



## Welcome to the 200-hr Yoga Teacher Training!

We're excited to be bringing this group together to share the teachings we so deeply love that have become an integral part of our lives. Our mission is to provide quality instruction to deepen the desire, knowledge, and skill of students who wish to share their practice and Yoga journey with others as facilitators of personal growth, inner peace, and mind/body health.

**Trainers:** Donna Rovegno – (Prema): donnarovegno@yahoo.com  
Lianna Halko – (Lalitā): lhalko13@yahoo.com  
Robin Appel Maida – (Arula Mukti): robin.appel@always-at-aum.com  
Regina McGowan – (Samarasa): rmcgowanesq@yahoo.com

**Location:** Buddha Jams Yoga and Wellness (BJY)  
192 Glen Street  
Glen Cove, NY11545  
Owner: Jay Samel – (Nirbheda): buddhajamsyoga@gmail.com – (516)329-2707  
Questions about yoga teacher training call Robin at: (631)235-5307

**Schedule:** Monday and Wednesday from 9/6/23 through 12/20/23  
Monday meets online and Wednesday in person from 5:30p-9:30p

**Zoom:** **Meeting ID:** 631 235 5307  
**Password:** Aummies

*Training will include instruction on the following topics:*

- 6 Types of Adjustments
- Anatomy and Physiology
- Asana Labs for 109 Yoga Poses
- Ayurveda
- Business Management
- Chanting and Mantras
- Contact Yoga
- Early Programming and Personality Development
- Human Energy and Chakra System
- Injury Management and Sequencing Around Injuries
- Pranayama and Meditation
- Prenatal Yoga
- Restorative Yoga
- Sanskrit
- Teaching Methodology
- Trauma Sensitive Yoga
- Yin Yoga
- Yoga Philosophy



**Training Investment:** \$3,000

**Payment Options:**

- **Early Bird Special:** Save \$400!! Pay \$2,600 in full 30-days prior to start of training.
- **Special:** Save \$200!! Pay \$2,800 in full by start of training.
- **Payment Plan:** Pay (6) payments of \$500.

All fees include a 335-page curriculum.

If a trainee decides to drop out of the training before it is completed he/she is still responsible to pay the remaining balance. Whether they are able to return and complete the training at this or another location at a later date is determined on a case by case basis.

**Additional Reading Material that is Not Provided:**

- Bhagavad Gita – A New Translation, by: Stephen Mitchell
- The Yoga Sutras of Patanjali, translation and commentary by: Sri Swami Satchidananda

**To Make Payment:**

- Venmo to: @alwaysataum
- Zelle to: robin.appel@always-at-aum.com
- Check payable to: Always-At-Aum
- Credit card: <https://always-at-aum.com/trainings/200-hr-ytt/pay-for-200/>
- Cash

**Certification Requirements:** Students receive a certificate when they meet the following requirements:

- Attend all training sessions. If a student misses a training session(s) they can make up a missed class in one of our trainings at no additional charge or they have the option to make up the missed session(s) in a private lesson(s) for an additional fee of \$100/hr. Each missed session can be completed in a 1-2hr private lesson.
- Complete all written homework and reading assignments.
- Pay yoga teacher training balance.

**What to Bring:**

All training sessions begin with a yoga practice so we suggest wearing comfortable clothing to practice and consider bringing a change of clothes. Students are given a training curriculum to bring to class each session. We suggest bringing a pen, highlighter, and a notebook. Please feel free to bring snacks.

# REGISTRATION FORM

Participant's Name: _____	Date: _____
Address: _____	
City: _____	State: _____ Zip Code: _____
Home Telephone #: _____	Cell Telephone #: _____
Email Address: _____	Website: _____
DOB: _____	Occupation(s): _____
Emergency Contact Name and Number: _____	

Please list any health conditions (i.e. physical injuries, pregnancy, mental/emotional conditions, etc.) the trainers need to be aware of to safely and effectively support you through the training: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What styles of yoga do you practice? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there anything else you'd like to share with us? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which studio, friend, or website did you learn about our school? \_\_\_\_\_

~ *Namaste* ~

**BY ENROLLING IN THIS PROGRAM, THE STUDENT AGREES TO THE PROGRAM'S PROCEDURES AND CANCELLATION POLICY.**

A full refund will be given (less a \$500 processing fee) to a student who cancels up to 14 days prior to the start of a training.

A cancellation occurring later than 14 days but up to 48 hours prior to the start of a training will entitle the student only to a credit (less a \$500 processing fee) that can be applied against a future training, provided the start of the future training occurs within one year from the conclusion of the training for which the student cancelled. No credit will be given for a cancellation occurring within 48 hours prior to the start of a training or if the student does not appear for the training or leaves the training before its conclusion for any reason. However, in these circumstances, the student will be extended a credit to take the training if and when it is held again.

Always-At-Aum, LLC strives to provide the highest quality instructors. However, if a student has any dissatisfaction with an instructor, the instructor's presentation or the content of a training, no refund will be given.

If the training materials are returned, and they are in usable condition in the sole judgment of Always-At-Aum, LLC, the student will receive a refund for their cost.

If a student wishes to drop out of a training before it is concluded, the student will remain responsible for any remaining balance. The student may keep the materials and complete the training at a later time at no additional cost, but may be subject to additional fees for materials.

Always-At-Aum, LLC reserves the right to cancel any training at any time. If this should occur, a full refund will be given.

**Disclaimer**

Always-At-Aum, LLC's programs are educational experiences and are not to be mistaken for long-term therapy or cure. Also, it is possible that some people may find some of Always-At-Aum, LLC's programs too psychologically or physically challenging. Always-At-Aum, LLC cannot be responsible for a student's particular experience in connection with a training and recommends that students consult their personal physicians or trusted advisors if they have any doubts or concerns.

I, \_\_\_\_\_, have carefully read and understand the above.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature