

Application for Admission
Summers School of Yin Yoga
Yin Yoga Teacher Training Certification 200hr or 300hr

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 for the 200hr Certification

- Completion of all four 50hr Modules in the curriculum:
 - Foundations Module
 - Traditional Chinese Medicine Module
 - Heart of Compassion: Yin Yoga and Meditation Module
 - Heart of Wisdom: Yin Yoga and Meditation Module
- Teaching Practicum Assignment (once all modules are complete)
- Closing Interview with Josh/Terry

Overview of Program Requirements for the 300hr Certification

- Completion of all four 50hr Modules in the core curriculum:
 - Foundations Module
 - Traditional Chinese Medicine Module
 - Heart of Compassion: Yin and Yang Meditation Module
 - Heart of Wisdom: Yin and Yang Meditation Module
- Teaching Practicum Assignment (once all modules are complete)
- **A Year of Ongoing Practice in the River Bird Sangha as a Sustaining Member**
- Closing Interview with Josh/Terry

Timeline for Completion. You may take as long as you need to complete the requirements in the program. Our aim is to offer a flexible program that works for your schedule.

3. Within this training you will be expected to maintain a daily practice (30-60min). Please describe your current practice, and your acknowledgment of the training's expectations around practice.

4. Are you currently teaching yoga or meditation? Please describe a little about your teaching experience, if any.

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

Date:

Signature:

