



## **Fluid Yoga 300-hour Yoga Alliance RYT**

The Fluid Yoga 300hr training approach is based on the belief that we are able to best serve our students and community when we ourselves feel grounded, whole and content. In the 200hr training, we focused on a Sutrayana approach of discipline, learning and inference. In the 300hr, we use a more experiential approach of Tantrayana/Vajrayana.

The teaching techniques move from a lecture-based learning approach to an experiential one. For example, to understand the interconnected nature of existence, we take our learning into a natural setting with a mindful hike, meditation, dharma discussions, group learning exercises and asana. Taking the training into the wide world opens the mind to a deeper understanding of the natural phenomena around us. Like countless yogis before us, trainees are encouraged to listen intently to their inner voice and speak from a place of wisdom and personal experience, rather than from a place of knowledge and what they've been taught. This, we believe, is the path of a yogi — an inward journey of discovery. Trainees learn not only the techniques to practice, but apply the techniques on a daily basis so that they are ultimately prepared to teach them.

The tools learned at this level of training include vase breathing, mantrayana (including empowerment to recite the Green Tara Mantra), Tantric meditations based on the Green Tara Sadahana, visualizations, advanced asana and assists, and chanting.

For yoga teachers who have completed a 200-hr training and yearn for a journey deeper into practice, teaching practicum and yogic lifestyle, our 300-hour training provides an opportunity for advancement and refinement. Learn to weave themes into your asana classes, develop or enhance a spiritual practice in and out of the classroom, engage your students with more advanced asana and assists, explore the philosophies of Eastern thought, and learn to teach workshops.

**Additional topics include:**

- Advanced Fluid Mind, Spirit and Body Modules (weekend intensives)
- Dharma talks and learning to teach dharma
- Advanced topics in the business of yoga and studio ownership/management
- Advanced anatomy/ physiology
- Special guest lecturers to address elective topics such as chanting, Ayurveda, yoga injury, SPA yoga, and more

Students of the 500-hour program will also benefit from the Beyond Teaching mentorship program, which helps provide insight into your current teaching strengths while offering targeted guidance for moving beyond habits and self-imposed boundaries. Graduates of Beyond Teaching have noted the program “was exactly what I needed to catapult my yoga teaching and career to the next level” and provided “a remarkable growth opportunity for my teaching and small business planning.” Kevan Gale brings over a decade of experience in leadership positions at major international consulting firms to the Beyond Teaching mentorship experience, with the advancement of your yoga teaching career at the fore.

Teaching requirement: 2 years or 100 hours teaching hours

Asana requirement: regular yoga practice of at least three years

Personal meditation or mindfulness practice

Interested? Complete the 300 hour application (below) and email to [info@fluidyoga.com](mailto:info@fluidyoga.com)



## **300 hr Fluid Yoga Teacher Training Application**

Please complete and submit via email to [info@fluidyoga.com](mailto:info@fluidyoga.com)

### Personal Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Background Information

How long have you practiced yoga? What styles? \_\_\_\_\_

How did you hear about the Fluid Yoga 300hr training? \_\_\_\_\_

Have you taken a class with a Fluid Yoga teacher? If so, whom? \_\_\_\_\_

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How many classes do you currently teach per week? \_\_\_\_\_

When did you receive your 200hr RYT certification? \_\_\_\_\_

Where did you receive your RYT certification and what style(s) do you teach? \_\_\_\_\_

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Please list your previous yoga education, any relevant trainings, workshops or retreats, including any previous Fluid Yoga intensives or trainings you've taken: \_\_\_\_\_

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### Health Information

Do you have any conditions or constraints that might affect your full participation in this training or accommodations you will require to participate in the training? If so, please explain briefly: \_\_\_\_\_

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### Emergency Contact Information

Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Relationship \_\_\_\_\_

Additional Questions/concerns or comments that you'd like us to know: \_\_\_\_\_

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## Essay Questions

Please write a short response to each of the following questions and add as an attachment to this document. Please limit answers to one paragraph each and use clear, concise and compassionate speech.

1. What does yoga mean to you?
2. How regularly do you practice and what does your practice include?
3. How do you apply your yoga off the mat?
4. Why are you interested in the 500hr training?
5. Describe a major life disappointment and how yoga helped you deal with it.
6. If you had to describe the single greatest lesson you learned from yoga what would it be?
7. If a regular student had to describe your teaching approach what would they say?
8. Please describe a time when you experienced a disappointment in your teaching and how you dealt with it.
9. What do you plan to do with the knowledge you gain from your 500hr training?

**Please be sure to attach short answers and all additional materials before submitting. Only complete applications will be considered.**