



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 1-5:00 p.m. as well as Thursdays from 7:15-9:15p.m. We will cover aspects of the Yoga Sutra, the Eight Limbs of Ashtanga Yoga, meditation, dietary choices, 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 silent retreat, observe and assist classes weekly, reading and book reports will also be required.

At the end 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 () _____ Work () _____ Mobile() _____

E-mail address _____ Birthdate ____/____/____

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

Please attach a \$200.00 application fee 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.

_____/____/____ Applicant
_____/____/____

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

*Applications can be emailed to: jennaleigh@purehealingyoga.com or sent to 111 S. Grand #285 Bozeman, MT 59715

