



Yoga Tune Up® Level 1 Teacher Training Application for 70 hour* Certification

Yoga Tune Up® breaks down the nuts and bolts of human movement using a yogic lens of awareness, conscious relaxation, self-massage and proper breathing techniques to bring students to an intimate understanding of their own native architecture. YTU improves overall strength, flexibility and coordination no matter what style of yoga or physical discipline you teach or practice.

Yoga Tune Up® is a comprehensive approach to body biomechanics and self-care, it integrates multiple modalities of human movement into a seamless format. YTU fosters an embodied understanding of how to create suppleness and stability in students at any stage of health or fitness. This bodymindful style leads to an efficient and balanced structure from the inside out. This results in creating lasting change in the body's tissues and bringing any body back into sound alignment.

Yoga Tune Up® poses, processes, and techniques are a valuable addition to your teaching and personal practice repertoire. As a Yoga Tune Up® teacher, you will learn to go beyond formulaic instruction and truly learn how to think and teach creatively within your classroom. Yoga Tune Up® helps its practitioners create and define a "path of purpose" so that you skillfully inspire yourself and your students to unlock their greatest potential.

The Level 1 training will prepare you to teach your own Yoga Tune Up® classes. In Part 1 of the training, you will learn a variety of Master Poses broken down Yoga Tune Up® style. This establishes the fundamentals of anatomy, physiology and biomechanics necessary to intelligently craft Yoga Tune Up® classes. In Part 2 of the training you will learn "Thinking out of the Boxana," a step-by-step guide to creating memorable, accessible, and effective Yoga Tune Up® classes. To be certified as a teacher, you must pass a take home test and in-class evaluation at the end of the week. You will also be given several class templates to jump-start your own Yoga Tune Up® classes.

Total Contact Hours: 46

Total Homework Hours: 24

"I have seen firsthand how pain and neuromuscular dysfunction can be drastically improved with Yoga Tune Up®. The method sensitively accommodates each individual's personal needs. This is not a cookie cutter approach, but an incredibly intelligent rehabilitative format."

*Dr. Avrom Gart, Director, Pain Management and Rehabilitation Medical Director,
Cedars-Sinai Spine Center*

A few Words from the YTU Teaching Community

YTU challenges the preconceptions of what we think is or isn't 'yoga', and constantly refreshes the body-mind relationship with new experiences and concepts. If you've been teaching vinyasa, hatha or any other yoga style and find yourself stagnating with repetitious, uninventive classes, Yoga Tune Up® is the answer. It has forever changed the way I teach and given me the knowledge to work with any 'body' that enters the room.

Sarah Court, Los Angeles, CA

Becoming a licensed YTU Teacher has significantly improved my yoga teaching skills, both with my public vinyasa classes and my private clients. YTU poses are simply a great tool for helping students experience their anatomy directly and fully. I know see how certain bodies need something that the more common "traditional" yoga poses rarely address and my YTU toolkit helps me to expertly assess and serve those needs.

Drew Corrigan, Kansas City, MO

YTU Trainings have taught me how to become a student of my body, not my injuries. They prepare you like no other training or continuing ed courses by giving you the tools and confidence to adapt exercises to everyone, on the fly, irrespective of fitness or mobility level. Even in a group class, every single person feels as if the class was designed for them. Move heaven and earth to take this training – it is a game-changer for you, your clients, and your business.

Christine Jablonski, Hanover, CT

ACCREDITATION:

Your 70 hours will be applicable to Yoga Alliance continuing education credits and possibly through NASM and ACE (status currently pending).

COSTS

The Level 1 Certification Training is \$895 for early registration and \$975 thereafter. Early registration ends one month prior to the start of the Training. Tuition includes a \$75 Materials Fee.

If you choose to become a certified YTU Teacher there is an annual \$150 license fee that provides you with continuing teacher support, listings of your YTU classes & workshops on the YTU website and monthly newsletter, as well as discounts on trainings, products and insurance. This is in no way mandatory or required although we do hope you will join our YTU Teaching Team.

HOW TO PAY

Complete the accompanying Credit Card Authorization Form and fax it back with the application on the following page. Your card will only be charged once your registration has been confirmed.

Contact YTU Operations Manager Annie Kappenman at annie@yogatuneup.com or 818-760-2045 if you have any further questions about registration or would like to pay by check.

