



By inquiring about this program you have already begun the journey to deepen your practice.

The Red Lotus School of Yoga is designed to deepen your practice and/or teach you how to teach others the benefits of yoga.

We will meet on Sundays 1-4:30 p.m. as well as Thursdays from 7:00-9:00 p.m. and will cover aspects of the Yoga Sutra, the eight limbs of Ashtanga Yoga, meditation, dietary choices, anatomy, movement of energy in the body, how and why yoga works, karma, emptiness, principles of alignment, adjustments, teaching different kinds of students, Short Form Ashtanga and a Flow level 1 class.

You will be required to meet with your study group weekly, practice asana a minimum of three days per week, meditate daily, eat ethically, attend a two day silent retreat, observe and assist classes weekly, reading and book reports will also be required.

At the end you will have taken your yoga practice to an entirely new level and when you have completed all the requirements you will receive your RYT 200 certification.

Red Lotus School of Yoga Application

Name _____

Address _____

City _____ State _____ Zip _____

Home () _____

Work () _____

Mobile() _____

E-mail address _____

Birthdate ___/___/___

Please attach a one page essay on why you wish to participate in the Red Lotus School of Yoga.

Please attach a \$200.00 application fee made out to Red Lotus Yoga.

Refund Policy: All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An application fee of not more than \$25.00 may be retained by the school if the applicant is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. All refunds shall be returned within 30 days. Once the three business days have elapsed there will be no refunds given.

If you leave teacher training early and have not paid in full, you agree to pay \$225 per Sunday class attended.

Total cost for this program is \$2,950, not including books.

_____/___/___/___
Applicant

_____/___/___/___
Brian Granader Director of the Red Lotus School of Yoga