



TEACHER TRAINING

Required Reading, Materials & Policies

CHOOSE A VIDEO

Choose one or more of the following videos and write an essay.*

The Shift

Featuring Wayne Dyer

The Secret

Peaceful Warrior

Finding Joe

Fierce Grace

Food Matters

Food Inc.

Future Of Food

Supersize Me

Forks Over Knives

Crazy Sexy Cancer

I AM

The Shadow Effect

One Track Heart

**This will be assigned later on during the training, and is not required when you submit your application.*

REQUIRED READING

40 Days To Personal Revolution

Baron Baptiste

Journey Into Power

Baron Baptiste

Loving What Is

Byron Katie

A New Earth

Eckhart Tolle

Food and Healing

Anne Marie Colbin

The Seven Spiritual Laws of Success

Deepak Chopra

A Life Worth Breathing

Max Strom

Key Muscles of Hatha Yoga

Ray Long

RECOMMENDED READING

The Anatomy of The Spirit

Carolyn Myss

Journey To The Heart

Melody Beattie

Ayurvedic Remedies

Dr. Light Miller

Healing with Whole Foods

Paul Pitchford

Womens Bodies, Womens Wisdom

Christiane Northrop, MD

Body, Mind and Sport

John Douillard

30 Essential Yoga Poses

Judith Lasater

Living Your Yoga, Finding the Spiritual in Everyday Life

Judith Lasater

The Kind Diet

Alicia Silverstone

Yoga Sutras of Patanjali

Translated by Alistair Shearer

E2

Pam Grout

You Are A Bad Ass

Jen Sincero

OUR POLICIES

Code of Conduct

It is important to honor the process one will go through for any intensive training, and to respect and support each participant in their growth throughout the duration of the program.

The following guidelines are requested of all participants to maintain a sacred space in which to learn.

1. Come to all sessions on time and ready to begin at the start of the class.
2. Come prepared to all sessions, with homework, materials, books, notebooks, yoga mat, change of clothes, etc.
3. Respect others space and privacy throughout the course. Given the nature of the course, intimacy and vulnerability are a natural part of our opening and growth.
4. Participants will share openly and vulnerably about their experiences throughout the training, and so we must all vow to honor and respect each others privacy and maintain confidentiality for each participant.
5. Be in communication. Throughout the course you may have issues and concerns that come up for you, with regards to the course and course materials, or with regards to other participants. Make a vow to be in communication as soon as something comes up. Speak openly and honestly with whom there is an issue or a concern. Go directly to the person who is accountable or with whom you have a problem. Make a promise to not gossip or talk to others with regards to any matters that arise that do not concern them directly. Speak only to the person that can do something about your issue or concern.

Certificate of Completion

The Certificate of Completion (200-hours) is awarded when the series is completed and the requirements listed below are fulfilled by May 2015.

1. Attend all 8 weekends (all sessions) of the Power Yoga of Cape Cod Teacher Training.
2. Complete all homework assignments on time.
3. Maintain a regular asana and meditation practice.

Make-Up Policy

Students must make-up all missed hours. A schedule of make-up time must be approved by Jill Abraham and may involve additional class fees.

Refund Policy

There are no cash refunds or credits on any deposited payments after the training session begins. This includes full or partial payments applied to any aspect of our program. If the program is full or your application is denied all money will be refunded.