



## **500 Hour Advanced Studies, Leadership, & Professional Development Program**

*"Define Your Purpose, Refine Your Study, and Align Your Life with Compassion, Grace, and Sustainability"*

The Transcending Yoga 300-Hour Program is designed for 200-Hour Registered Yoga Alliance Teachers to find their purpose and begin applying their skills with knowledge, compassion, and sustainability. In order to qualify for the program students must have already completed a 200-hour Yoga Alliance Registered teacher training program (not necessarily Transcending Yoga). As per Yoga Alliance 500 Hour Application Standards, students must submit documentation of 100 Hours teacher upon submitting application. This modular program can be taken over the course of 3 years. In certain exceptions, students may apply to extend up to 5 years.

### **Technique**

Advanced Asana, Pranayama, and Meditation

Specialized Alignment, Adaptation, and Sequencing for Therapeutics, Prenatal/Postnatal, Injury, Traumatic Stress, Varying Stages of Human Growth and Development, and Disorders.

Seva, Service + Compassion

### **Anatomy & Physiology**

Advanced Energy Anatomy & Somatic Experiencing

Comprehensive & Comparative Anatomy: Muscular & Skeletal, Organ, Digestive, Endocrine, Cardio-Respiratory, Reproductive, and Nervous System, Human Growth and Development

Therapeutic Application

### **Philosophy, Lifestyle, and Ethics**

Ethics of Teaching Yoga

In-Depth Study of Patanjali's Yoga Sutras, Bhagavad Gita, and Upanishads

Living Your Yoga Beyond the Mat

### **Teaching Methodology**

The Pedagogical Model of Teaching Yoga

The Business of Yoga

Holding Space for Transformation, Empowerment, and Growth

Creating a Series, Workshop, and Retreat

Creating a Professional Project: Planning a Curriculum, Budgeting, and Leading

### **Practicum**

Observe & Assist a Senior Teacher

Attend & Lead Yoga Teacher's Playshops for 200 YTT's

Teach 6-8 Week Program from your professional project



## Requirements

- **4-Weekend Immersion Core Workshops** (Must be taken together, attendance essential)
- **Advanced Anatomy** Weekend
- **Prenatal and Postnatal Yoga** Weekend
- **Yoga in Action** Series
- 2-3\* Elective Weekend Immersions (30 Hours)
- Observe and Assist Senior Teacher (40 classes)
- Attend and Lead Yoga Teacher's Playshops (10 playshops)
- Professional Project: Design, Plan, and Lead a 6-8 Week Project, then Write a Paper
- Additional Reading, Journaling, and Personal Practice Required.

## \* **Sample Elective Workshops for 2011 and 2012**

- Restorative Yoga Weekend
- Yin Yoga Weekend
- Yang Yoga Weekend
- Yoga Nidra Weekend
- Ayurveda Weekend or Course
- Therapeutic Yoga Weekend
- Kids Yoga Weekend
- Vinyasa Flow Weekend
- Chakra Yoga Weekend
- Sadhana or Vipassana Retreat
- Finding Your Voice: Yoga, Chant, and Non-Violent Communication

## Tuition

Tuition for the 300 Hour Modular Program will vary. The **initial commitment of \$1500** pays for 4-Weekend Core Intensive and mentoring for the professional development track that may be completed over 3 years. Most weekend intensives cost approximately \$300-\$400 per module, though costs will vary with depending on the presenter and time of registration. Approximately 6 additional weekend modules are required, depending on the length of the workshop.

## 2011 Schedule for 500-Hour Advanced Study Modules

- **4 Weekend Immersions (Required):** September 2-4, September 30-October 2, November 4-6, December 2-4
- **Yoga Therapeutics (Elective):** September 16-18
- **Yoga in Action Series (Required):** September 4-October 16th, 7 Sunday Afternoons, 3-8PM (TBA)
- **Prenatal and Postnatal Yoga (Required) :** October 14-16
- **Restorative Yoga (Elective) :** December (TBA)



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## **Facilitators and Ambassadors Wanted**

### **Transcending Yoga Affiliate Program**

- Beginning in January 2012
- Growth and Continuity of the Yoga, Mindfulness, and Wellness in your Community
- Sustainability, Equanimity, and Prosperity
- Leadership, Community, Collaboration, and Conscious Compassionate Change through the lens and language of Yoga.

### **Transcending Yoga *Facilitator***

- Grounding Force
- Holding Sacred Space for Transformation
- Community Relations
- Scheduling & Marketing
- Practicing and Teaching with Purpose & Intention

### **Transcending Yoga *Ambassador***

- Compassion Catalyst
- Pursuing Transformation Off the Mat
- Student Relations
- Attendance & Purpose Planning
- Practicing and Teaching with Purpose & Intention

### **Transcending Yoga *Director of Possibilities*—Valerie Baltzer**

- Conscious Change Agent
- Empowering Teachers with Tools for Transformation
- Interpersonal and Intrapersonal Relations
- Transforming Responsibilities into Possibilities & Opportunities for Communities
- Practicing and Teaching with Purpose & Intention

Facilitators & Ambassadors must either complete or be enrolled in the Transcending Yoga 500 Hour Advanced Yoga Studies and Professional Development Program. Work-Study Scholarships are available (1 hour work : 1 hour trade) on a limited basis for students who have completed the 200 Hour Transcending Yoga Teacher Training Certification or the Kai Yoga Arts Yoga Teacher Training under the tutelage of Valerie Baltzer, ERYT500.



