

Wisdom Flow Yoga Teacher Training Registration Form March 17-31, 2018

Welcome. Thank you for your interest in the Wisdom Flow Yoga teacher training program. We look forward to welcoming you to this intensive 15-day program. We are certain you will be pleased with the program and its ability to deepen your practice and/or make you a confident and effective teacher. In this program, you will be challenged to take new knowledge into action and imbue deeper alignment into your poses and deeper understanding of the yoga philosophy into your daily life. You will develop clear voicing as we take turns leading discussions and class sections. This is the key to excellence in leadership. Upon completing the program you will be ready and eager to offer therapeutic and inspiring classes. We aim to teach you to teach in a way that leaves your students feeling empowered and joyful.

This teacher training is **not for beginner yogis**. You must be practicing regularly (3 or more days per week) for at least one year, and be familiar with the Eight Limbs of Yoga including the 5 Yamas and 5 Niyamas. The Yamas and Niyamas are listed on the last page of this registration form.

Required Reading for the course (all available on amazon.com)

- Inner Engineering a Yogi's Guide to Joy by *Sadhguru*
- Wisdom Flow Yoga Teacher Training Manual by *Jennifer Lynn* (on amazon.com)

What is Wisdom Flow Yoga?

Wisdom Flow Yoga is an alignment-rich vinyasa flow style based on the philosophy that life is love in action and each individual comes to flow love in a unique way for the joy and expansion of it. Our Sequences blend the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The flows become our metaphor for living a balanced life. We seek to understand and harmonize with the science of the body, and within that life-honoring structure, celebrate our unbounded spirit.

JENNIFER LYNN is the founder of Wisdom Flow Yoga, she has been teaching on Maui for ten years and offering Wisdom Flow Yoga Teacher Trainings since 2008. She is originally from the San Francisco Bay area where she worked as a software engineer before leaving the corporate world to teach yoga on Maui. She has trained in TriYoga, Vinyasa Flow, Ashtanga and Anusara Yoga. She is ERYT 500 certified and has established her own style and YA Certified Yoga Training School. Wisdom Flow Yoga is based on the heart-centered philosophy of Shiva/Shakti Tantra; Tantra means to weave expansion and Shiva/Shakti implies the expansion is into and between the seen *and* unseen. Jennifer can be reached at Jennifer@wisdomflowyoga.com

SARAH GRAY co-teaches with Jennifer. Sarah Gray first discovered yoga after moving to Maui twelve years ago. She says, "I still remember my first class, and how overwhelmingly inflexible and weak I felt. What amazed me was the dramatic difference in just a few sessions, and how balancing the body began to affect my outlook on life and what I was capable of." After exploring different styles and teachers around the world Sarah found her joy in Wisdom Flow. Its precise alignments combined with freedom of expression are in perfect harmony to keep us safe and inspired. Whether you are suffering from overuse or underuse, your body will love you for choosing to spend quality time connecting with it's needs. Sarah adores having the opportunity to share with you the freedom that comes from the practice.

The Studio Space

Our training will take place at Wisdom Flow Studio in Maui's cool quiet Upcountry; just 15 minutes from the Kahului airport (and the beach). The address is 95, Makawao Ave, Makawao, HI 96768. Our training sessions are mainly held at the Wisdom Flow Studio but also move to spacious comfort of the teacher's homes for some lectures and projects. Oral quizzes during nature hikes and beach walks are often included to keep the energy high. We often gather in large grassy parks to practice teaching in pairs. Halfway through the program, we take an ocean adventure day and let the wisdom and beauty of nature be our teacher.

Arriving

If you are coming from off-island you will arrive in Kahului (OGG airport). We recommend you rent a car so you have freedom to explore and set your own schedule for the 15-days. However, we do have some accommodations close enough to the studio that you can be picked up by other students or the teachers. If you will not be renting a car, you must make clear plans with our teachers or your accommodations host for your pick up and drop off at the airport. If you are looking for inexpensive rental cars, check out Maui No Ka Oi or go to www.hawaiiidrive-o.com or www.aloharents.com. You can also check Craigslist Maui.

Accommodations

There are many options for places to stay on Maui. Most of the hosts are students of Wisdom Flow Yoga who offer their extra rooms to students like you for our trainings. Prices range from \$60 to \$100 per night. If you are seeking accommodations through the school please leave ample time to make arrangements. It is best to have your reservations two months before arriving. Once your application is accepted, you will be sent a list of accommodation hosts.

The Daily Flow

6-7:30AM Meditation, Breathing and Asana Practice, 7:30-8:30 Lecture and Hands-on, 9-10AM Break, 10AM-2PM Lecture, Discussion, Exploration and Practice. Pertinent parts of each lecture are video recorded and will eventually be uploaded for your review. This allows you to relax a bit more in the moment and know you can review the experience later.

What to Bring

Mat, Laptop or iPad (optional but so helpful), Notebook, pens, flash drive.

Fees are \$2500 plus 4.16% GE Tax (this does not include accommodation fees or meals)

Fees can be paid by credit card, cash or checks made to Wisdom Flow Yoga

Fees are non-refundable and non-transferable. Your commitment is essential.

Wisdom Flow Yoga School Contact Information

Wisdom Flow Yoga Studio 95 Makawao Ave, Suite 202, Makawao, HI 96768

Ph: 808-268-4095 Em: Aloha@WisdomFlowYoga.com

Wisdom Flow Yoga Teacher Training Registration Form

Training Dates: **March 17-31, 2018**

Name: _____

Email: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: Name: _____

Emergency Contact Phone (include area code): _____

Emergency Contact Relation to You: _____

How long have you been practicing Yoga? _____

What Styles? _____

Will you be teaching as a hobby or a career? _____

Why do you want to teach yoga?

How has Yoga changed your life, your heart, your body?

In your opinion, what makes a yoga teacher great?

Mail form to: Wisdom Flow Yoga 95 Makawao Ave, Suite 202, Makawao, HI 96768

MAHA VRATTA
THE GREAT VOWS OF PURE AND JOYFUL LIVING

YAMAS
ETHICAL OBSERVANCES

1. AHIMSA - non harming - the practice of loving kindness to all beings
2. SATYA - honesty - telling the truth and living your truth and the truth of our oneness
3. ASTEYA - non stealing - only take what is freely and clearly given, including energy and time
4. BRAMACHARYA - sexual purity - never come between others who are in relationship; always treat your beloved as divine
5. APARIGRAHA - non grasping - release neediness and attachment, celebrate the success and happiness of others and offer compassion when others suffer

NIYAMAS
PERSONAL OBSERVANCES

1. SAUCHA - cleanliness and order in body mind and home
2. SANTOSHA - contentment - gratitude for what is and willingness to make the best of it
3. TAPAS - passion and determination to strive for betterment even when severely challenged
4. SVADYAYA - study of self and scriptures - willingness to look at where we are out of alignment, how we got there and how we can return to our highest
5. ISHVARAPRANIDHANA - surrender of all effort to the grace that supports us and all life – offering our efforts to God and the good of all beings

I _____ (*your name*), have read and understood the above principles and agree that my signature below is evidence that I have read, understood and am willing to follow them while attending the Wisdom Flow Yoga Teacher Training.

Signature

Date

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