

## Yin Specialization Overview & Application

Headquartered in Idaho, Shanti Yoga Teacher Training's "Yin Yoga Specialization" curriculum is covered via in person, online and practicum experiences. Although the program is self-paced, we offer mentoring to help support you throughout. We strive to honor each individual's needs & strengths with a personalized & flexible structure while at the same time providing the highest quality education so students can confidently and comfortably move into teaching situations.

Shanti Yoga Teacher Training 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. Our "Yin Yoga Specialization" consists of 30 hours which awards you a Certificate of Yin Specialization. Yoga Alliance® does not yet recognize this as a stand alone Specialization, but your Certificate states that you have passed our Yin Yoga Specialist Training. You can use that credential after your name and also use these hours towards your 200 or 300 Certification as your Specialty area.

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 RYT's. The Registries are promoted to the general public, organizations that employ yoga teachers and organizations that review yoga teachers' credentials.

To begin the training, complete the application form on the next page by either copying the info in an email to [deb@shantiyogastudio.org](mailto:deb@shantiyogastudio.org) or sending a pdf to that same address. You can also pay directly through Venmo or our Stripe account, at [shantiyogastudio.org/schedule/](https://shantiyogastudio.org/schedule/). Once payment has been initiated, you will receive a link to the online information and connected with a faculty member.

## Payment Information

Tuition for the Yin Specialization is \$200. Payments in full receive a 15% discount. If not paying in full, we request that you send a \$50 deposit. The balance can be paid by setting up automatic credit card payments (see form below) or arranging with Debbi Murphy at deb@shantiyogastudio.org.

Your payment includes tuition, unlimited access to Shanti Yoga online & in person classes and Yin Specialization workshops. School Refund policy: all payments are non-refundable.

Name:

Date of Birth:

Mailing Address:

Phone:

Email address:

Current profession or lifestyle:

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

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 working with any particular challenges, injuries, etc? If so, what are they and how are you addressing them?
3. 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.
4. Do you want to teach Yoga? Why or why not?

Credit card information:

Card

no. \_\_\_\_\_ Expiration \_\_\_\_\_ CVC \_\_\_\_\_

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

I agree to have the above credit card charged monthly for \_\_\_\_\_ for the next \_\_\_\_\_ months  
\_\_\_\_\_ (signature, date)