



Birchwood Center Level I  
200 Hour Teacher Training Application  
January 3–June 8, 2019

Dear Applicant,

Thank you for your interest in the Birchwood Center Level I 200-hour Teacher Training Program. Here are the forms to be completed in order to apply. Please read the entire application, print clearly, and answer all questions to the best of your ability.

**Prerequisite:** Six months prior yoga experience is required, i.e. consistent study with a teacher and personal practice.

**Mandatory Sessions:** Attendance at mandatory session dates is required. Please check dates below.

### To Apply

Send your completed application with a non-refundable \$50 application fee, a refundable \$500 deposit (separate checks please) and your signed Criteria for Certification Agreement to:

Birchwood Center  
85 S. Broadway  
Nyack, NY 10960  
Attn: Teacher Training Program

- **Criteria for Certification Agreement:** Read, sign, and return with your application. Keep one copy for your reference.
- **\$500 Deposit:** This deposit is refundable if for any reason you are not accepted into the program or if you choose to withdraw before the start of the training. If you are accepted, the deposit will be applied to your tuition. This deposit is non-refundable after January 3, 2019.
- **Applicant Meetings:** Each applicant must attend one of our group applicant meetings as part of the acceptance process, dates and times to be determined. If you cannot make a meeting we will arrange to meet with you at another time.
- **Please note:** This application does not assure your place in the program.

## Tuition

### Full Tuition

- \$3600 (plus \$50 application fee)

### Discounts

- Save \$400 –  
Pay in full by November 1, 2018:  
\$3200 (plus \$50 application fee)
- Save \$200 –  
Pay in full by December 1, 2018:  
\$3400 (plus \$50 application fee)

### Payment Plan

A payment plan option is available. Pay the balance of the \$3600 tuition minus the \$500 deposit in four equal payments of \$775. Payments will be due on:

- January 3, 2019
- February 3, 2019
- March 3, 2019
- April 3, 2019

### Tuition Includes

All mandatory sessions, unlimited yoga classes for the duration of the program, and the Birchwood Center Teacher Training Manual. Tuition does not include text books and outside workshops.

### Questions

If you have any questions about this application process or the Birchwood Center 200-hour Yoga Teacher Training you may email [info@birchwoodcenter.com](mailto:info@birchwoodcenter.com) or call the Birchwood office: 845-358-6409.

## Mandatory Session Dates

*Program begins Thursday,  
January 3, 2019*

### January

- Thursdays, Jan 3, 10, 17, 21, 31 –  
6:00-9:00pm
- Friday, Jan 4 – 6:00-9:00pm
- Saturday, Jan 5 – 12 noon-7:00pm
- **Sunday, Jan 13 – 12 noon-3:00pm**

### February

- Thursdays, Feb 7, 14, 28 – 6:00-9:00pm
- Friday, Feb 1 – 6:00-9:00pm
- Saturday, Feb 2 – 12 noon-7:00pm
- **Sunday, Feb 10 – 12 noon-3:00pm**

### March

- Thursdays, Mar 7, 14, 21, 28 –  
6:00-9:00pm
- Friday, Mar 1 – 6:00-9:00pm
- Saturday, Mar 2 – 12 noon-7:00pm
- **Sunday, Mar 10 – 12 noon-3:00pm**

### April

- Thursdays, Apr 4, 11, 18 – 6:00-9:00pm
- Friday, Apr 5 – 6:00-9:00pm
- Saturday, Apr 6 – 12 noon-7:00pm

### May

- Thursdays, May 2, 9, 16, 23, 30 –  
6:00-9:00pm
- Friday, May 3 – 6:00-9:00pm
- Saturday, May 4 – 12 noon-7:00pm
- **Sunday, May 19 – 12 noon-3:00pm**

### June

- Thursdays, June 6 – 6:00-9:00pm
- Friday, June 7 – 6:00-9:00pm
- Saturday, June 8 – 12 noon-7:00pm  
\* Graduation

*Please print clearly and use the back of this sheet if more room is needed.*

Name

Address (Street, City, State and Zip)

Home Phone

Cell Phone

E-mail

Date of Birth

Occupation

Have you studied at Birchwood Center and if so, for how long and with whom?

How long have you been practicing yoga?

What teachers have you studied with?

What style(s) of yoga?

At this stage in your practice, what level do you consider yourself?

- Beginner
- Intermediate
- Advanced

What do you wish to achieve through this training?

Why do you wish to be a certified yoga instructor at this time?

Are you under medical supervision for any physical or emotional illness?    Yes    No

If yes, are you taking any medication for these illnesses? Please explain.

Are you pregnant? ?    Yes    No    If yes, how many months?

Do you have any physical limitations?    Yes    No

If yes, please explain

**Emergency Contact**

Name

Home Phone

Cell Phone

How did you find out about this program?

I certify that the above information is true and accurate.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Birchwood Center does not discriminate on the basis of race, color, gender, religion, national origin, age, marital status, disability, or sexual preference. The information on this application will be kept confidential.

# Criteria for Certification Agreement

Please take time to read through this agreement, sign it, and send one copy to us with your application. Keep the second copy for your records. Thank you.

## Course Objectives:

1. To provide each student with an in-depth experience of yoga and the consciousness it fosters.
2. To have students learn basic asanas and other yogic practices through direct experience with Birchwood Center instructors and their own personal practice.
3. To instruct students in teaching methodology and help develop their skills as teachers of a basic level I yoga class.
4. To produce teachers who are creative in their teaching and are committed to the practice and understanding of yoga as a way of life.

## Certification Criteria:

This teacher training course is intended to result in your certification as a level I yoga teacher. Most students who attend our program receive their certification but we reserve the right to withhold certification from any student who fails to meet our requirements or develop skills necessary to safely and competently teaching basic asanas and yogic practices. The program directors and teachers will use the following criteria to establish students' eligibility for certification:

1. Attendance - 100% attendance is required, arriving to sessions on time and staying to completion. If, in a serious emergency, you need to miss any session, you must notify the directors prior to the session. You will be required to make up any work or time missed.
2. Practice teaching – Full participation in group practice teaching sessions, as both teacher and student, is mandatory. You must demonstrate your ability to teach beginners and mixed level students using the methodology presented in this training.
3. All practice teaching, required reading, written and other assignments must be completed and are mandatory for certification.
4. No less than 180 hours of direct contact with the primary teachers during mandatory training sessions and weekly classes are required for certification.
5. All fees must be paid in full prior to receiving certification.
6. Students are responsible for signing the attendance roster at each weekend session or weekly class. To be considered present, students must stay for the duration of the session.
7. Passing both the final teaching exam and any written exams is required for certification. Students will be given one opportunity to retake an exam if needed and will be given until August 31, 2018 to complete any late requirements or to take makeup exams. There will be absolutely no extensions beyond this date.

I have read and understand all the above criteria for certification. I understand that failure to complete the certification requirements will result in my not being certified. I understand that I am not entitled to any refunds, credits, or adjustments resulting from my failure to complete the certification requirements.

Signature \_\_\_\_\_ Date \_\_\_\_\_