



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 10-4 p.m. as well as Tuesdays from 5-8 p.m. and a few Saturdays throughout the 10 week course (dates TBA).

We will cover The Yamas and Niyamas, 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 Vinyasa Flow. 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 as well as perform a feedback class to pass your training.

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 _____
Birth date ____/____/____

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

Please also include a \$400.00 deposit (non refundable unless rejected by school) made out to Pure Healing Yoga (PayPal can also be used).

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.

Total cost for this program is \$3,400 not including books (if paid in full by 3/24/2018).

_____/____/____ Applicant

_____/____/____ YTT Director

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

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