



Be Luminous Yoga

Come home to your power.

Dear Teaching Mastery Participant,

We could not be more thrilled to have you join us for the Be Luminous Yoga 300-Hour Teaching Mastery 301 Program. As the first step in your core courses, we seek to hone our foundation as yoga teachers, and extend beyond what each of you is already quite capable of.

This program is rigorous and life-giving, and we ask that you sign up with the intention of being fully available, 100% from the moment we begin the program, to the moment we complete the program.

This program offers an amazing value. With your room and board included, you are paying only \$19 per hour of training and we promise to knock your socks off with content, experiences and learning that will elevate your teaching and expression in the world.

In this document, you'll find everything you need to be prepared for an excellent experience. Please return your waiver and dietary needs form, along with the refund and tuition policies signature to Be Luminous Yoga along with your payment. Enrollment and payment is required by January 6, 2017.

We look forward to co-creating a life-changing experience with you.

With Excitement,

Michel, Nicole & Tina

Michel, Nicole & Tina



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Teaching Mastery 301: Retreat Information

ENROLLMENT & APPLICATIONS DUE JANUARY 6, 2017

Welcome to an amazing journey of personal self-discovery and teaching that will take you to new levels of efficacy and impact in your teaching and your life.

Here are some details to help you plan for your Teaching Mastery 301 program.

What: This 5-day retreat will give you the opportunity to slip away, gather with other committed yogis and teachers, and focus on your craft – teaching yoga. You'll eat, sleep and breath yoga – asana, mediation, pranayama, teachings. You'll leave with a new voice, renewed passion, and the honed tools of a skilled and seasoned teacher.

When: Monday, March 6, 2017

- Program begins at 1 pm
- We recommend flying in on Sunday, March 5th and staying nearby. Unfortunately, Baja Zen is booked with another retreat through Sunday, March 5th.

Saturday, March 11, 2017

- Programs ends at midnight
- Plan to stay through the night on Saturday, March 11 and book your tickets home in the late morning or afternoon Sunday, March 12, 2017

*You must be on time to start, there until the end, and at every session in between to receive credit toward your 300 hour certification with the Yoga Alliance.

Where: Baja Zen is a cozy and rustic yoga retreat center al la Mexico. Located near Todos Santos area close to the small town of Pescadero and walking distance to Playa Los Cerritos.

All lodging and food is provided by Baja Zen. All lodging is double or tripple occupancy.



Program Overview

You can expect days that begin between 8-9 am, and run until 10 pm with lunches and breaks built in. Some of our lunch sessions will be working sessions. Plan to be fully immersed in this program. Plan to turn your email "away notice" on and let go of the outside world for this week.

We will cover the following materials in the program, and much more:

Practices & Techniques

- Expanded Asana, Meditation & Pranayama Practice
- Intention, Alignment and Actions in Asana
- Teaching Advanced Asana
- Beyond Baptiste Sequencing – Sequencing from Purpose

Teaching Methodology

- Application of the Baptiste Methodology for Teaching Beyond Baptiste Yoga
- Lead Meditation Practice
- Teach with Video and Live Feedback Sessions
- Teaching Special Populations
- Empowered Classroom Management: In-class workshops, managing varied skill levels...

Living Yoga Philosophy

- Foundations of Yoga Philosophy as a Life Practice
- Yoga Philosophy in Teaching
- Readings
- Personal Inquiry for Teaching

Anatomy & Physiology

- Body Systems in Depth
- Deepening Muscular and Skeletal Understanding
- Using Anatomy in Assisting



Important Logistical Information

PACKING LIST:

- Yoga clothes and practice towels for 12 classes
- Yoga mat
- Yoga props (block, strap, blanket)
- Meditation Cushion
- Water bottle & electrolytes
- Light Jacket
- Sunscreen & Sunglasses
- Hat
- Headlamp/flashlight
- Comfortable lounge clothes
- Comfortable shoes
- Personal items (may include medications, smooth move tea)
- Books: Journey Into Power, Light on Yoga & The Yoga Sutras translation by Hartranft
- Journal & Pens

FACEBOOK GROUP: You will be contact about singing up to a private Facebook group before the program begins. This is not required.

Room and Board: For this program, you will share a room with others. You will receive more information about Baja Zen upon enrollment.

Registration & Tuition:

Please call the studio at 206.682.9642 to register, or send in your payment and forms. At the time of registration, the following items are due:

- 1) Payment due in full upon sign-up.
- 2) A completed Signature of Understanding & Waiver and Enrollment Agreement

Your registration is not considered completed until we receive these two important forms.

