



# Vida Yoga 200-Hour Yoga Teacher Training



Name \_\_\_\_\_

Address \_\_\_\_\_

Birthdate \_\_\_\_\_

Cell \_\_\_\_\_

Email Address \_\_\_\_\_

The Yoga Studio is a Yoga Alliance Registered School. You may register with Yoga Alliance as a RYA 200 Teacher upon graduation from this training if you choose.

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Please write or type answers on a separate page.

Drop application off at Vida Yoga or email to [staci@yogadance.us](mailto:staci@yogadance.us).

*All Applications are Confidential.*

- 1) How long have you been practicing yoga?
- 2) Is this your first Yoga Teacher Training? If your answer is No: Please list other training programs completed.
- 3) What do you love about yoga?
- 4) What skills do you hope to gain from this Teacher Training program?
- 5) What styles of learning do you feel work best for you (visual, aural, verbal, physical, logical, social, solitary)?
- 6) Please share the highlights of your professional life to date.
- 7) Do you have any other teaching/training experience? (for example, do you lead trainings in your workplace? Have you taught math as a tutor? Are you the one at work that teaches everyone how to do the new thing?)

If the answer is Yes: please briefly describe.

8) Can you commit to the attendance and homework obligations outlined in the program description? If you have conflicts, please describe them so we can see if they are compatible with the program.

9) Please let me know about any medical conditions or injuries that may affect your ability to practice yoga in this training.

### Program requirements

You must borrow or purchase the required reading material for the program.

Required texts:

- *The Key Muscles of Yoga* – Ray Long (hard copy)
- *Big Magic* – Elizabeth Gilbert (audio or hard copy)
- *The Courage to Teach* (10<sup>th</sup> Anniversary Edition)– Parker Palmer (audio or hard copy)
- *The Bhagavad Gita* – Eknath Easwaran (audio or hard copy)
- *Don't Be An Asshole Yoga Teacher* – Dr. Lisa Dana Mitchell (hard copy)
- *Move Your DNA* – Katy Bowman (audio or hard copy. If you do audio, be sure to download the pdf—almost 100 pages)

You must commit to attend all program sessions and complete all homework assignments in order to graduate (illness or emergency absences will be assigned makeups on a case by case basis). Please review program dates. You will be asked to take on a steady home practice in addition to contemplations, journaling, research, and brief written assignments.

### Tuition Investment & Refunds

#### *Deposit:*

A \$500 non-refundable deposit is due upon acceptance into the program to hold your place. Your deposit counts toward the total cost of tuition. (If the training does not meet the minimum student base, you will be notified by August 5, 2025 and your deposit will be refunded.)

#### *Tuition:*

Applications are due by August 5, 2025.

The Teacher Training program is an investment of \$2,950 if paid in full by August 22, 2025.

Tuition is \$3,200 if a payment plan is in place by August 22, 2025. Contact Staci for details and to set up a plan.

- Tuition does not include lodging, required reading, or meals.
- Tuition can be paid by cash, check, or credit card.

Please note there are no refunds.

## Contact

Please contact me with any questions. I am excited and honored to facilitate your Yoga Teacher Training. It's going to be an incredible journey!

Staci Curry  
staci@yogadance.us  
585-808-9297

## 2025-26 Yoga Teacher Training Schedule

August 22, 23, 24  
September 26, 27, 28  
October 17, 18, 19  
November 14, 15, 16  
December 5, 6, 7  
January 23, 24, 25  
February 6, 7, 8  
March 6, 7, 8  
April 17, 18, 19

The above dates meet at the following times:

Fridays 4-8pm

Saturdays 10:30am-5pm

Sundays 11:30am-5pm

The majority of these dates will meet at Yoga Vida in Orcutt, CA.

A few of the above dates will meet at Staci's home in Santa Maria.