

# Application for Yoga Teacher Training (YTT)

## ***Sun&Moon Yoga***

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## **WELCOME TO *SUN&MOON* YOGA SCHOOL!**

Sun&Moon Yoga is a community-oriented yoga studio in the heart of Dorval Village. Our supportive environment encourages a mindful yoga practice for exploration, examination and growth benefiting the individual and the community as a whole.

Together with our students, we set out on a journey toward discovering how yoga can benefit their life and create a sense of fullness and fitness, happiness and health. Sun&Moon Yoga is the space where postures flow gracefully from a core of stillness and we find beauty in staying positively present!

**Sun&Moon's Yoga Teacher Training (YTT) is designed to give you the knowledge, skills and tools to incorporate the teachings of yoga into your daily life.** This YTT is ideal for both students ready to deepen their personal practice as well as those who aspire to teach.

### **As a student in our YTT program you will be studying:**

- Healthy Alignment Principles for safe execution of postures and transitions
- Assistance and Adjustments of Postures
- Teaching Methodology & Class Design
- Western & Yogic Anatomy
- Pranayama & Meditation
- Ethics & Lifestyle
- History and Overview of Yoga and its rich cultural heritage
- Yoga Philosophy
- Mantras - Sound - Vibration
- Ayurveda and Nutrition
- Specialty Yoga; Prenatal Yoga, Restorative Yoga, Chair Yoga, Therapeutic Yoga
- Scriptural studies; the Bhagavad Gita, Patanjali's Yoga sutras and more
- Yoga as a Business
- And more!

**Please fill out this section and return with your deposit to Sun&Moon Yoga:**

Name: \_\_\_\_\_

Full address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Occupation: \_\_\_\_\_

What do you hope to achieve by taking this training?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If teaching is your goal, why do you want to become a yoga teacher?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For how long have you practiced yoga? \_\_\_\_\_

Brief description of your background in yoga and related training/art forms  
(please include names of your yoga teachers if available):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does yoga mean to you?

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If you are already teaching yoga, where are you teaching?

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Do you have any injuries or medical conditions? If yes, please describe:

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What do you think your contribution will be as a yoga teacher to the community?

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Is there anything that might stand in your way of completing the program, any concerns in terms of family, business etc?

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Why are you choosing Sun&Moon Yoga for your yoga teacher training?

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***I have read and understood the Requirements to complete the program to become a certified yoga teacher. I also agree to the Refund/Cancelation Policy. I enclose a deposit of \$500 with my application.***

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

## Requirements for completion of program and certification:

To complete your teacher training 100% presence is required for contact hours along with 75% success on written exams, home work completed in a timely and satisfactory manner and active participation during class. You will need to have efficiency in teaching and be able to connect well with your students.

## Payment and Refund/cancelation policy:

Complete and send in the application together with a deposit of \$500. **Note that your deposit is refundable to 50% one month prior to the first day of the start of your program. No refunds after this date.**

**Early registration (by August 1): \$2.250 (includes taxes)**

**Registration after August 1: \$2.500 (includes taxes)**

**Your tuition fee is refundable to 50% up to a week before your program starts. No refunds the week of program start.** Payment plan is available – please note that the tuition fee will increase with installment payments. Contact Sun&Moon for more details.

## Required books:

- Light on the Yoga Sutras of Patanjali by BKS Iyengar
- A Path with a Heart by Jack Kornfield
- The Yoga Tradition by Georg Feuerstein
- The Key Muscles of Yoga by Ray Long
- Anusara Yoga Teacher Training Manual by John Friend
- Light on Yoga by BKS Iyengar
- The Bhagavad Gita
- Refining the Breath - the Yogic Practice of Pranayama by Doug Keller

The student is responsible for purchasing the books.

## Faculty:

Marianne Thorborg, E-RYT  
Celina Brady, Kundalini & Hatha Yoga Teacher  
Biliana Kovacevic, RYT, CHC, AADP  
Ken Allego, CMT, SOMP

Techniques, Ethics & Lifestyle, Philosophy, Practicum  
Kundalini Yoga, Mantras & Mudras, Philosophy  
Nutrition, Therapeutic Yoga  
Western Anatomy

Upon reception of your application and deposit Sun&Moon Yoga will contact you regarding your acceptance into the program. Please note that an evaluation might be necessary if the student is new to Sun&Moon Yoga. **We only accept 12 students per year.** The student is fully responsible for accommodation and meals during the program.

***Thank you for your application! We will contact you shortly,***

Marianne Thorborg, E-RYT  
Director of YTT  
***Sun&Moon Yoga School***