



## Welcome to the Always-At-Aum Yoga School Teacher Training!

We're excited to be bringing this group together to share the teachings we so deeply love that have become an integral part of our lives. Our mission is to provide quality instruction to deepen the desire, knowledge, and skill of students who wish to share their practice and Yoga journey with others as facilitators of personal growth, inner peace, and mind/body health.

The only requirement for our 300-hr Yoga Teacher Training is the completion of a 200-hr Yoga Teacher Training with a Yoga Alliance registered school or one that is approved by the Always-At-Aum Yoga School to be the equivalent. Registration is ongoing and the participants can begin immediately.

**NY Trainers:** Robin Appel - (Arula Mukti): robin.appel@always-at-aum.com  
Michele Bos - (Bhakti Dayini): libra3877@yahoo.com  
Jenna DiPaolo - (Lila Ananya): jennamdipaolo@gmail.com  
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**NY Location:** Always-At-Aum Yoga School  
601 Little East Neck Road  
West Babylon, NY 11704  
(631) 235-5307  
info@always-at-aum.com

### **TRAINING FEE and PAYMENT OPTIONS:**

The 300-hr Advanced Yoga Teacher Training costs \$3500. There are (3) payment options.

- Option #1 - Pay \$3000 in full when registering. Your practicum yoga classes you take with a 500-hr RYT are included in the cost of the training so you will not have to pay.
- Option #2 - Pay (2) Payments of \$1625. The first when you register for the training and the second when you are approximately ½ way through the training.
- Option #3 - Pay \$500 when registering and pay \$10 for each hour of training attended.

Please note: If a student has taken their 200-hr Yoga Teacher Training with a different school they must purchase our 422 page 200-hr Yoga Teacher Training Manual for \$300.

**TRAINING LAYOUT:**

There are (3) modules to the 300-hr Yoga Teacher Training:

- 40-hours of practicum
  - 100-hours of classroom training
  - 160-hours of trainings and workshops
- Total hours = 300-hours

**MODULE 1:** – Practicum (40-hours):

All of the following must be done at the school with a 500-hr RYT or ERYT instructor present:

- Take, teach, assist, observe or give an In Class Private (ICP) for (34) yoga classes – (Please Note: You can take, teach, assist, observe or give an ICP for an additional (50) yoga classes that will count towards Module 3: Elective Hours
- Video record yourself taking (1) vinyasa yoga class and email critique to the school
- Video record yourself teaching (1) vinyasa yoga class and email critique to the school
- Attend (2) 2-hr mentor meetings



**MODULE 2:** – Classroom Training (100-hours):

Participants are required to complete 100-hours of advanced teaching techniques, methodology and philosophy covering the following topics:

- Teaching Methodology
- Yoga Philosophy
- Sanskrit
- Chanting and Mantras
- Anatomy and Physiology
- Asana and Ailments
- Human Energy and Chakra System
- Asana Labs
- Sequencing
- Adjustments
- Pranayama
- Meditation
- Mudras
- Mandalas
- Mala Making
- Koshas
- Kleshas
- Trauma Training



**MODULE 3:** – Elective Trainings and Workshops (160-Hours):

One of the unique aspects of the 300-hr Advanced Yoga Teacher Training at the Always-At-Aum Yoga School is that the participants are given the freedom to decide on the additional trainings and workshops to acquire the 160-hours. We have arranged to offer many training's and workshops at several different locations so there are many options to choose from. If the training or workshop is outside the scope of the 300-hr YTT, an additional fee may be charged. Students will be made aware of this information. New trainings and workshops are always being added. Here's a few that have been taught in the past:

- 7 Spiritual Laws of Success for Yoga Business
- Acro Yoga
- Ashtanga
- Happy Hips
- Hot Yoga Teacher Training
- Nourishing the Teacher
- Dynamics of Language and Theming
- Kundalini
- Prenatal Yoga Teacher Training
- Reiki Level I, II and Master Teacher Level
- Restorative Yoga Teacher Training
- SUP Yoga Teacher Training
- Tantric Yoga
- Trance Dance
- Kids Yoga Teacher Training
- Yoga for Cancer Survivors
- Yoga for Trauma Victims
- Yoga Nidra

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**Graduation Requirements:** The advanced 300-hr YTT was created differently then the 200-hr YTT. It takes more time to complete and is designed to empower the trainee to take a more proactive role. All of the requirements above must be met before the trainee receives a signed certificate. Once they have you will receive the certificate and be able to register with the Yoga Alliance. There is no time limit to complete the training.



