



Golden Spiral Yoga©

200hr Yoga Teacher Training Course Registration

January 6th - March 14th 2020

Monday & Thursday: online forum

Saturday: Yoga Mountain Shadows Studio

Required Reading (Not included in the registration fee):

- Light on Yoga by B.K.S. Iyengar
- Yin Sights by Bernie Clark
- The Heart of Yoga by T.K.V. Desikachar
- Man's Search for Meaning by Viktor E. Frankl
- Science of Breath – A Practical Guide by Rama, Rudolph Ballentine, Alan Hymes

Course Scope and Objective

- Yoga Philosophy
- History
- Functional Anatomy that pertains to yoga
- Effective cueing
- Planning / Sequencing
- Meditation
- Chakra Studies / Subtle Anatomy
- The business of Yoga, including ethics and marketing
- Styles of Yoga
 - Vinyasa
 - Yin Yoga
 - Nidra Yoga
 - Restorative Yoga

Rhonda Cordonnier – Owner of Golden Spiral Yoga© RYS and author of its Teacher Training Program

RYT, YACEP, CNMT, LMT, Experienced Yoga Therapist

Certified in Adaptive Yoga, Specializing in Yoga for Amputees©

Important Payment Information:

PLEASE READ THE FOLLOWING IMPORTANT PAYMENT INFORMATION

Pay-In-Full Option:

1. Upon completion of this registration a minimum of \$700 will be paid as a deposit. \$700 will go toward registrant's tuition balance and is the minimum required payment deposit.
2. Full tuition balance will be due **within 14 days of registration**, less \$300 Pay-In-Full savings. (\$1600.00) Unless otherwise agreed to by Program Director. **(Note: \$100 is withheld for any voluntary withdrawal.)**

Payment Plan:

1. Upon completion of this online registration \$700 will be paid as a deposit. **(Note: \$100 is withheld for any voluntary withdrawal.)**
2. Registrant will receive a contract of dates for the remaining 2 payment installments via email from Golden Spiral Yoga Student Services.

All payments must be made in full and on time per the agreed dates set forth in the payment plan contract issued by your Student Services representative. Any payments that remain delinquent for 7 days will result in your immediate termination from the program without prior notification.

3. This contract is due back by the printed due date, signed, **or registration is subject to cancellation with no prior notice.**

I have read and understand the payment information above and I am aware that Rhonda Cordonnier is available for ANY questions on said information before I move forward with this registration. Kolana@gmail.com

Student Signature: _____ Date: _____

The payment plan option I choose is (Circle one): Pay-In-Full Payment Plan

I understand that a contract will be sent to me based on the payment options and negotiated between myself and Golden Spiral Yoga Student Services to complete this registration process.

Student Signature: _____ Date: _____

The Integrated Yoga Path
Golden Spiral Yoga©
200hr Yoga Teacher Training Course



A 200-hr Yoga Teacher Training Course

Student Questionnaire

Name: _____ **Address:** _____

Phone: _____ **Email:** _____

1. Why do you want to start your Yoga Teacher Training?
2. Are you committed to daily self-practice?
3. Are you as interested in Yoga theory as you are in Practicing it?
4. How long have you been practicing Yoga?
5. What styles of Yoga speak best to your being?
6. What is your primary reason for joining this particular Yoga Teacher Training Course?
7. Where do you practice?
8. Who are your teachers?
9. What is your objective / intention once you complete your training?

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Registration Process

1) Select Registration Choice

- **Paying tuition in full** within 30 days of course start date to save \$300.

Total tuition \$2600 with discount of \$300 (\$2300 total). \$700 will be due at registration and remaining balance (\$1600) will be collected within 14 days of course start date. **Note: \$100 is withheld for any voluntary withdrawal**

- **Payment Plan**

A deposit of \$700 is due at time of registration. Remaining balance (\$1900) will be split into two payments over the course of the program.

Upon registration Student Services will create a payment plan and contract to sign and e-mail back. Payment Plans will not be issued if registering less than 10 days prior to the program start date unless agreed upon by Student Services. Any payments that remain unpaid for 7 days will result in immediate suspension of the program without prior notice. *If registering before Early Bird date, savings will be automatically applied. **Note: \$100 is withheld for any voluntary withdrawal**

2) Submit Questionnaire and Contact Golden Spiral Yoga Student Services

Questionnaire is submitted to confirm your interest and registration choice via email to: kolana@gmail.com or drop off at Yoga Mountain Shadows Studio

3) A contract will be sent for your approval

Based upon your choice of registration (either paid in full or payment plan), a contract will be drafted and sent to you for your final approval. Once the terms have been agreed upon you will be in place for the program.

4) Upon completion of the course

Upon completion, students will receive a certificate of completion which meets the requirements from our governing body Yoga Alliance to be a certified yoga instructor.