

Dear potential RLY teacher training student,

Thank you for your interest in our course. The Radiant Light Yoga Teacher Training is a full-immersion journey into all aspects of the Path of Yoga. During this year of study you will learn to live a Yogic lifestyle, to truly apply the teachings to every moment of life, and to lead a safe, supportive, and transforming yoga class. Our focus is on helping those who have a sincere desire to dive deep into a Yogic Life, and to be of service to others.

If you are seriously considering teacher training with us it is essential that you have a consistent Yoga and meditation practice. If your practice is scattered, begin now to dedicate more time to yoga. It is preferable that you are attending Radiant Light Yoga classes to attune to our style. If you live outside the Sunshine Coast area (Queensland) check out our website for teachers in your location. We have graduates currently teaching in the Brisbane area. Personal practice is essential as well.

Yoga is a process of dissolving the veils that cloud our clarity. As we shed these restrictions, we begin remembering who we really are, free from the confines of past conditioning. To assist in this unfolding, we ask you to abstain from any mind-altering substances 6 months before the course begins and during the 12 months of the program. This includes alcoholic beverages. Yoga is not just a practice; it is a lifestyle. Begin now to embrace the path of yoga and a more clear and awake way of being.

Here is an idea of a YTT day:

Each day we start with chanting & meditation, then a balanced Radiant Light Yoga asana flow, then we take a single asana and explore all aspects: benefits and cautions, safety and alignment, and hands on adjustments. After lunch there is philosophy (including Yoga Sutras of Patanjali, Bhagavad- Gita, & Meditation), anatomy and physiology for yoga teachers, pranayama, and other special topics and workshops such as teaching children, seniors, etc.

Please answer the questions in the survey clearly and honestly. Read carefully the list of details and commitments required for the course. Upon acceptance you will need to send us a \$300 deposit to ensure your space. After September 1, 2012 this money will not be refunded if you choose to drop out.

We are always overjoyed to meet new students who are ready and willing to commit to the journey of Self-discovery through yoga. Each group becomes a deeply bonded spiritual family as we share in the joy of yoga.

**Namaste,
Adam & Akash**



Details and Commitments

The course runs for a total of 12 months, November 2012 through October 2013

At Nataraja Yoga Temple on the Sunshine Coast:

We meet every Thursday from 8:30am — 5:00 pm from November through May. From July through October we will meet for 2 all-day workshops per month, the first and third Thursdays of each month. Our first Thursday will be November 1.

- Each week there is approximately 1 hour of at-home reading.
- There is a weekly take-home quiz to review our in-class studies.
- You are required to have a daily meditation practise as well as a consistent asana practise of 4-5 days per week.
- You will be asked to document your practise time.
- During the last month there will be a final exam.
- The course will include some karma yoga (selfless service).
- We will take 2 weeks off for the Christmas holidays, and a break in winter for the month of June.
- Besides your home practise, you are required to attend at least 1 Radiant Light Yoga class per week. (Extra classes are encouraged). This is part of your commitment.
- Prerequisite reading: **Autobiography of a Yogi** by Paramahansa Yogananda and **The Power of Now** by Eckhart Tolle.

What if I need to miss a class?

We are asking you to take your commitment seriously. Do not make appointments or flights for YTT days. If you are really ill or have an emergency come up we will understand. During the 12- month Course you can miss up to 3 classes. These sessions will need to be made-up. You will need to complete all assignments and gather all missed information. If you miss more than 3 sessions we cannot graduate you. There are no exceptions.

If you miss more than the 3 allowed days, you may complete the course without receiving the graduation certificate.

Financial details

We will send you an acceptance letter if you are accepted to the RLY Course. A \$300 deposit is required to secure your place. We suggest you send this in ASAP after you receive your acceptance letter. This money is non-refundable after September 1, 2012. There are two options for paying for the Course:

Option A:

\$4200 paid in full by October 1, 2012. This includes the \$300 deposit.

Option B:

\$350 per month (Nov. 2012 — Oct. 2013). This monthly fee is payable the 1st YTT day of the month. This does not include the \$300 deposit. If you are late in paying the monthly payment, \$10 per week will be added.

Refunds: For those paying in full, after October 1, 2012 we will not be giving refunds as it will be very difficult to fill your space. For those paying monthly, if you drop out at any time any past payments will not be refundable.

Course materials: Your course fees include your Radiant Light Yoga Teacher Training Manual. You will need to bring note-taking materials to every class, as well as your own cushion, bolster, block, blanket, and strap.

You will need to purchase the following books:

Anatomy of Movement by Blandine Calais,
Human Anatomy in Full Color by John Green.

Application for RLY Teacher Training Course

PLEASE ANSWER HONESTLY AND WRITE CLEARLY
PLEASE INCLUDE POSTCODE

Name: _____

Address: _____

Telephone _____

E-mail: _____

Age/Birth date _____

Physical injuries or chronic conditions: _____

Are you taking any prescribed medication? _____

For what condition? _____

How long have you been practising Yoga? _____

Share a few details about your practise; consistency, duration, style etc:
Is there anything you cannot do such as inversions, etc?

What is your meditation experience?

Write us a letter explaining why you want to become a yoga teacher and why you are choosing to apply for our course.



E-mail to: info@radiantlightyoga.com
Or mail to Radiant Light Yoga at 60 Kiamba Rd, Kiamba 4560