## REGISTRATION FORM

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Telephone #: \_\_\_\_\_ Cell Telephone #: \_\_\_\_\_

Email Address: \_\_\_\_\_ Website: \_\_\_\_\_

DOB: \_\_\_\_\_ Current Occupation: \_\_\_\_\_

Emergency Contact Information Name: \_\_\_\_\_

Emergency Contact Information Number: \_\_\_\_\_

What was the name of the Registered Yoga School where you completed your 200-hr Yoga Teacher Training? \_\_\_\_\_

When did you receive your certificate? \_\_\_\_\_

Where was the school located? \_\_\_\_\_

Who were your primary yoga instructors? \_\_\_\_\_

Are you currently registered with the Yoga Alliance? \_\_\_\_\_

Please list any *current* injuries or medical conditions. \_\_\_\_\_

\_\_\_\_\_

Please list any *past* injuries or medical conditions. \_\_\_\_\_

\_\_\_\_\_

Who referred you to this training? \_\_\_\_\_

~ *Namaste* ~

## *About Your Yoga Practice:*

How long have you been practicing yoga? \_\_\_\_\_

How often do you practice yoga? \_\_\_\_\_

Do you have a home practice? If so, describe. \_\_\_\_\_

\_\_\_\_\_

What style(s) do you practice? \_\_\_\_\_

\_\_\_\_\_

Who are your favorite three teachers to study with? \_\_\_\_\_

\_\_\_\_\_

Do you practice any other parts of Patanjali's eight limbs of yoga i.e. meditation or pranayama?

\_\_\_\_\_

\_\_\_\_\_

What does yoga mean to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## *About Your Interest in Becoming a Yoga Instructor:*

Why have you decided to take a yoga teacher training? \_\_\_\_\_

\_\_\_\_\_

Why have you chosen to take this yoga teacher training? \_\_\_\_\_

\_\_\_\_\_

What are you hoping to get out of this training? Please be specific. \_\_\_\_\_

\_\_\_\_\_

What qualities do you think make a good yoga teacher? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***About Who You Are Today:***

Describe yourself in one word. \_\_\_\_\_

What is your greatest strength? \_\_\_\_\_

\_\_\_\_\_

Is there anything else you'd like to share with us? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***Payment Information:***

Deposit Amount Paid: \_\_\_\_\_ Date Paid: \_\_\_\_\_ Payment Plan: \_\_\_\_\_

Balance Remaining: \_\_\_\_\_ Date Paid in Full: \_\_\_\_\_

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**~ Om Shanti Shanti Shanti ~**

**BY ENROLLING IN THIS PROGRAM, THE STUDENT AGREES TO THE PROGRAM'S PROCEDURES AND CANCELLATION POLICY.**

A full refund will be given (less a \$100 processing fee) to a student who cancels up to 14 days prior to the start of a training.

A cancellation occurring later than 14 days but up to 24 hours prior to the start of a training will entitle the student only to a credit (less a \$100 processing fee) that can be applied against a future training, provided the start of the future training occurs within one year from the conclusion of the training for which the student cancelled. No credit will be given for a cancellation occurring within 24 hours prior to the start of a training or if the student does not appear for the training or leaves the training before its conclusion for any reason. However, in these circumstances, the student will be extended a credit to take the training if and when it is held again.

Always-At-Aum, LLC strives to provide the highest quality instructors. However, if a student has any dissatisfaction with an instructor, the instructor's presentation or the content of a training, no refund will be given.

If the training materials are returned, and they are in usable condition in the sole judgment of Always-At-Aum, LLC, the student will receive a refund for their cost.

If a student wishes to drop out of a teacher training before it is concluded, the student will remain responsible for any remaining balance. The student may keep the materials and complete the training at a later time at no additional cost, but may be subject to additional fees for materials.

Always-At-Aum, LLC reserves the right to cancel any training at any time. If this should occur, a full refund will be given.

Disclaimer

Always-At-Aum, LLC's programs are educational experiences and are not to be mistaken for long-term therapy or cure. Also, it is possible that some people may find some of Always-At-Aum, LLC's programs too psychologically or physically challenging. Always-At-Aum, LLC cannot be responsible for a student's particular experience in connection with a training and recommends that students consult their personal physicians or trusted advisors if they have any doubts or concerns.

I, \_\_\_\_\_, have carefully read and understand the above.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date



## Reading List

The only required reading material you will need to purchase is the Always-At-Aum Yoga School: 200-hr Yoga Teacher Training Curriculum, by: Robin K. Appel and Teresa E. Millar. The curriculum is 500-hr pages and includes information from many of the books we have suggested below. The cost is \$300 and can only be purchased at the school. There will be no additional material fee for any of the required workshops but depending on which optional workshops you choose there maybe additional materials required for you to purchase. That will be your choice.

