo with your application.**

I understand that acceptance for admission to this program is based upon the Institute’s assessment of my general qualifications. I also understand that the admission decision is at the sole discretion of the Himalayan Institute.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment: $108 application fee (will be deducted from tuition total)

*Please make checks payable to “Himalayan Institute of Buffalo”*

Send your application with check to:

Himalayan Institute Teacher Training

Attn. Teacher Training Coordinator

841 Delaware Ave.

Buffalo, NY 14209

**Yoga Teacher Training Reference**

Applicants to the 200-hour yoga teacher training certification program are required to submit references from individuals who have personal knowledge of their yoga experience.

Your input regarding the applicant will enable us to better evaluate her/his qualifications. If additional space is needed, please use the back of this form.

(Please print)

Name of applicant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of yoga teacher giving reference \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Please respond to the questions below:*

1) In what capacity have you known the applicant?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) How long has the applicant been attending your yoga classes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Rank the applicant’s sincerity towards her or his practice of yoga:

Least 1 2 3 4 5 6 7 8 9 10 Most

4) Rank the applicant’s proficiency in yoga:

Low 1 2 3 4 5 6 7 8 9 10 High

5) Rank the applicant’s overall readiness to become a yoga teacher:

Not ready 1 2 3 4 5 6 7 8 9 10 Prepared

We would appreciate any other comments you have regarding the applicant. Thank you!

**Yoga Teacher Training Reference**

Applicants to the 200-hour yoga teacher training certification program are required to submit references from individuals who have personal knowledge of their yoga experience.

Your input regarding the applicant will enable us to better evaluate her/his qualifications. If additional space is needed, please use the back of this form.

(Please print)

Name of applicant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of yoga teacher giving reference \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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