We are pleased to send you application information for the 200-hour yoga teacher training program beginning January 2023 here in Buffalo!

**Class Schedule**

Training sessions will be held Tuesdays 7-9 pm as well as one weekend a month from January 2023 through July 2023. All of the classes will be held at the Himalayan Institute of Buffalo or via zoom with our staff. The teaching faculty consists of local Himalayan Institute Certified Yoga Teachers.

* *Weekends (Friday 5:30-8:30pm, Saturday 9am-5pm, Sunday 9am-5pm):* Jan 27-29, Feb 10-12, Mar 10-12, April 14-16, May 5-7, May 19-21, June 2-4, June 23-25.
* *Tuesdays (7-9pm):* Jan. 31– June 20, 2023.

**Cost**

Tuition is $2999, which is all-inclusive, deposit of $803 required to secure position after acceptance, then suggested payment plan 8 payments of $312 or 6 payments of $366, all of which can be handled and discussed with the Administrative Coordinator.

Benefits include:

* Membership with Himalayan Institute of Buffalo, with a student discount on bookstore merchandise.
* All access Yoga Asana pass, workshops and CEU’s excluded but given at a discount.
* Teacher Training Manual.
* Meeting with mentor from staff to discuss personal practice and teaching skills throughout the training.

**Elements of Training**

1. Completion of required reading and course work in six areas: Asana Practice, Science of Breath and Relaxation, Meditation, Essential Yoga Philosophy, Anatomy and Physiology, and Ayurveda.
2. Assignments:

* Take-home knowledge assessment.
* One-month meditation journal and written report.
* 12 hour teaching experience with self-evaluation report.

**Breakdown of Training Hours**

1. Contact hours (under direct teacher supervision):

* Techniques 100
* Teaching Methods 20
* Yoga Philosophy, Ethics, Lifestyle 30
* Anatomy and Physiology 16
* Practicum 20

Total Contact Hours: 186 hours

1. Non-contact hours (personal study):

* Reading (all areas) 55
* Assignments 35

TOTAL Hours: 277 hours

**Certification**

Participants who complete the program receive a certificate as a 200 Hour Certified Hatha Yoga Teacher from the Himalayan Institute Teachers Association and are also eligible to apply for the 200-hour level of Registration (RYT) with Yoga Alliance.

Most participants complete their certification within six months of the training program, with a maximum of two years allowed once program training sessions end in June.

After certification is granted a variety of continuing education seminars as well as the 300-hour advanced training (500-hour Certificate Awarded) is available for further refinement of teaching skills.

Please complete the attached application and send it to us via mail or email along with 1 passport size photo. The one reference should also be sent to this address. When you are accepted into the program, you will receive more detailed information about the course syllabus. At the first class session, you will receive the comprehensive manual covering the curriculum of the course itself.

Looking forward to hearing from you,

Julia Kress

Admistrative Coordinator

[julia@hibuffalo.org](mailto:julia@hibuffalo.org)

716-883-2223

**Application for 200-Hour Teacher Training**

Full Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Profession \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please answer following questions in detail.**

* When did you begin to study hatha yoga?
* What yoga classes and workshops have you attended in the past two years?

(Please list the tradition or style of your training and approximate hours per week)

* Describe your personal practice. How often do you practice and for how long?
* Describe any previous experience teaching hatha yoga
* How has yoga affected your life?
* Why do you wish to become a yoga teacher?

**Two references are required for the 200-hour program. Please use the reference forms attached. Please also include 1 passport size photo with your application.**

I understand that acceptance for admission to this program is based upon the Institute’s assessment of my general qualifications. I also understand that the admission decision is at the sole discretion of the Himalayan Institute.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Send your application to:

Himalayan Institute Teacher Training

Attn. Teacher Training Coordinator

841 Delaware Ave.

Buffalo, NY 14209

Or email to: Julia@hibuffalo.org

**Yoga Teacher Training Reference**

Applicants to the 200-hour yoga teacher training certification program are required to submit references from individuals who have personal knowledge of their yoga experience.

Your input regarding the applicant will enable us to better evaluate her/his qualifications. If additional space is needed, please use the back of this form.

(Please print)

Name of applicant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of yoga teacher giving reference \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Please respond to the questions below:*

1) In what capacity have you known the applicant?

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

2) How long has the applicant been attending your yoga classes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Rank the applicant’s sincerity towards her or his practice of yoga:

Least 1 2 3 4 5 6 7 8 9 10 Most

4) Rank the applicant’s proficiency in yoga:

Low 1 2 3 4 5 6 7 8 9 10 High

5) Rank the applicant’s overall readiness to become a yoga teacher:

Not ready 1 2 3 4 5 6 7 8 9 10 Prepared

We would appreciate any other comments you have regarding the applicant. Thank you!

**Yoga Teacher Training Reference**

Applicants to the 200-hour yoga teacher training certification program are required to submit references from individuals who have personal knowledge of their yoga experience.

Your input regarding the applicant will enable us to better evaluate her/his qualifications. If additional space is needed, please use the back of this form.

(Please print)

Name of applicant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of yoga teacher giving reference \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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We would appreciate any other comments you have regarding the applicant. Thank you!