# Transcending Yoga



## Tuition

\$300 Non-Refundable Application Fee

\$1200 Balance Due by August 1, 2011

**\$1500 Initial Investment**

The **initial commitment of \$1500** pays for 4-Weekend Core Intensive and mentoring for the professional development track that may be completed over 3 years. Most weekend intensives cost approximately \$300-\$400 per module, though costs will vary with depending on the presenter and time of registration. Approximately 6 additional weekend modules are required, depending on the length of the workshop.

Please attach a recent photograph or headshot of yourself to this application.

**\$200 Late Registration (\$200 rush fee is applied to registrations processed after August 1, 2011)**

Name: _____
Mailing Address: _____
Other Address: _____
City, State, Zip: _____
Telephone (home): _____ (cell): _____
Email: _____

## Cancellation Policy

If, for any reason you must cancel, the following conditions apply:

- If cancellation is 30 days before the program start date, you will receive a full refund, less the \$300 non-refundable application fee.
- If cancellation is less than 30 days before the program begins, you will receive a refund less your application fee and a \$15 service charge for each contact hour used. (example: If attended 10 hours are logged, \$150 will be deducted as a service charge)
- If cancellation is more than 30 days after the extended program begins, or within 3 days of the start of an intensive program, there will be no refund. Student will be able to transfer credit for up to one year toward next semester of teacher training.

**Which studio will you be taking your core curriculum course?** \_\_\_\_\_

**Will you be taking your classes and elective workshops there as well?** \_\_\_\_\_



# Transcending Yoga



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## Survey

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1. Where did you receive your 200 Hour Yoga Teacher Training?

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2. What tradition/styles do you teach?

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3. Approximately how long have you been teaching yoga?

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4. Approximately how many hours have you taught since you received your yoga teacher training certification?

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5. Do you have any other relevant education and/or training? Indicate type, level, length of training, CEU's.

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Note: Some CEU's may be applicable to your program if they can be incorporated into your professional project.

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6. Where does your interest and enthusiasm lie with yoga and/or your current occupation?

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7. If you were not limited by boundaries, finances, knowledge, or resources, what would you do with yoga?

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8. Do you have any physical limitations or medical conditions that your teachers should be aware of? Please also list any medications. Describe your present state of health (use back of sheet, if necessary).

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9. Why did you choose Transcending Yoga's Teacher Training Program? (Use back or separate sheet, if necessary)

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## **CODE OF ETHICS**

The nature of yoga (union of body, mind and spirit), on or off the mat, is to open the body and psyche through which profound transformation can occur. As teachers of yoga, we are stewards of the trust our students place in us. It is our responsibility to uphold and foster a safe and sacred environment in which to allow this work to happen. It is essential that anyone teaching yoga have a high degree of personal integrity and maintain clear boundaries in the role of serving the students.

Holding ourselves as teachers places us in a position of power over our students, however subtle or obvious. We become their mentors, facilitators and helpers. Some students may idealize us or project that we are wiser or more evolved than they are.

As professionals, we must remain aware of this power dynamic and never exploit the vulnerability of a student for personal gain or gratification. Students need to have a place to come where they can safely open their hearts, observe their own deeper dynamics and be free from sexual distractions and conditioned behaviors. Because of this, we ask that yoga teachers adhere to the code of ethics as outlined by Yoga Alliance:

### **YOGA ALLIANCE CODE OF CONDUCT:**

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

**I have read and understand the Code of Ethics above.**



## **Application for Registration Agreement**

1. I understand that tuition must be paid in full by August 1, 2011 or a processing fee will be applied to the balance of my tuition.
2. I have read and understand the 500 Hour Yoga Training Program Requirements. I understand that, in order to graduate from the Transcending Yoga Teacher Training Program, all requirements must be satisfied within three years of starting the program.
3. I agree to hold myself as steward of safe and sacred space by adhering to the ethical principles as outlined in the Code of Ethics.
4. I have read and understand the Cancellation Policy.
5. I certify that the information disclosed in the survey is true and complete to the best of my knowledge.
6. I understand that hatha yoga is physical practice and that there is a risk of personal injury. I agree not to hold Transcending Yoga or any of its teachers liable for any mishaps arising from my participation in class.
7. I understand that Transcending Yoga teacher training programs are approved by Yoga Alliance and upon completion of all requirements I will be eligible to register with Yoga Alliance as a Registered Yoga Teacher. However, I also understand that I am responsible for submitting my application and appropriate fees in order to obtain registered status.

**I have read and understand the terms and conditions as outlined in this document, and agree to be bound by these conditions.**

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Return Applications to:

**Transcending Yoga**

Attention: Valerie Baltzer, Director of YTT  
5754 Utah Street  
Camp Lejeune, NC 28547

Phone: (229) 343-7268

Fax: (888) 258-2617

Email: val@transcendingyoga.com