

2009 Spirit Tree Yoga Teacher Training with Cathy Cesario @ All That Matters



Information Sheet

Dates & Times

Yoga Immersion, Mondays 6-8 pm, beginning Sept. 14, 2009

Four Day Intensive: October 9-12, 2009 ALL DAY

Weekend Workshops: Nov 7-8, 2009; Dec. 5-6, 2009; Jan. 16-17, 2010;

Feb. 20-21, 2010; March 20-21, 2010; April 24-25 2010.

Three Day Intensive: May 29-31, 2010 ALL DAY

Pre-requisites:

- ❖ 1 year of regular yoga practice (at least 3 times per week)
- ❖ At least 5 classes with Cathy prior to Teacher Training
- ❖ If new to Cathy's classes, an interview before acceptance
- ❖ Sound health

Requirements for the 200-Hour Yoga Alliance Certified Program:

- ❖ 30 Yoga Immersion classes Mondays, 6-8 pm, beginning in September, 2009.
These classes are not included in the Yoga Teacher Training tuition.
- ❖ Attendance on all Teacher Training Dates
- ❖ Satisfactory completion of all assignments and assessments*
- ❖ Satisfactory completion of teaching apprenticeship*

**** Certification is not guaranteed and is dependent upon completion of all requirements to the satisfaction of the Director of Teacher Training and to her overall assessment of the student's readiness for teaching.***

Tuition Includes:

Entry into the full teacher training program, detailed training manual, discounts on books at ATM store and alternative healing sessions, teaching apprenticeship and personal mentoring.

Registration and Payment:

Choose one:

- ❖ 200 hour Certification program, \$2375 **by Sept. 5th**, \$2450 thereafter

- ❖ Intensive (w/o tests/apprenticeship/ certification), \$2100 early registration, \$2150 thereafter

Send completed application and payment for full tuition amount
TO: **All That Matters/ Yoga Teacher Training, 315 Main Street Wakefield, RI 02879**

Refund Policy:

- ❖ A full refund less a \$50 application fee will be made if the application is not accepted.
- ❖ If you cancel at least 2 weeks prior to class, you will receive an ATM Credit. Otherwise NO CREDIT can be given.
- ❖ A 20% processing fee will be deducted from all credits.
- ❖ If ATM cancels a class you will be refunded in full.
- ❖ No refunds or credit will be issued for classes postponed for inclement weather. Every effort will be made to reschedule such classes.

Questions?

- For questions on payment, please call All That Matters at 401-782-2126
- For questions regarding the training or application, please e-mail Cathy Cesario:
spirittree111@aim.com

Reading

Essential Texts:

B.K.S. Iyengar, *Light on Yoga, Tree of Yoga*
Ray Long, *The Key Muscles of Hatha Yoga, Vol. I*
Paul Grilley, *Anatomy for Yoga CD*
The Yoga Sutras, any translation

Recommended:

Pattabhi Jois, *Yoga Mala*

Nicolai Bachman, *The Language of Yoga*

Stephen Mitchell, trans., *The Bhagavad Gita*

All That Matters | 401.782.2126 | allthatmatters.com



Spirit Tree Yoga

Teacher Training

@ All That Matters

Application for *(circle one)*: **Certification/Intensive**

Name _____
Address _____

Phone (H _____) (C) _____

E-mail _____ is this a reliable way to contact you? Y N

Emergency Contact _ _____

Phone _____ (C) _____

Yoga Practice:

How long have you been practicing yoga?

How many times per week and for how long do you practice?

Do you practice any form of meditation? If so, how frequently?

What other forms of physical exercise or movement do you currently do?

Have you participated in programs at All That Matters? Y N

Have you completed at least five classes with Cathy? Y N

If new to Cathy's classes, have you had an interview with her? Y N

Have you attended any other yoga teacher training programs, workshops, or retreats? Please list teachers, conferences, locations on a separate sheet.

How did you find out about this program?

Do you have a yoga teacher who can recommend you to this program? If so, please give his/her name, address, and phone number

Health Information: Sound health is a prerequisite for this program. Assuming you are healthy overall at this moment, please offer information on past health issues.

Have you had any serious illnesses, surgeries, or injuries? Please list and explain if necessary.

Allergies or chronic conditions, such as lyme, depression, etc.

List all past physical injuries:

What aspects of your health are you hoping to improve through your experience with this yoga program?

Reflections: Yoga Teaching and This Intensive

Why do you want to be a yoga teacher or to take this intensive program at this time? (Use another sheet if necessary)

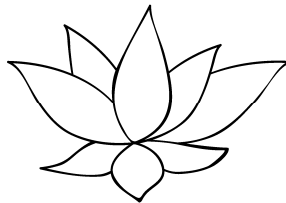
What intentions do you have for yourself and your own development in this program?

Which aspects of the training program are you most interested in learning about?

What obstacles do you see in the way of fulfilling your goals/intentions for this program (emotional, physical, financial, mental, etc)?

I have read the information sheet attached to this application and can attend the full program.

Signature _____ date _____



Send completed application & payment for full tuition amount to:

All That Matters/ Yoga Teacher Training

315 Main Street

Wakefield RI 02879

Fax 401-788-3648