

MASSACHUSETTS SPANDA® YOGA SUMMER TEACHER TRAINING INTENSIVE

Springfield College, 263 Alden Street, Springfield, Massachusetts

A 16-day intensive: Saturday, June 17 through Sunday, July 2, 2006

The Massachusetts summer intensive program will be hosted by Springfield College in Springfield, Massachusetts. It is for students wishing to reside on campus in private campus townhouses, and for those who may wish to commute from off-campus. The daily schedule is full, beginning the day early with hatha yoga classes. Lecture, practicum, and applications classes continue throughout each day and most evenings.

The course fee for the Massachusetts intensive program is \$1750 if registration is *postmarked* by May 15, 2006, thereafter \$1950 as space permits. Additional costs include an estimated \$45 for books and other materials depending on your current library and special interests.

On campus housing is available at \$50 per night. This includes a private room in a fully air conditioned townhouse complete with a full size kitchen. Each townhouse can be shared by up to eight program participants and includes linen and towel service. Springfield College also offers high quality food service plans of up to three meals per day including vegetarian options. Reservation information is sent out upon acceptance.

NEW JERSEY SPANDA® YOGA TEACHER TRAINING

Momentum Fitness, 377 Wall Street, Princeton, New Jersey

Roughly one week-end per month, September 2006 through May 2007

Week-end Schedule:

Saturday 10:30am to 6:30pm with a brief lunch break

Sunday 8:00am to 5:45pm with breakfast and lunch breaks

September 16 & 17

October 7 & 8

October 28 & 29

November 18 & 19

December 9 & 10

January 13 & 14

February 3 & 4

March 3 & 4

March 31, April 1

April 21 & 22

May 19 & 20

* June 2 & 3 as possible

snow/emergency

make-up dates

The course fee for the New Jersey program is \$1750 if registration is *postmarked* by July 15, 2005. Thereafter \$1950 as space permits. Additional costs include ten yoga classes (at around \$10-16 per class unless a gym member) and an estimated \$45 for books and other materials depending on your current library and special interests.

The New Jersey program is a commuter, week-end program for those able to commute to the Princeton location. Occasionally students who travel from a distance have made their own arrangements to share lodgings and be hosted by other participants. There is homework between week-ends in the form of reading, anatomy study, practice teaching, observation and the like.

Our faculty is expert and our program *exceeds* the Yoga Alliance National Standards for certification at the 200 hour level. Upon graduation students are well prepared to teach a variety of types of classes to a wide array of populations.

Here's How to Apply

STEP 1: Please respond to the following questions on a separate sheet. Tell us as much about yourself and your interests as you would like. Include the non-refundable \$400 deposit that reserves your space. We will send you confirmation and further information upon receipt.

On a separate sheet (or as many sheets as you need) please respond to the following questions:

1. Your name, age, sex, address, phone, email, and where you learned of this program.
2. Tell us about your relationship thus far with yoga.
3. What style(s) of yoga do/have you practiced and/or taught? If you teach, have you participated in other yoga teacher training programs? Which ones?
4. Do you practice any form of meditation? If so, what?
5. How has yoga affected your life? Why are you interested in learning more about yoga?
6. Why do you want to become a teacher of yoga?
7. What other education, training, work and life experiences do you have that will inform your teaching of yoga?
8. What would you like to gain from this training? Are there special populations or hybrid classes or workshops you are interested in teaching?
9. Do you have any health concerns preventing you from engaging fully in the training program?
10. Anything else?

STEP 2: Mail the completed application and your \$400 deposit to:

Spanda Yoga, 464 Ewing Street, Princeton, NJ 08540.

Or you can email your application to schmitt@spandayoga.com, and mail the deposit to: Spanda Yoga, 464 Ewing Street, Princeton, NJ 08540. Thank you!

Once the initial application and deposit are accepted we will send you balance payment options, reading and supplies lists, and other details pertinent to the particular program to which you applied. Please feel free to call or email with *any* questions! To reach Jaime directly email her at schmitt@spandayoga.com, or call 609.921.0262. For more general questions, her assistant, Jason Edwards can be reached at Jason@spandayoga.com.

Hari Om!