

Rizze Somatic Multi-Style Yoga

200-Hour Teacher Training

Lana Maree

#206-1638 E. 3rd Ave
Vancouver, BC. V5N 1GN

rizeyoga@gmail.com

www.bodydreams.org

APPLICATION FORM

Mission Statement:

Rizze Yoga Teacher training offers a certified yoga education program that honours ancient yogic teachings, and bridges those teachings with the realities of living in the western world with compassion and balance.

This program supports yoga teachers and aspiring yoga teachers or students who wish to deepen and explore yoga for their own personal development through the inner wisdom of their bodies. Rizze Yoga encourages the development of a practice and teaching style that comes from a place of authenticity, self-awareness, passion, and embodiment:

physically - asana, diet

emotionally - somatic exploration/release

spiritually - meditation, mantra

mentally - the study of yoga then (traditionally) and yoga now (urban yoga in the changing world).

Students graduating from this program will have the skills they need to creatively build a sustainable teaching or personal practice from the inside out utilizing body/mind/spirit and then taking this wisdom out into the wide world and living it!

Vision Statement:

Rizze Yoga is committed to supporting and enriching the lives of others in an empowering, respectful manner regardless of the individual's gender, socio-economic status, age, ethnicity or sexual orientation. Power to the People!

Assessment Process:

1. To complete this course full attendance is mandatory. If a medical or family emergency arises, please be prepared to present a note from a physician.
2. Students are expected to arrive on time for every session.
3. Home study assignments must be completed and handed in on the due date. There will be no extensions offered.
4. An open book exam will be held during the last week of the program. Students must have 75% of the questions correct to graduate. This exam will be multiple choice and include 4 essay questions.
5. All readings, home study and home practice, including meditations, and journaling must be kept up to date and handed in as requested.
6. Students must be willing to sign the Code of Conduct and adhere to this code during the Teacher Training.

Courses:

- * Somatic Exploration
- * Teaching Techniques
- * Asanas
- * Pranayama
- * Yoga Philosophy
- * Yoga History

- * Meditation and Mantra
- * Anatomy
- * Practicum
- * Yoga in the wide world, both personally and professionally

Fees:

\$3,300 (+GST)

Refund & Cancellation Policy:

A \$50 administration fee is due with the application and is non-refundable. The application fee is separate and distinct from the tuition and is charged specifically to cover the administration expenses involved with accepting and reviewing applications. Therefore, it cannot be credited towards tuition fees.

Upon acceptance into the program, a \$200 non-refundable deposit is due. The tuition, less the \$200 deposit, is refundable only if cancellation is made 30 days prior to start date. NO refunds, credits or transfers are available for cancellation within 30 days prior to the start of the program.

Please note: Our cancellation policy is firm. There are no exceptions.

Once again, we recommend that you carefully review your schedule and upcoming obligations to ensure that you can fully commit to the teacher training program.

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Answer the following questions completely. Submit the completed application with the deposit of \$200 to Lana Maree.

Personal Information:

Name..... Today's date.....

Address.....

City..... Prov..... PC.....

Home tel #..... Work tel #.....

E-mail..... DOB...../...../.....

Emergency Contact:

Name..... Relationship.....

Address.....

Telephone..... Cell.....

Code of Conduct:

This code of conduct is a summation and declaration of acceptable, ethical and professional behaviour which all Registered Yoga Teachers (RYT) and Registered Yoga Schools (RYS) agree to conduct the teaching and business of Yoga.

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge each student's limitation of skill and scope of practice and teach appropriately. When need be, refer student to seek alternative instruction, advice, treatment or direction.
3. Create and maintain a safe, clean and comfortable environment for the practice of Yoga.
4. Actively encourage and welcome diversity. Respect all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion, or sexual orientation.
5. Respect the rights, dignity and privacy of all students.
6. Avoid words or actions that constitute sexual harassment.
7. Adhere to traditional Yoga Principles as written in the Yamas and Nyamas.
8. Follow all local government & national laws that pertain to my Yoga teaching and business.

For further information email Lana Maree at rizeyoga@gmail.com or visit the website www.bodydreams.org

Signature:

Please Print Name:

Witness:

Please Print Name:

Date: