

Application for Teacher Training

Sewall House Yoga Retreat with Donna Amrita Davidge
200-Hour Yoga Alliance

Please answer the 6 questions at the beginning of the application and e-mail them to amrita@mindspring.com or mail them to PO Box 254; Island Falls, Maine, 04747, along with the signed agreement from page 2. This training is limited to 6 participants and will be uniquely small compared with many other trainings.

- 1) Why are you interested in taking this teacher training?
- 2) What are your specific interests (type of yoga, asana, meditation etc) and what do you hope to get from/are your reasons for taking this training in terms of your specific interests?
- 3) What type(s) of yoga have you practiced? For how long have you been studying yoga?
- 4) Which of your teachers has inspired you most and why?
- 5) What do you expect to get from the training and how do you hope/plan to apply it?
- 6) Please write a little of your life and professional history and how this may have affected your coming to yoga.

You must be committed and available for 3 weeks to attend this training.

Ethical Guidelines:

During the training we will be eating a vegetarian diet; should you have special dietary needs please let us know. A vegetarian diet is suggested but not required in a yoga lifestyle. This will be a lacto-ovo menu which includes dairy.

The use of drugs and alcohol are strictly prohibited during the training and also to be considered as ethical guidelines as a yoga practitioner and potential teacher.

We will be reviewing the Yama and Niyamas, guidelines for yoga lifestyle, and applying these in our training and homework. Your first assignment will be to write a 500-1000 word paper on these guidelines and submit it at least one week before we begin. Please come to class familiar with the Yoga Sutras as well.

Fees and Tuition:

The tuition for the training is \$3000.

The Sewall House 200-hour Yoga Alliance manual (2 copies) is \$50.

Payment plans are available.

Room and board is \$2,100 subtotal for 21 nights, plus (9%) state tax.

Special dietary needs can be accommodated with an additional fee per day.

You are responsible for transportation to and from the Bangor Airport to the retreat/ required reading materials. We can offer transportation to and from Bangor for a fee. (Or we can meet you at the bus in Sherman).

Please sign the agreement below and send with your application :

By completing this application, I am ensuring I am in good health and will inform the trainers of any existing medical conditions before we begin. I agree to sign the Sewall House consent form on arrival to the training and be responsible for my well-being during the training. I also will communicate any needs or concerns that arise as it seems fit, and in private, with the trainer, Donna/Amrita.

_____Name

_____Date

Please consult your physician before committing to the training.

Things to Bring with you:

A journal or notebook for notes, pen.

Yoga clothes (you may bring your own mat but we have mats, sheepskins, blankets and blocks), meditation shawl if you have one (not required).

Comfortable casual clothes.

Slippers for the house (barefoot is fine too).

Medications (prescriptions).

Please let us know if you have allergies and what medications you are taking.

Also please provide an emergency contact person:

Name_____

Address_____

Phone_____

E-mail_____

THANK YOU! Feel free to call 646-316-5151/888-235-2395 with questions.