



Pure Healing Yoga 200 HOUR Teacher Training

Your Journey
Begins
April 8th, 2018

By inquiring about this program you have already begun the journey to deepen your practice. Pure Healing Yoga Teacher Training is designed to deepen your practice and/or teach you how to teach others the benefits of yoga.

We will meet on Sundays 11-4:00 p.m. as well as Tuesdays from 6:45-8:15 p.m. We will cover aspects of the Yoga Sutra, the Eight Limbs of Ashtanga Yoga, meditation, mindful eating, anatomy, movement of energy in the body, how and why yoga works, karma, emptiness, principles of alignment, adjustments, teaching different kinds of students, Short Form Ashtanga and a Vinyasa Flow class.

You will be required to meet with your study group weekly, practice asana a minimum of three days per week, meditate daily, eat ethically, **attend a two day mindfulness retreat**, observe and assist classes. Reading and book reports will also be required.

At the end of this training you will have taken your yoga practice to an entirely new level and when you have completed all the requirements you will receive your RYT 200 certification.

Pure Healing Yoga Teacher Training Application

Name _____
Address _____ City _____
State _____ Zip _____
Home () _____ E-mail address _____
Birthdate ____/____/____

Please attach a one page essay on why you wish to participate in the Pure Healing Yoga Teacher Training.

Please also include a \$200.00 application fee (non refundable unless rejected by school) made out to Pure Healing Yoga.

Refund Policy: All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An application fee of not more than \$25.00 may be retained by the school if the applicant is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. All refunds shall be returned within 30 days. Once the three business days have elapsed there will be no refunds given.

If you leave teacher training early and have not paid in full, you agree to pay \$225 per Sunday class attended.

Total cost for this program is \$3,200 not including books (if paid in full by 4/8/2018).

_____/____/____ Applicant

_____/____/____ YTT Director

Jenna Leigh Jacobson - Director of Pure Healing Yoga Teacher Training / 406-224-2533

*Applications can be emailed to: jennaleigh@purehealingyoga.com