

Arizona Adventure Yoga Teachers Training™

RYT 300 Application

June 4 – 15, August 20 - 31 & October 2 – 12, 2020

Arizona Adventure Yoga Teachers Training™ (AzA YTT) is the first 200-Hour YTT to teach yoga teachers while immersed in nature on gentle yet spectacular adventures in Arizona and beyond. We are soon-to-be registered with Yoga Alliance as a RYS 200 qualified school.

The 300-Hour YTT begins June 4, 2020 and is completed in three parts over 33 days.

A short list of books to purchase and study prior to the commencement of the YTT will be sent to you. A non-refundable deposit of \$500 is due upon acceptance of your application. Full payment is due on or before May 4, 2020.

Name _____ Phone _____

Address _____ Email _____

_____ Birthday _____

_____ Facebook Name _____

Current Occupation _____ Instagram _____

Emergency Contact _____ Ph _____

Close Friend or Relative _____ Ph _____

Will you be flying into Prescott Airport, driving a car or commuting locally? _____

When and where did you find out about this yoga teachers training? _____

Who told you about this yoga teachers training? _____

About You

To be of greatest service toward your optimal growth as a yoga teacher, plus leader and luminary on the yogic path, please answer these questions as openly, honestly and accurately as possible. Thank you for giving yourself the time to answer these questions. Feel free to extend your answers on additional sheets if necessary.

When, where, and how did you discover yoga?

How would you summarize your yoga story thus far?

Which styles and paths of yoga do you most treasure? Why?

Which facets of yoga do you practice most often and why? (for example, the limbs of ashtanga or raja yoga, meditation, asanas, studying and discussing sacred texts, kirtan, mudras, mantras, etc.)

Which yoga teachers do you most admire? And why?

1. _____
2. _____
3. _____

What are your core values? _____

Have you ever meditated? Yes or No, A Little or Some or _____

If yes, do you have a regular or irregular meditation practice? Please describe _____

How has your yoga or meditation practice transformed you or blessed your life?

What are your most cherished thoughts and feelings about your relationship with yoga and how it can benefit humanity?

What would you love to experience and achieve by embarking on this journey of a lifetime with Arizona Adventure Yoga Teachers Training™?

Ideally, our AzA YTT aligns with your areas of interest. How interested are you in focusing on each of these yoga subjects during this training? Please highlight your interest level for each topic.

Enthusiastic • Interested • Slightly Interested • Not Interested

- | | | | | |
|------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| • Sunrise Salutations into the Sun | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Morning Mountaintop Meditation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga Along the Trails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga in Sacred Sedona | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

- Yoga at the Grand Canyon
- Yoga at Shakti Fest
- Yoga in the Cliff top Dome
- Yoga on the Rooftop with Views
- Barefoot Yoga on the Edible Lawn
- Barefoot Yoga on the Beach
- Meditation
- Yamas & Niyamas
- Yoga in the Pool
- Yogassage in the Hot Tub
- Tantra Yoga
- Kundalini or White Tantra Yoga
- White Tantra
- Sacred Ceremonies
- Restorative & Yin Yoga
- Mandala Yoga (group circle)
- Atma Yoga (w/ Saul David Raye)
- Chakra Yoga
- Partner & Flying Yoga
- Buti Yoga
- Feel Good Yoga
- Happyo Yoga
- Yoga Nidra
- Kids Yoga
- Pre-Natal Yoga
- Qi Gong
- Mudras
- Gayatri & other Mantras
- Pranamaya
- Becoming Self Actualized
- Understanding the Chakras
- Asana Enhancements
- Public Speaking for Teaching
- Bliss Conscious Communication
- Posture and Alignment
- Anatomy & Physiology
- Chanting Kirtan
- Circle Singing
- Yoga Philosophy & Poetry
- Organic Vibrant Vegan Cuisine
- Half Day Cleanse with Fresh Juices
- Foraging for Wild Edible Plants
- Yoga for Special Populations

○ Please Describe: _____

What attracts you to **Arizona Adventure Yoga Teachers Training™**?

What is your intention for participating in this YTT?

Do you envision teaching yoga after this YTT? If yes, ideally when, to whom and how often?

Which yoga styles and classes are you interested in leading after this training?

Have you ever lived in an ashram or community setting? If yes, where, when and for how long?

Injuries / Health Conditions Do you have any injuries or health conditions (mental, emotional or physical) we should know about? If yes, please explain. _____

Are you currently on any medications? Yes _____ No _____ If yes please explain what and for what condition(s)? _____

Food Allergies / Nutritional Preferences Do you have any food allergies or nutritional preferences we should know about?

Yes _____ No _____ If yes, please explain. _____

Meals Are you comfortable eating mostly organic vibrant vegan vegetarian cuisine for the duration of the course?

Yes _____ No _____ If no, please explain. _____

Pets/Service Animals: Please note that no pet or service animals of any kind are permitted on or nearby the premises at any time. Please know that we are very much animal lovers and only make this guideline to enhance our ability to focus on the teachings of this training. In addition, Heaven on Earth Retreat is an important wildlife sanctuary that protects wildlife whose lives count on drinking from the retreat's pond oasis. Do you agree to abide by this guideline? Yes___ No___

Smoking, Vaping and Ingesting: No smoking or vaping, etc, of cigarettes or marijuana, etc, are permitted anywhere on the premises at any time of day or night. Do you have a smoking or vaping habit that you are wishing to give up or refrain from at least during this retreat? Yes _____ No _____ If yes, please explain. _____

If you are wishing to give up smoking, you are welcome to apply. We have helped those sincerely wishing to give up smoking to do so.

Do you have a medical marijuana need? Yes _____ No _____ If yes, please explain _____

No mind-altering substances of any kind including alcohol and recreational or pharmaceutical drugs are permitted during the course of this retreat, unless absolutely necessary and prescribed. Do you agree to abide by this guideline? Yes _____ No _____

Thank you for understanding that we have established these guidelines for the benefit of all participants to ensure a healthful, high-quality, fun, kind and harmonious experience for all!

Please attach a close-up Photo of Yourself without sunglasses.

Cancellation policy: If a student needs to cancel for any reason after the first day of the training, a refund of \$40 per day will be allotted for the time that remains.

Your decision to attend **Arizona Adventure Yoga Teachers Training™** is an important step into self-inquiry requiring an open heart, humbleness, effort and self-enquiry. We take your achieving results from this training seriously, which is why we hand-select our students. Instead of quantity, this training assists in developing high quality yoga instructors and wonderful human beings.

Once you've decided to participate, a \$500 deposit reserves your space. If you cancel for any reason, the \$500 is non-refundable. If we cancel for any reason, your \$500 is fully refundable. The deposit may be paid by credit/debit card over the phone, via Paypal or by check. Please make the check payable to: **Adventure Yoga Teachers Training™**.

Thank you for giving yourself time to share honestly and authentically with us. We look forward to nurturing your growth as we deepen into practice and explore what's possible together. **Arizona Adventure Yoga Teachers Training™** provides the rare gift of immersing oneself in yoga wisdom while living in natural beauty. **Arizona Adventure Yoga Teachers Training™** is designed to up-level your confidence and ability to share your truth and light with the world as you shine on more brightly than ever!

Blissful Blessings,

Happy and Free

*Heaven on Earth Retreat™ Hosts
and Co-Founders of AzA YTT*

(928) 308-2146 Happy

(928) 227-7925 Free