



Yoga Teacher Training
RYT-200 | Spring 2020
Student Application

Namaste'!

Becoming a Yoga instructor is no small task and it is no small offering. Whether you are planning on teaching classes shortly after this training, sharing yoga with friends and family or are in it solely to deepen your personal practice and understanding of yoga, this training course will be a memorable and epic journey!

Our intention with providing this Training Course (RYT-200 Yoga Alliance Certification) is to hold a safe/sacred space in which yoga practitioners of all levels are welcome to learn, question, share and express themselves in their own unique way. We believe that Yoga is ultimately a deeply intimate personal practice and a path to Self-realization.

We aim to provide a training that fosters community, connection and support from each other and from all true Yogis past and present. We aim to provide a training that empowers you to share safe, responsible yoga in your own unique style based upon proven yoga methods and lineages.

In this training we will dive into:

- The Historical Context of Yoga
- Ancient Texts of Yoga
- Various Yoga Lineages and Methods
- Yoga Asana (Alignment, Form, Effects of Postures, Sequencing of Postures, Anatomy & Alignment)
- Pranayama Techniques & Effects, Energetic Bodies, Nadis, Chakras
- Meditation Practices, Techniques & Effects
- Mantra
- Kundalini
- Nada Yoga & Sound Healing
- Anatomy & Physiology
- Biomechanics
- Teaching Methodology
- Presentation & Public Speaking
- Professional Development
- Identifying, Practicing & Sharing an Authentic Yoga Experience
- Ayurveda
- Diet & Nutrition
- Tantra
- Ethics
- Practice Teaching & How to Teach an Effective Yoga Class!
- And More!

This Course is open to anyone who has a sincere interest in deepening their yoga practice and experiencing personal growth and transformation. You do not have to want to become a teacher right away (or ever). However, we aim to prepare you to teach with knowledge & practice as part of this Course.

Looking forward to this Journey!
Ying & Thad

Schedule

8 Weekends in Spring 2020. Beginning the weekend following the Spring Equinox!

March 20, 21, 22

March 27, 28, 29

April 3, 4, 5

April 17, 18, 19

April 24, 25, 26

May 1, 2, 3

May 8, 9, 10

May 15, 16, 17

(*Last Weekend Graduation Trip to El Cosmico in Marfa Texas! Food & Lodging Included :)

Fridays: 6pm-10pm

Saturdays: 8am-8pm

Sundays: 8am-6pm

* 208 Total Contact Hours. Exceeds Yoga Alliance RYS-200 Standards.

** We ask that you can attend ALL 8 weekends that the training is held. However, we understand life happens & work, kids, school all play a factor. If you must miss a day or two or even 1 weekend it will still be possible to make up the course work and successfully complete the course. Please let us know as soon as possible what hours/dates you would be unable to attend.

*** The majority of the training will be held at Ying Yoga Studio (2051 Cypress Creek Road, suite G Cedar Park, TX). However, there will be field trips to local points of interest and natural power spots as well as a secret location on Lake Travis. Also, we will travel together for the graduation weekend to El Cosmico in Marfa, TX! We can carpool as needed and the food and lodging for the graduation weekend is included in the price of the training.

**** We recommend bringing food, snacks and a lot of water for Saturdays & Sundays. Meals are not included (although we will likely have food to share & hopefully we can have a potluck style table set-up throughout these days). It is recommended to eat lightly during the yoga training days anyway and it will save time and energy to come prepared.



El Cosmico. Marfa, TX

The Yoga Teacher Training includes:

- 1 Year Unlimited Studio Membership to Ying Yoga
- All 8 weekends of Yoga Teacher Training Instruction & Guidance (200+ hours)
- The Course Guidebook with a load of reference materials
- 1 on 1 Support & Guidance with Thad and Ying during the Training
- Eligible to receive RYT-200 designation through Yoga Alliance upon Graduation
- Amazing guest Musicians, Yogis, Lecturers & Presenters!
- Food & Lodging for the May 15,16,17th Graduation Trip to El Cosmico in Marfa, TX

And... Being a part of the amazing energy, connections, memories created as part of a community of Yogis striving to better themselves and our world!



