

# Application for Admission into the **Summers School of Yin Yoga** for Yin Yoga Teacher Training Certification 200hr or 300hr

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As a prospective student in the Yin Yoga Teacher Training, please make sure to review the requirements for the 200hr and/or 300hr level certification tracks.

## **Overview of Program Requirements (200hr track):**

**The 200hr Yin Yoga Teacher Training** certification requires attendance and participation in these Required Modules:

1. **Foundations Module (50hr)**
2. **Practicum Module (30hr)**
3. **Anatomy Course (20hr)**

AND two of the following Elective Modules:

1. **Traditional Chinese Meridian (TCM) Module (50hrs)**
2. **Mindfulness Module (50hrs)**
3. **Yang Yoga Module (50hrs)**

## **Overview of Program Requirements (300hr track):**

**The Advanced 300hr Yin Yoga Teacher Training** certification requires that a trainee has already earned their 200hr level of training through Yoga Alliance (can be any style of yoga).

Also required attendance and participation in these Required Modules:

1. **Foundations Module (50hr)**
2. **Traditional Chinese Meridian (TCM) Module (50hrs)**
3. **Mindfulness Module (50hrs)**
4. **Yang Yoga Module (50hrs)**
5. **Practicum Module (30hr)**
6. **The Retreat (70hrs)**

All modules have an online coursework and self-study projects. You will have three years to complete all requirements from the time you enroll.

You should have a willingness to cultivate a steady and consistent Yin Yoga and meditation practice for the duration of the training. You will be expected to complete all the written assignments by the assigned dates.

## **Application for Enrollment:**

**Name:**

**Address:**

**Email:**

**Date of Birth:**

**Certificate Level being sought:** (circle one) 200hr or 300hr

1. Please describe your yoga and meditation experience, including the teachers and styles you have been exposed to and the frequency of your practice.
  
  
  
  
  
  
  
  
  
  
2. Who have been your most influential teachers? Please describe how they have made an impact on you and in what capacity you have worked with them.
  
  
  
  
  
  
  
  
  
  
3. Describe in detail your current practice of yoga and meditation.



8. Please describe your non-yoga related professional experience and how that might influence the way you think about practice and teaching.

**Questions 9-12 are motivated by the intention to create a safe, respectful, and supportive learning environment for all.**

9. As a student in this intensive training, you will be expected to participate in group discussions and activities, and to do so with respect and compassion for other group members and teachers. Would this be challenging or difficult for you? If so, why?
10. Do you have difficulty receiving constructive feedback?
11. Have you had difficulty adhering to group process agreements and guidelines in the past? If so, please describe.

12. For the good of the group, if we have concerns about your behavior in the group we will need to address this. Will you be willing to work with the lead teacher towards an agreeable arrangement/solution?

13. Do you have any physical injuries or limitations that might make completing this training difficult? If so, please describe.

14. Agreement to the **Five Training Precepts of Buddhism**: These are general commitments for conduct during the training and not to be taken as rules or mandates (Please sign as acknowledgment).

- I undertake the training to practice compassion in body, speech and mind.
- I undertake the training to practice generosity and to not take things which are not freely given to me.
- I undertake the training to practice honesty and kindness in speech.
- I undertake the training to practice mindfulness in relationship with others, including a commitment to be mindful of sexual energy.
- I undertake the training to refrain from intoxicants that cloud the mind and impair my ability to participate fully in this course of study. (During training modules, this means not arriving under the influence of an intoxicant during a session)

**Date:**

**Signature:**

15. What about this training interests you? And how do you see this course supporting your development as a practitioner and as a teacher?

**16. Please note and acknowledge by signing below:**

The structure of the core modules (Foundations, Mindfulness, TCM, and Yang) in the Summers School of Yin Yoga is such that there are online introductory courses that all students are *required* to take prior to live attendance. These online courses comprise 5-8 hours for each module of the training, and cover essential introductory material necessary to understand the live module content. They can be taken online through [www.yinyogaschool.com](http://www.yinyogaschool.com).

Upon registering for a training module, you will receive **lifetime access** to the online course. You'll get an exclusive access link in advance of the live event.

2020 fee for all live core modules: \$890 (or \$740 early-bird rate). Rates will vary in Europe.

*By signing below, I acknowledge and take full responsibility for completing the online coursework prior to attending each core module. Failure to do so will result in an incomplete, and jeopardize my learning.*

**Date:**

**Signature:**