

## Shanti Yoga School Information & Application

### Prenatal Level Two Training Program Overview

Shanti Yoga School's Prenatal Level Two program is a 40-hour training building upon the Level One curriculum. Completion of Level 1 is a prerequisite to Level 2. Holly Lammer teaches this training, and sessions are held in Boise, Idaho. In the Level Two training you will learn about the subtle body (chakras and how they relate to pregnancy and birth), advanced anatomy concepts (the pelvis, the fascia system, hormones of birth), advanced techniques (pranayama, mudra and meditation relating to pregnancy and birth), yoga therapeutics for at-risk pregnancies (previous traumatic birth, fertility issues, etc.), couples yoga, and yoga in the postnatal period.

Completion of Shanti Yoga School's Level One and Level Two Prenatal Programs, along with a current Yoga Alliance 200 hour certification, will qualify you to register with the Yoga Alliance as a Prenatal Yoga Specialist (RPYT), or you may use the 40 hours of this training towards continuing education units with Yoga Alliance.

Shanti Yoga School is registered at both the 200 & 500 levels as well as the Children's (RCYT) & Prenatal Specialization (RPYT) with Yoga Alliance®, the national education and support system for yoga in the US and internationally. Yoga Alliance® supports the study and teaching of yoga, a system of knowledge that includes disciplines and practices originating in ancient India that integrate the physical, mental and spiritual aspects of human experience. They work in the public interest to ensure that there is a thorough understanding of the benefits of yoga, that the teachers of yoga value its history and traditions, and that the public can be confident of the quality and consistency of instruction. Yoga Alliance® maintains a national Yoga Teachers' Registry to promote teachers with training that meet stringent standards. Teachers registered are authorized to use the initials "RYT® (Registered Yoga Teacher) after their name.

Yoga Alliance also maintains a Registry of Yoga Schools that comply with their standards for yoga teacher training programs. Registered schools are authorized to use the initials RYS® (Registered Yoga School) after their names, and receive certificates of registration as well as registry marks. All graduates of an RYS are eligible to register as RYTs. The Registries are promoted to the general public, organizations that employ yoga teachers and organizations that review yoga teachers' credentials.

**To begin the Prenatal Level 2 Program, complete and submit the application form below. We request that you send a \$50 nonrefundable and nontransferable deposit, which will secure your space in the session for which you are registering.** You can pay the balance at any time or you can set up an automatic credit card payment by completing information found at the end of this application. Tuition for the Prenatal Level Two Specialization is \$450 (Early Bird Registration). Your payment includes tuition for the designated group workshops and training manuals.

If you are unable to attend one of the required workshops for any reason, including illness, you can make up the missed hours through private instruction. The cost for private instruction is \$20 per hour. The makeup session for a missed *first* weekend of a designated program must occur *prior* to the second weekend workshop in order to be eligible for attendance at the second weekend. **Your deposit and tuition payments are only valid for the session dates for which you are registering.** All payments are nonrefundable and nontransferable, thus may not be transferred to a future offering of the Prenatal Level 2 Program, or any other Shanti Yoga School offerings.

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Classes held at Shanti Yoga Studio in McCall (Shanti's headquarters) are free to you during your enrollment. Workshops taught by instructors other than the school's instructors are available to you at 30% off. Spa services and retail are available to you at 10% off.

**School Refund Policy:** All payments are non-refundable and non-transferable.

### Prenatal Level 2 Application:

**Name:**

**Level 2 Session Dates you are applying for:**

**Date of Birth:**

**Mailing Address**

**Phone**

**Email address:**

**Current profession or lifestyle:**

**How did you learn about the Shanti Yoga Teacher Training program?**

**I am aware of Shanti Yoga School's Refund Policy. (PLEASE SIGN)** \_\_\_\_\_

1. Write a brief but complete description of your Yoga experience, including the style(s) that you have practiced in the past, with whom you have studied and when. Are you currently attending Yoga classes? If yes, tell where, with whom, how often, etc. Please also include previous yoga teacher training experiences.
2. Are you currently teaching prenatal yoga or other yoga classes? Please describe your teaching style(s).
3. Are you working with any particular challenges, injuries, etc? If so, what are they and how are you addressing them?
4. What do you want to gain from this program? If you have specific wishes or areas of interest that you would like to explore, please explain.
5. Do you have experience working with pregnant women, birth, or any other perinatal related field?
6. Do you have children? Have you witnessed birth?

**Tuition not paid in full requires a monthly auto-payment deducted from a debit or credit card. The monthly minimum payment amount is \$150. You may choose the monthly payment amount as well as the payment date that works best for you.**

Credit card information:

Card no. \_\_\_\_\_ Expiration \_\_\_\_\_

Address on card if different than above: \_\_\_\_\_

I agree to have the above credit card charged monthly for \_\_\_\_\_ for the next \_\_\_\_ months

\_\_\_\_\_  
(signature, date)