



3841 SW Hall Blvd, Beaverton, OR 97005
503 644-1865 www.yogaheartsong.com

Thank you for your interest in the teacher training program at HeartSong Yoga. Below is some general information about the program. We have also attached an application, policy document and the 2010/11 schedule.

Our training program is directed by Leslie Ellis, owner of HeartSong Yoga and Wellness Center, LLC. Leslie has been teaching yoga since 1998 and has trained and mentored many instructors over the years. In addition, Leslie is an Occupational Therapist and practiced in inpatient hospitals for 15 years. Her role as an OT also involved training OT interns. She finds teaching teachers a great joy and appreciates the opportunity and the responsibility.

Leslie's yoga studies began in 1988 with instructors who had studied primarily in the Iyengar yoga system. Her first teacher training, in 1999, was with Julie Lawrence, a certified Iyengar instructor in Portland, OR. She then began study with John Friend of Anusara Yoga and became an affiliated instructor in that system. Her 500 HR teacher training was with Mary Paffard of Yoga Mendocino in Ukiah, CA. She is currently registered with the Yoga Alliance at the eRYT-500 level (experienced, registered yoga teacher).

While currently not affiliated with a particular system, Leslie's background in Iyengar and Anusara Yoga lend a strong foundation in posture alignment and form to her practice and teaching. She also has extensive experience and knowledge in therapeutic yoga informed by her training as an Occupational Therapist and studies with John Friend and Sarahjoy Marsh. Through these studies, a long term personal practice which includes meditation and a chronic back injury which was healed in part with yoga, she has developed a unique style of her own that is grounded in anatomy, physiology and biomechanics while incorporating a strong connection to the inspiration of yoga and an intention to support students to find their way to a deeper connection with self and spirit.

HeartSong teacher training is registered with the Yoga Alliance. Graduates are eligible to obtain registration at the 200 HR level. The Yoga Alliance is the only organization that tracks training and certification of yoga instructors and helps to ensure that instructors have completed training that meets minimum requirements for teaching yoga. Registration with Yoga Alliance is a standard that most studios and many other teaching venues are looking for in hiring new instructors.

The structure of the program at HeartSong is grounded in creating an environment to support teacher trainees to both deepen their practice and connection to yoga for themselves and to learn the foundations for instructing yoga safely and artfully.

The program begins with a one day orientation, followed the next weekend with a 3 day retreat. This allows participants to get to know one another in a more intimate environment and to settle into the commitment they have made in joining the teacher training. This beginning is followed by 11 monthly weekend sessions. The majority of sessions are taught by Leslie Ellis and assisted by another HeartSong Yoga instructor. Anatomy sessions are taught by qualified body workers and healthcare professionals who understand and practice yoga. Guest instructors are brought in from time to time to share special knowledge and skills.

Each monthly session includes time for philosophy study, pranayama and asana practice, development of teaching skills and practice teaching.

Skills development includes:

- Understanding and articulating movement principles and posture alignment
- Understanding of anatomy
- Language usage and voice
- Posture sequencing
- Verbal and physical adjustments
- Demonstration
- Development of themes (making a class inspiring)
- Adapting postures for injuries and special needs

Requirements of the program include attendance at all sessions, attendance in at least one weekly yoga class at HeartSong (for students from out of the area arrangements can be made to take class with another approved instructor) and development of a personal yoga practice at least 4 days/week for 30 minutes.

Homework requirements take 2 – 4 hours/week and include assigned reading, several book reports, class reports, practice journaling and assigned writings on philosophy, pranayama and asana.

There is a required reading list as well as a list of suggested texts. Authors used are Judith Lasater, Donna Farhi, Richard Rosen, Rodney Yee and others.

There is more information regarding the program online at www.yogaheartsong.com or please call us to schedule a phone consultation with Leslie to determine if this program is a good fit for you.

Namaste',

HeartSong Yoga and Wellness Center



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Teacher Training Program Requirements, Fees and Policies

Application and acceptance into the teacher training program is a long term commitment. This commitment includes an initial retreat, a mid-term workshop and one weekend a month in an intensive yoga environment of philosophy study, technique practice, class discussions and practice teaching. Study time outside of class and written homework assignments are also a required part of the program. Students must complete all required components of the program to receive a certificate of completion and be eligible to register with Yoga Alliance.

Tuition and Fees

Application Fee (non-refundable)	\$ 25 (<i>applied to tuition on acceptance</i>)
Tuition for 12-month program, includes Guest Teacher Workshop	\$ 2825 (<i>books & supplies not included</i>)
Initial Retreat (meals & lodging)	\$ 160 – 260 (<i>depending on housing options</i>)

Payment Plan is available. A small finance fee, which is included in amounts below, will be added.

- \$25 application fee due with application.
- \$500 due on acceptance to program. Your place in the program is not guaranteed until this first payment is made.
- Retreat Lodging fees due 60 days prior to start of program.
- 11 monthly payments due the 5th of each month beginning Oct. 5, with last payment made Aug. 5. \$220 each. Signed agreement and auto payments set up on credit card required.

Attendance Requirements

1. Every group session must be attended and all homework assignments must be completed to receive a certificate of completion and be eligible to register with Yoga Alliance.
2. In ***extreme and unavoidable circumstances***, where a trainee must miss a group session, it may be possible to arrange a makeup session. In this case, the trainee will be responsible for the additional expense, which may be considerable, of a private session to cover the missed material.
3. It may also be possible to wait until the missed subject is covered the next year. There is no guarantee, however, that it will be presented in the same order or in the same manner the

following year and it will be the responsibility of the trainee to determine when the subject matter is being covered and to request temporary inclusion in the program.

Assessment Policy

All trainees are expected to attend and fully participate in all group sessions, as well as turning in all homework assignments on time. An ongoing assessment by the teachers will determine if trainees are performing appropriately and benefiting from the program.

The following are grounds for dismissal from the program:

- Missing 3 group sessions
- Being disruptive or non-participatory in group sessions
- Behaving in a manner that does not follow the ethical guidelines

Dropping from Program

We respectfully request that you consider applying to this year-long program only if you are 100% committed and are reasonably certain that you will be able to complete it. There are a limited number of trainees accepted into the program and no one is accepted mid-term. Thus, if you decide to drop from the program after it has started, you may be preventing someone else from participating.

Refund Policy

- If you drop from the program before the first session, you will receive a full refund of all payments made, minus a \$500 administrative fee.
- Once the program has started no refunds will be given and you are liable for the entire tuition, even the portions you have not yet paid.

Please check the attached 2010 – 2011 schedule of activities to verify dates and times of required sessions. Then sign this form to indicate that you understand the requirements outlined above and include it with your application and the non-refundable fee of \$25.

Please print full name

Signature

Date

Please make a copy of this document and keep for your records.

**Heartsong Yoga
2010 – 2011 Teacher Training Program**

Required 2010 Dates			
Sat.. Sep 04	3 hrs. orientation meeting		
Fri. Sep 10	5 hrs. initial weekend retreat	Fri. Oct 29	3 hrs. weekend session
Sat. Sep 11	8.5 hrs initial weekend retreat	Sat. Oct 30	7 hrs. weekend session
Sun Sep 12	6.5 hrs initial weekend retreat	Sun. Oct 31	3 hrs. yoga therapy clinic
Fri. Nov 12	3 hrs. weekend session	Fri. Dec 10	3 hrs. weekend session
Sat. Nov 13	7 hrs. weekend session	Sat. Dec 11	7 hrs. weekend session
Sun. Nov 14	3 hrs. yoga therapy clinic	Sun. Dec 12	3 hrs. yoga therapy clinic
Required 2011 Dates			
Fri. Jan 14	3 hrs. weekend session	Fri. Feb 11	3 hrs. weekend session
Sat. Jan 15	7 hrs. weekend session	Sat. Feb 12	7 hrs. weekend session
Sun. Jan 16	3 hrs. yoga therapy clinic	Sun. Feb 13	3 hrs. yoga therapy clinic
Fri. Mar 11	3 hrs. weekend session	Fri. Apr 08	3 hrs. weekend session
Sat. Mar 12	7 hrs. weekend session	Sat. Apr 09	7 hrs. weekend session
Sun. Mar 13	3 hrs. yoga therapy clinic	Sun. Apr 10	3 hrs. yoga therapy clinic
Fri. Apr 29	7 hrs. guest teacher wkshop		
Sat. Apr 30	5 hrs. guest teacher wkshop		
Fri. May 13	3 hrs. weekend session	Fri. Jun 10	3 hrs. weekend session
Sat. May 14	7 hrs. weekend session	Sat. Jun 11	7 hrs. weekend session
Sun. May 15	3 hrs. yoga therapy clinic	Sun. Jun 12	3 hrs. yoga therapy clinic
Fri. Jul 08	3 hrs. weekend session	Fri. Aug 12	3 hrs. weekend session
Sat. Jul 09	7 hrs. weekend session	Sat. Aug 13	7 hrs. weekend session
Sun. Jul 10	3 hrs. yoga therapy clinic		

Please note: weekend sessions are on the second weekend of each month, EXCEPT October 2010. April includes an additional session on the last weekend. Times for the regular weekend sessions are: Fridays, 6 – 9pm; Saturdays, 11am – 6:30pm; Sundays (yoga therapy clinic) 12 – 3 pm. Initial Retreat begins midday Friday and ends midday Sunday. Guest Teacher workshop in April begins noon Friday and ends late afternoon on Saturday. Exact times for these event will be announced at least 60 days prior to the event date.



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Teacher Training Program Application

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell: _____ Work: _____

Email: _____

Number of years practicing yoga: _____ What style(s): _____

Are you currently teaching? _____ If so, how long? _____

How many classes/week? _____

How often do you attend yoga classes? _____ Are you willing to take at least one class/week? _____

Where have you taken classes? _____

How often do you practice yoga on your own? _____ How long is each practice session? _____

Are you willing to develop a 4 day/week home practice if you do not already have one? _____

What does a typical practice contain? _____

What are your personal practice goals right now? _____

Do you have any injuries/special needs? _____

What are your personal desires/intentions for this teacher training program? _____

