



Twisters

TEACHER TRAINING APPLICATION

The journey of a thousand miles begins with the first step says the Chinese philosopher Lao-Tzu. Namaste and welcome to the first step in the exciting and transformative journey of embarking on a Yoga Immersion and/or Teacher Training. We are honored that you are considering our program which is Yoga Alliance certified and aligned with the highest standards within the world of professional yoga today. Whether your aim is to share the gift of yoga through teaching or your intent is to deepen your personal yoga practice, this program will enrich your life immeasurably...

Please be very specific with your answers and feel free to extend your answers to another page if you need to, as we want to make sure that we really get a clear sense of our candidates. All answers will be kept completely confidential. Thank you!

Once your application has been received we will review all information and contact you to complete registration. Accepted trainees will be able to pay online.

Class size is limited so pre registration at an early date is recommended. Once registration is full, we will begin a waiting list and individuals from that list who are not accepted into the program will be notified of future trainings.

Name: _____

Address: _____

E-mail: _____

Phone #: _____

Are you applying for Immersion Parts I, II and/or III OR entire 200 Hour Yoga Teacher Training program? If you are JUST applying for any of the Immersion segments, please Specify clearly which ones.

How did you hear about this program?

How long have you practiced asana?

Do you have any physical injuries or limitations?

Are you taking any medications currently?

Who are your most influential yoga teachers?

Have you ever taken an Anusara class, workshop or training before? If so, where and with whom?

Are you currently a yoga teacher?

What does the word "Yoga" mean to you?

What role do you tend to take in a group setting? ie Leader, Follower, Peacemaker, etc...

What would you consider your personal strengths?

What are aspects of yourself that you could grow, enhance or improve?

What is your intention or goal for this program?

Free Yoga with Kilkenny and Discounted Classes!!!

One of the great benefits of participating in the Twisters Yoga Shala Teacher Training program is free yoga with Kilkenny during the course of your training. As a teacher trainee, you will be required to maintain a personal practice of 6 hours of yoga each week. In addition to attending your weekend trainings, you may take free classes with Kilkenny for the length of the program. You may take all other classes for \$8- approximately half the price of a regular drop in! (*note: all free classes are space permitting.)

Dates Recapped:

September 24th and 25th (Immersion Part I)

October 22nd and 23rd (Immersion Part I)

November 19th and 20th (Immersion Part II)

December 10th and 11th (Immersion Part II)

January 7th and 8th (Immersion Part III)

January 28th and 29th (Immersion Part III)

February 18th and 19th (Teacher Training)

March 10th and 11th (Teacher Training)

March 31st and April 1 (Teacher Training)

April 21st and 22nd (Teacher Training)

May 19th and 20th (Teacher Training)

READING LIST:

REQUIRED READING LIST:

The Master Immersion Booklet by John Friend (Provided)

Anusara Yoga Teacher Training Manual by John Friend (Provided)

Light on Yoga by B.K.S. Iyengar

Bhagavad Gita- Juan Mascaro

The Yoga Sutras of Patanjali- Translated by Alistair Shearer

The Anatomy of Movement – Blandine Calais Germain

Meditate – By Swami Muktananda

SUGGESTED READING LIST:

Yoga from the Inside Out by Christina Sell

Poised for Grace, Annotations of the Bhagavad Gita- Dr. Douglas Brooks

Hatha Yoga Pradipika by Svamimarama

The Yoga of Discipline by Swami Chidvilansananda

Eastern Body, Western Mind by Anodea Judith

Meditation For the Love of it-Sally Kempton

The Anatomy Coloring Book by Wynn Kapit