Please feel free to set up a meeting and/or contact

Thad (248.825.5715 | thadmalik@gmail.com) or

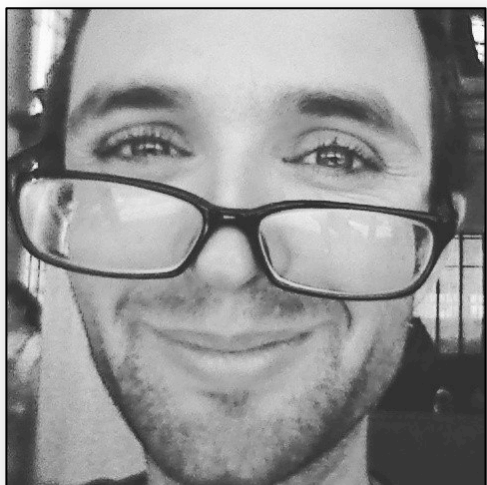
Ying (512.870.7092 | ying@ying.yoga)

directly with any questions at all about the training or the studio or if you are on the fence about registering or whatever else. This is not a cookie-cutter corporate training, we want to make this training work for our students and our community, so please get in touch!



Ying Yang

I was a model for more than a decade. Fitness, glamor, and fashion have always been a part of my life, but I disliked how many labels and expectations were placed on me. Yoga was my savior. It gave me peace of mind and brought about a conscious transformation in my life. The more I practiced Yoga, the more I fell in love with it. I started Ying Yoga with the mission that a yoga studio could help everyone enjoy the benefits of yoga and fitness without being judged and without being perfect. My vision for Ying Yoga is to create a community about love, yoga and music.



Thad Malik

Thad's first adventure into Yoga was in 2007 while attending Central Michigan University. Seeking to improve his mental and physical health Thad was drawn to Yoga & found himself returning again & again. Yoga provided much more than Thad ever expected & he discovered a profound connection with his Spirit through Yoga. Thad completed his first 200-hour yoga teacher training course at Yoga Shala in Prescott, AZ in 2011. Thad would later own & manage the Studio for several years. He would study and experience many styles of Yoga with renowned teachers and artists of all kinds in the coming years. After loss and heartbreak and eventually becoming

disenchanted with the business of yoga, Thad set out to India in search of something more. Through many trials & tribulations India embraced Thad and taught him much. He would return to India again in 2017 as a guide for Naropa University Students. He is quite sure there are more India expeditions to come. There have been (and continue to be) many people who have influenced & inspired Thad's Yoga practice over the years. Right now, Thad is focusing on connecting with the Guru within each of us and present in all moments, remaining forever a Student to the Ultimate. Combining elements of Yoga, Reiki, Meditation, Ayurveda & Energetic Healing Thad's classes are rooted in Spirit and invoke a sense of Peace, Healing and Empowering students to live their own true Yoga & their own unique best life. OM



To register for the training please fill

out the questions below and return your

signed application and \$250 deposit to Ying Yoga, 2051 Cypress Creek Rd suite G, Cedar Park TX 78613. You may keep the above materials. We just need these last 2 pages.

Please answer the following questions briefly so we can get a feel for you and your intentions for this Yoga Teacher Training:

Name _____ Preferred Name _____

DOB _____

Phone Number _____ Email _____

Address _____

Emergency Contact(s) _____

1. Describe your current yoga practice & how you first came to yoga

2. Are you interested in teaching yoga upon the completion of this Course?

3. What style(s), practices, methods, ideas are you most interested in learning more about?

4. Do you have any medical or psychological conditions that may limit your participation or may be dangerous when combined with certain yoga practices?

5. Give your own definition of "Yoga"

Thank you! Please know these answers will be kept confidential & are asked only so we can better serve you.

We have a limited number of spots available for this training Course and spots will be held by deposit on a first come first serve basis.

Remember! To take advantage of the Early Registration Discount you must be registered and paid in full (\$2500) by December 31st, 2019. Yes, the \$250 deposit goes towards the total tuition cost.

If you register and pay after December 31st, 2019 the total tuition cost is \$2900.

You must be registered and paid in full prior to the start of the training (March 20th, 2020) unless other payment options have been arranged with Ying or Thad directly.

Payments can be made by Cash, Check (made out to Ying Yoga LLC) or Credit Card. Payments by cash or check are much appreciated. To pay by Credit Card contact Ying or Thad directly at 512.870.7092 OR 248.825.5715 or visit us at The Studio.

There will be no refunds once the training begins. Ying Yoga LLC may decide to issue a refund with regards to an extenuating circumstance in which the student can no longer participate in the training. This will be at the sole discretion of Ying Yoga LLC.

By signing below I acknowledge that I have read the above information, the information I have provided is true and accurate and that I am registering and paying the \$250 deposit for the Ying Yoga Teacher Training Course (Spring 2020).

Full Printed Name

Signature

Date

Thank You + We will be in touch soon!
Many Blessings!

Ying & Thad