Tuition: Tuition for this program is \$2194. Please read the Enrollment Agreement to further understand the tuition and refund policies.



Liability Waiver & Dietary Restrictions

Liability Waiver

I _____(print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. Physical activity carries with it certain inherent risks, however, that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation this training with Michel Spruance, Nicole Tsong and Tina Templeman, or Be Luminous Yoga LLC., is voluntary, and that I knowingly assume all such risks.

I recognize it is my responsibility to practice modifications during each yoga practice, and to back out of a pose gently if I feel pain or discomfort. I also take responsibility for speaking with the teacher if I come to the program with injuries, or I am pregnant.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Michel Spruance, Nicole Tsong, Tina Templeman and Be Luminous Yoga LLC., or Baja Zen Retreat Center.

I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the yoga provided by Be Luminous Yoga LLC.

Dietary Restrictions

Please mark appropriate boxes:

_____ I eat anything. _____ I eat fish, but no chicken, red meat or pork.

_____ Vegan _____ I am a vegetarian who eats dairy.

_____ Gluten Free

Allergies:

Printed Name of Participant

Signature of Participant



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Teaching Mastery 301: 2016 Enrollment Agreement

APPLICATIONS DUE JANUARY 6, 2017

Contact Information

Legal Name	
Preferred Name	
Mailing Address	
City ST ZIP Code	
Cell Phone	
Work Phone	
E-Mail Address	
Date of Birth	

Demographic Information

Current Occupation	
Age	
Gender	
Interests	

Please email completed Enrollment Forms to buisness@beluminousyoga.com.

Program Goals

List three specific outcomes you'd like from this module.

What are your current greatest strengths in your teaching/assisting right now?

Can you identify your current areas of weakness – knowledge, skills, discomforts?

Photograph

Please submit a photograph, attached here, or digitally if you are emailing this application. Your photograph is not used to determine your acceptance into the program. Rather, it is a means for us to familiarize the teaching staff with who you are before you arrive.

Emergency Contact Information & Health History

Emergency Contact Name	
Relationship	
Phone	
Email	
Do you have specific injuries we should know about?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please explain.	
Are you currently, or have you been in the last 6 months, under the care of a physician or mental health specialist for any reason?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please explain.	

Liability Waiver

I _____ (print full name) understand that yoga includes physical movement. Physical activity carries with it certain inherent risks that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation in the Be Luminous Yoga Teacher Training program is voluntary, and that I knowingly assume all such risks.

I recognize it is my responsibility to practice modifications, and I take responsibility for speaking with the teacher if I come to class with injuries or am pregnant.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Be Luminous Yoga (legal name Luminous gorilla Yoga LLC), Michel Eubank Spruance, other teachers who may be present, and other Teacher Training participants.

I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the Yoga Teacher Training provided by Be Luminous Yoga.

Signature Date

Enrollment & Refunds

The cost of this program is \$2194. *Applications due JANUARY 6, 2017.* We must have 8 people registered by January 6 2017 to run this program, so please don't wait if you want to attend.

Retreat Refunds: The cost of the retreat portion of this program is \$1250. Once you register for the program, you are eligible for a full refund minus a \$50 processing fee, up to 46 days before the start of the program. *At 45 days before the program, there are no refunds for your retreat costs, as this portion has already been paid to the retreat center at this time.*

Tuition Refunds: The tuition portion of this program is \$944. This comes to less than \$15 per hour of instruction for up to three trainers. Refunds for the tuition of this program follow the State of Washington Workforce Training Board refund policies, and work on the percentage of the program you have completed. If you withdraw from the program before the retreat begins, Be Luminous Yoga will retain a \$50 processing fee. Otherwise you will receive a complete refund. If you withdraw once the program begins, this will follow the enrollment agreement you signed with your application based on the percentage of the program you complete.

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school.
2. The school must refund all money paid if the applicant cancels within 5 business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
3. The school may retain an established registration fee equal to 10 percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
4. If training is terminated after the student enters classes, the school may retain the registration fee established under (3) of this subsection, plus a percentage of the total tuition as described in the following table:

If the student completes this amount of training:	School may keep this percentage of the tuition:
One week or up to 10%, whichever is less	10%
More than one week or 10%, whichever is less, but less than 25%	25%
25% through 50%	50%
More than 50%	100%

5. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
 - a. When the school receives notice of the student's intention to discontinue the training program; or,
 - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
 - c. When a student, without notice, fails to attend classes for thirty calendar days.
6. All refunds must be paid within thirty calendar days of the student's official termination date.

Signature

Date

Please email completed Enrollment Forms to business@beluminousyoga.com.