



The Masters-300 Hour Teacher Training Frequently Asked Questions

Our 300-hour certification program:

Weekend Dates:

Jan 2-3, Feb 6-7, Mar 6-7, Apr 3-4, May 1-2, Jun 5-6, Jul 10-11, Aug 7-8, Sep 11-12, Oct 2-3, Nov 13-14, Dec 4-5

Weekend Modules: (240 hours)

1. Creative Sequencing
2. Making it make "cents"/Yoga as a Profession
3. Yoga as Therapy/Mental and Physical
4. Advanced Physiology and Nutrition
5. Diving in...it's ALL yoga!
6. Holding Space/Life Coaching
7. Juicy Assists/Advanced Assisting
8. Fear Factor/The Psychology of Your Teacher
9. Teachers Toolbox
10. Yoga Mojo-Yoga Nuances
11. The IT Factor
12. Speaking to Spirit

Taking it out of the studio: (30 hours)

Homework: (30+hours)

Homework will be required in the form of a paper or presentation in order to meet graduation requirements. Students must pass all modules in order to receive certification. If a student does not pass a module they can retake the module the next time it is offered at no cost. We are committed to your growth as a teacher through the work and progress you make as a result of this training.

Admission Requirements:

You need:

All applicants must be 200 hour certified.

You need to be a passionate and willing seeker of growth personally and professionally.

You DON'T need:

You do not have to be certified as a LivFree Power Yoga.

You do NOT need to be certified by Annie Q

You do NOT need to be currently teaching.



Are books and materials included in the price of the training?

Upon acceptance to the training you will be given a book/reading list for the training. These books are NOT covered in the cost of the training. You will be told what, if any, books are required for each module. All printed materials handed out during the training are included.

Yoga classes

Yoga classes are included in the weekend modules at no additional cost. We expect that students will maintain a regular yoga practice and that students assume responsibility for all costs associated with their practice.

When will I find out if I have been accepted to the program?

After you submit your completed Teacher Training Application, you will be contacted via email or phone within 2 weeks. Your payment will be processed upon acceptance

Do I have enough teaching experience to participate in a 300-hour training?

If you have earned a 200-hour certification and would like to take your knowledge and teaching to the next level, you are ready for this training. Please know that we take our students experience and outcome very seriously. We guarantee you will grow in this training professionally AND personally.

What if I miss a module?

To obtain a certificate of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. We encourage you to set your schedule and attend all the modules. However, we understand that you may not be able to foresee every conflict. If a conflict comes up please contact Annie Q. as soon as possible, to make arrangements to make up time that will be missed. We will be offering one 300-hour training per year at The Yoga Shop, you can make up the missed module at the next training. If the module is being offered at another studio you can travel to attend the module; (you must pay the cost of the module to that studio)

Please submit acknowledgement and acceptance of above information with your application.

*I agree to all of the above (initial)_____



300-hour Master Teacher Training Application

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Cell Phone _____ email _____

Emergency Contact _____ Phone _____

Please type the question and answer for the following and email the completed application to: livfree6@mac.com

Your life:

What are you passionate about? What inspires you?

What are you most grateful for in life, and why?

How do you describe your relationship to spirituality?

Who or what have been your greatest life teachers?

Name three of your gifts/talents.

List three of your life challenges that you are currently working on.

Your Goals:

What are your dreams? What does your heart and soul long for?

What goal have you had but pushed aside? What gets in your way?

What is your goal for this training?

How do you feel your presence will enhance this training?

What else do you want us to know about you?

Is there a specific demographic, that you feel called to bring yoga to?

Your Yoga:

How long have you been practicing yoga? How often do you practice?

What other spiritual/physical practices do you have? (meditation/church/running ect)

Where did you receive your 200 hour? Are you registered with Yoga Alliance?

Who are your yoga teachers?

What style(s) of yoga resonate with you?

Have you taken yoga classes at The Yoga Shop?

What makes a yoga class stand out as special to you?

Please tell us about other yoga trainings that you have participated in.

Do you have any physical injuries that we should know about?

Do you have any mental or emotional challenges that we should be aware of?

Why do you want to be a part of this training?

Thank you for your time and honest, open answers. After you submit this completed application, you will be contacted via email or phone within two weeks. Your payment will be processed upon acceptance



300-hour Master Teacher Training Payment Information

We offer two payment options as follow:

- \$4000^{+tax} Full Payment due at acceptance to the program; or,
- \$4500^{+tax} Payment Plan 3 payments of \$1200 (1st due on acceptance), final \$900 (+CT sales tax) payment due by November 1st, 2020.

We accept: Cash, Check, MC and Visa



Choose your method of payment: Cash _____ Check _____

I am paying in full _____

I am using the installment plan _____

I am paying with Cash.

If paying with cash, please contact Annie Q for arrangements.

I am paying by Check.

If paying by check please drop completed application and check to our front desk or mail to: LivFree Power Yoga, 29 Ahern Drive South Windsor, CT 06074

I am paying by Credit Card. MasterCard _____ Visa _____

I understand that I must fulfill all the requirements of LivFree Master Training Program, including in-class hours, mentorship, homework, quizzes and final exam. I will receive a certificate of completion for its 300-hour Teacher Training Program. Following completion I will submit my credentials for Yoga Alliance registration.

I understand that LivFree Power reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or LivFree’s ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel **14 days prior** to the start of the training, my deposit will be applied to future teacher training and my payment refunded to me in full. If I cancel **within 14 days** of the start of the training, I will forfeit my \$500 deposit and my remaining balance will be refunded. Once the program begins, tuition is non refundable and non transferable. I understand that LivFree Power Yoga’s Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply will result in legal action.

I have read and accept the above terms and requirements: Yes _____ No _____