REQUIRED READING/VIEWING:

These books and DVD's will be referenced throughout the training. The books will be used daily in the classroom and for homework. These DVD's contain many of the pose variations that will be instructed within the training. They are all invaluable tools for a lifetime of teaching. Please purchase prior to training.

- 1) *Trail Guide to the Body*, Andrew Biel (fourth edition, NOT the Student Handbook)
Available at www.booksofdiscovery.com and amazon.com
- 2) *The Key Muscles of Yoga Scientific Keys, Volume 1*, Ray Long MD
Available at www.jillmilleryoga.com or www.bandhayoga.com
- 3) **DVD's** : (shop around) available for purchase directly from Jill in class or through www.pranamaya.com or www.amazon.com or www.manduka.com
Jill Miller's Pranamaya series: *Yoga Link: Easy Access to an Ageless Art* - 3 Titles Include:
 - 1- *Core Integration*
 - 2- *Hip Helpers*
 - 3- *Shoulder Shape Up*

RECOMMENDED READING/VIEWING:

- 1) *A Physiological Handbook for Teachers of Yogasana* by Mel Robin: www.amazon.com
- 2) *Yoga Tune Up® QuickfixRx- Upper & Lower Body*
Yoga Tune Up® QuickFixRx KneeHab
Yoga Tune Up® Post Athletic Stretch
Yoga Tune Up® At Home Program
Yoga Tune Up® Therapy Ball Kits
www.yogatuneup.com
- 3) Gaiam's *Yoga for Weight Loss Workout* with Jill Miller- available at Target and Border's or at <http://www.gaiam.com/category/yoga-studio/yoga-instructors/jill+millier.do>
- 4) Jill Miller's Blogs at <http://blog.gaiam.com/blog/author/jillmiller/>
<http://www.yogatuneup.com/blog/>
- 5) To view the Yoga Tune Up® Teacher Training program in action,
<http://www.yogatuneup.com/yoga-teacher-training>

Please Return this Application with the Accompanying Credit Card Authorization Form

REQUESTED TRAINING LOCATION: _____

TRAINING DATES FOR THAT LOCATION: _____

CONTACT INFO:

Name: _____

Date of Birth: _____ Male / Female (circle)

Address: _____

City/State/Zip: _____

Home Phone #: _____ Cell Phone#: _____

Email Address: _____

HISTORY/BACKGROUND/EDUCATION/EXPERIENCE/CERTIFICATION

Are you Yoga Alliance certified? _____

If so, what is your Yoga Alliance membership #? _____

Please tell us about your Yoga/Yoga Tune Up® experience. Include any prior trainings, techniques/styles, teachers whom you have worked with extensively, and the style(s) of yoga you currently teach.

Do you have any Massage therapy training? _____

If so, please explain your training, and certifications

How did you hear about Yoga Tune Up® _____

How do you plan on using your certification? _____

Other relevant certifications? _____

RULES, RESTRICTIONS, AND REFUND POLICY

- All cancellations must be made at least 30 days prior to the start of the scheduled event and are subject to a \$75 processing fee.

- There are no refunds for cancellations less than 30 days prior to the training (or on day 1 of the training); however, money is transferable to a future Yoga Tune Up® hosted training less the processing fee and/or any materials fees paid. Yoga Tune Up® will honor your credit to be used toward another Yoga Tune Up® event of equal or lesser value within 1 year of original training only.

- Once day #2 of the training has commenced **no refund or credit** will be issued.

PLEASE SIGN AND DATE TO ACKNOWLEDGE YOU HAVE READ AND UNDERSTAND THE REFUND POLICY:

(Printed Name)

(Signature)

(Date)



FACSIMILE
CREDIT CARD AUTHORIZATION
(Mastercard, Visa, Discover Only)

I, _____ authorize Yoga Tune Up® to
(please print your name)

charge my credit card # _____ CCV Code _____
(credit card number)

Expiration Date ____/____/____ for the amount of \$ _____ for the
purchase of the following: Yoga Tune Up® Level 1 Certification Training

Name on Card: _____

Billing Address: _____
(Street Address, City, State, Zip)

Phone: _____ Email: _____

(please sign your name) _____ / _____ / _____
(date)

Please Fax to Tune Up Fitness Worldwide: 818-450-0922

Mailing Address: 12400 Ventura Blvd., #325, Studio City, CA 91604
Phone: 818-760-2045 Email: info@yogatuneup.com