

APPLICATION FOR 2015
200-hour YOGA IMMERSION (100hr) & TEACHER TRAINING (100hr)
by Freedom Spirit Yoga School

The Immersion is a basic and introductory course, 100 hours, in the fundamental principles of Anusara yoga, yoga philosophy and the Universal Principles of Alignment. The method of the Immersion is elegant and simple in its organization, yet the philosophy and practice are highly sophisticated. A basic Anusara yoga principle has tremendous depth that will take the dedicated yoga student years of practice to experience the full extent of its power and transformational effects. The Immersion covers and introduces a student to these basic principles. All 3 parts of the Immersion must be completed to earn a document of completion.

Name _____ Mobil _____ Email: _____

What styles of yoga have you practiced?

Have you taken at least 8 classes with Certified or Inspired Anusara yoga teachers? Yes / No

Are you willing to commit to all 3 parts of the Immersion, 100 hrs? Yes / No / Maybe

Why: _____

What is the most important reason for you to take the Immersion?

The Teacher Training segment, 100 hours, is for any student who wishes to deepen their understanding of the Universal Principles of Alignment, continue to practice yoga and learn to teach yoga from beginners to more advanced students. Many people take the Teacher Training because of the close friendships made during the Immersion or because they love to learn more about the Principles without the intention of ever teaching yoga. The intention of the Teacher Training is to generate a greater awareness of the uplifting and transformative power of yoga through asana practice, practice teaching, class observations, contemplation, discussion and more. Once all **200 hours** of the Immersion and Teacher Training are completed students earn a **Certificate of Completion from Freedom Spirit Yoga School**, certified by Yoga Alliance and Anusara Yoga and can apply to YogaAlliance for a 200hr. RYT certification.

Are you interested in taking the Teacher Training? Yes / No / Maybe.

Why: _____

Please list your yoga experience, training, teaching and anything more you wish to add.

Please send the completed application to info@freedomspiritryoga.com. Thank you for your application.

We will inform you in the next few days about acceptance to the Immersion and Teacher Training.