### *Anatomy:*

- Anatomy of Movement, by: Blandine Calais-Germain
- Illustrated Essentials of Musculoskeletal Anatomy, by: Seig and Adams
- Yoga Anatomy - 2<sup>nd</sup> Edition, by: Leslie Kaminoff

### *Chakras:*

- A Handbook of Chakra Healing - Spiritual Practice for Health, Harmony, and Inner Peace, by: Kalashatra Govinda
- The Book of Chakras - Discover The Hidden Forces Within You, by: Ambika Wauters
- The 7 Healing Chakras Workbook - Exercises and Meditations for Unlocking Your Body's Energy Centers, by: Brenda Davies, M.D.
- The Chakra System - A Complete Course in Self-Diagnosis and Healing, by: Anodea Judith - 6 CD set from Sounds True

### *Children:*

- I Believe in Me - A Book of Affirmations, by: Connie Bowen
- Letters from the Secret Lives of Teens, by: Scott Fried
- Making the Best of Me - A Handbook for Student Excellence and Self-Esteem, by: Stew Semigran and Cindy Wilkinson
- Yoga Ed./Sportime Curriculum for K-G2, 3-5, 6-8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga Ed. Tools for Teachers Manual for Pre-K, K-G8 or High School, by: Tara Lynda Guber and Leah Kalish
- Yoga for Children - A Complete Illustrated Guide to Yoga Including A Manual for Parents and Teachers, by: Swati Chanchani and Rajiv Chanchani
- Yoga Pretzel Deck, by: Tara Lynda Guber and Leah Kalish
- Yoga Planet Deck, by: Tara Lynda Guber and Leah Kalish



### ***Meditation:***

- Bhagavad Gita – A New Translation, by: Stephen Mitchell
- Coloring Mandalas – Circles of the Sacred Feminine, by: Susanne F. Fincher
- Mandala Designs, by: Martha Bartfeld
- Mindfulness In Plain English, by: Venerable Henepola Gunaratana
- Mudras: Yoga in your Hands, by: Gertrud Hirschi

### ***Mind/Body Connection:***

- Brain Gym, by: Paul E. Dennison, Ph.D. and Gail E. Dennison
- Making the Brain Body Connection: A Playful Guide to Releasing Mental,
- Physical & Emotional Blocks to Success by Sharon Promislow
- The Miracle of Water, by: Masaru Emoto

### ***Pain Management:***

- Healing Back Pain: The Mindbody Connection, by: John E. Sarno, M.D.
- The Genius of Flexibility – The Smart Way to Stretch and Strengthen Your Body, by: Bob Cooley
- The Mindbody Prescription – Healing The Body, Healing The Pain, by: John E. Sarno, M.D.
- The Ultimate Body Rolling Workout – The Revolutionary Way to Tone, Lengthen, and Realign Your Body, by: Yamuna Zake and Stephanie Goldren

### ***Relationships:***

- Deepen Your Bond with Family, Friends, & Lovers - Contact: The Yoga of Relationship by: Tara Lynda Guber with Anodea Judith
- If the Buddha Dated, by: Charlotte Kasl
- If the Buddha Got Stuck, by: Charlotte Kasl
- If the Buddha Married, by: Charlotte Kasl
- The Joy of Partner Yoga – Enjoy The Pleasures of Yoga With A Partner, by: Mishabae
- The Four Agreements, by Don Miguel Ruiz
- Yoga for Partners – Over 75 Postures to Do Together, by: Jessie Chapman

### ***Sanskrit:***

- Introduction to Sanskrit Materials, by: Manorama  
Includes CD of Manorama and Sanskrit Studies Course Packet - \$26
- The Language of Yoga – Complete A to Z Guide to Asana Names, Sanskrit Terms, and Chants, by: Nicolai Bachman

### ***Self-help:***

- A Path with Heart, by: Jack Kornfield
- Karma 101, by: Joshua Mack
- Living Your Yoga: Finding the Spiritual in Everyday Life, by: Judith Lasater
- The Way of the Peaceful Warrior, by Dan Millman

## *Yoga:*

- Asana Learning Deck by: Mikelle Tereson's - Flip deck from Yogablossom
- Cool Yoga Tricks, by: Miriam Austin
- Relax & Renew, by: Judith Lasater
- Stretching - For Everyday Fitness and For Running, Tennis, Raquetball, Cycling, Swimming, Golf, and Other Sports, by: Bob Anderson
- The Autobiography of a Yogi, by: Paramahansa Yogananda
- Light on Yoga (Yoga Dipika), by: B.K.S. Iyengar
- Yoga As Medicine - The Yogic Prescription For Health and Healing, by: Timothy McCall, M.D.
- The Yoga Handbook - A Complete Step-By-Step Guide, by: Noa Belling
- The Yoga Sutras of Patanjali, translation and commentary by: Sri Swami Satchidananda