

Photo



**Yoga Alliance Registered Teachers (RYT)
5038 East 56th St., Indianapolis, IN 46226
317-257-9642
directors@innerpeaceyoga.com**

Dear Teachers' Training Applicant,

Thank you for your interest in our 500 hour Teachers' Training Program. The forms you will need to apply are enclosed in this packet. Please follow the instructions and return all forms. When we have reviewed your applications, we will notify you of your acceptance status. Because space is limited, we suggest that you return these forms as soon as possible to ensure your space in the program.

Please do the following to ensure speedy processing of your application:

1. Fill out all sections of the application form.
2. Read the Ethical Guidelines and Certification Requirements pages.
3. Sign the Ethical Guidelines and Certification Agreement form.
4. Return the application, and agreement form with your deposit or full payment.

We look forward to working with you.

Yours in service,

Charles and Carol Crenshaw
Co-Directors of Inner Peace Yoga Center



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Fee Schedule

The tuition for our 9-month 500-hour Teacher Training (300 hours over 200) is \$4500. You may pay in full by September 5, 2017 and pay only \$4300 (check or cash preferred). A deposit of \$1000 must be included with your application, due by September 16, 2017 (**other payment plans available upon request**). The deposit is refundable (minus a \$100 processing fee) until the first day of class.

If you make a deposit, the rest of the tuition is due as follows, **or in increments to be arranged**

\$1500 – due November 30, 2017

\$1500 – due February 1, 2018

\$500 – due April 5, 2018

Limited scholarships are available.

Dates / Location

This 9-month course will run from September 26, 2017 (with some vacation dates in there) through June 2018. With a few exceptions, all classes will be held at Inner Peace Yoga Center, 5038 East 56th St., Indpls, IN.

Requirements

- Applicants must be at least 18 years old.
- Applicant must have a strong desire to deepen their understanding of all aspects of yoga.
- Applicants must have a 200-hour Yoga-Alliance approved teaching certification

Admission to the program is at the sole discretion of the center directors.

Staff

The primary teaching staff is Charles Crenshaw, M.S., M.Div.W.; Carol Crenshaw, M.Ed., M.S.
Adjunct faculty: Jaime Stover-Schmitt, Ed.D., C.M.A., Dave Graf, C.M.T., John Peterson, M.D.,
Young Park, D.O., Mark Knight, D.C., and Kevin Logan, M.D.



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Application

Inner Peace Yoga Center 500-Hour (300 hours over 200) Teacher Training Certification Program

Please print clearly and fill out the entire application. Your application must be complete and legible to be processed.

Date _____

Full Name _____

Mailing Address _____

City State, Zip Code _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

Date of Birth: _____ Age: _____

Occupation (or vocation/training if not presently employed) _____

How did you hear about Inner Peace Yoga Center? _____

Where did you receive your 200 hour training, and how long ago:



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Inner Peace Yoga Center 500-Hour Teacher Training Certification Program

Please tell us more about yourself. Write your answers on a separate sheet of paper and attach it to this paper.

1. Describe any hatha yoga teaching experience that you may have.
2. If applicable, briefly describe any physical or mental conditions or disabilities that affect your practice of hatha yoga.
3. Why do you want to take this 500 hour certification training?
4. Are you presently under any psychiatric or psychotherapeutic care? If so, please explain.
5. Do you have substance abuse issues? If so, please explain.
6. Indicate if you would like to take this course on the non-certification track. This is for students who want to deepen their understanding of yoga, but do not want to teach.



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Application

Inner Peace Yoga Center 500-Hour Teacher Training Certification Program

I declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information is grounds for not being accepted into this program, for expulsion from the program, and for revocation of certification. I have read and agree to the conditions and requirements on the Ethical Guidelines and Certification Agreement forms. I have signed these two forms and returned them with this application.

I understand that acceptance into this program is at the sole discretion of Inner Peace Yoga Center and that failure to complete the certification requirements outlined in these forms will result in my not being certified. I understand that I am entitled to no refunds or credits resulting from my failure to complete the certification requirements or to uphold any conditions outlined in the program.

Signature: _____ Date: _____



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Ethical Guidelines for Yoga Teachers

In the West today, yoga is presented as a fitness option. This perspective falls far short of the spiritual depth of yoga science. This science leads us from the gross to the subtle aspects of our being. The eight rungs of classical yoga, called Raja Yoga or Ashtanga Yoga, begin with the yamas (restraints) and niyamas (observances). These form the first two rungs and are sometimes called the 'ten commitments of yoga'. The yamas include: non-violence, non-lying, non-stealing, celibacy, and non-possessiveness. The niyamas include: purity, contentment, austerity, self-study, and devotion to God.

The purpose of these foundation practices is to allow us to follow the voice of our conscience and live in harmony with ourselves, others and the world at large. The more we follow them, the easier it is to live in the world, do yoga practice and advance on our inward journey. In addition, they help us aspire to become a good example for others. As teachers, we reflect the high standards of the yoga tradition and quietly inspire others to do the same.

As such, we have formulated these ethical guidelines to improve the quality of yoga teaching and preserve the authenticity of the yoga tradition.

1. Yoga teachers practice yoga as a way of life.
2. Yoga teachers act in a way that reflects a noble lineage.
3. Yoga teachers practice whatever they teach.
4. Yoga teachers maintain high standards of professional integrity.
5. Yoga teachers are committed to helping their students improve on all levels: physical, emotional, mental, and spiritual.
6. Yoga teachers treat all students with respect and strive to establish a trusting relationship.
7. Yoga teachers are open to teaching all interested people, regardless of race, nationality, gender, religion, sexual orientation, educational level, and social or financial status.
8. Yoga teachers present the teachings but do not force their opinions on others.
9. Sexual harassment of yoga students is taboo.
10. Yoga teachers show respect towards other yoga teachers, schools, and traditions.



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Certification Requirements

To become certified, you must meet all the requirements listed below. Throughout the program, we will work with you on any observed skills deficits.

1. Student Teaching / Class Critiquing

In these sessions, you must demonstrate the ability to teach safely and systematically as taught in this training. You will also be required to observe and critique two student teachers.

2. Attendance Requirements

Attendance is recorded for each session. If you arrive after the start of class, time missed will be deducted from your registered class attendance. Students who miss any content are responsible for making up the material.

You cannot miss more than 20% of required classes and still receive credit for the program. If you miss more than this maximum number of hours you will need to repeat the sections of the program you missed.

You have three options for making up a missed class or section of a class:

- (a) You can have a student informally tutor you on the missed content.
- (b) You may make up the class with a teacher in the program. In this case you are responsible for making arrangements for these sessions and for paying the teacher for the session. Charles and Carol's rate at the center is \$100 per hour. Other instructor's rates may vary.

A Missed Class Make Up Form will be provided during the first course meeting. You will need to fill out a Missed Class Make Up Form for these sessions. After you have made up the course work, submit the form to receive full credit for the work you made up.

3. Additional Class Requirements

- (a) Vedanta interview and class presentation of results
- (b) Research and lesson plans for specialized population with class presentation
- (c) Philosophy report with class presentation
- (d) Two week diet journal

4. Professional and Ethical Conduct

To become certified, students are required to follow the Ethical Guidelines for Yoga Teachers. This will ensure that a professional and safe atmosphere is maintained in the classroom. After certification, any certified teacher who is found practicing unethical and/or unprofessional behavior is subject to have their certification revoked.



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Ethical Guidelines and Certification Agreement Form

I have read and understood all ethical guidelines and certification criteria outlined above, and agree to follow them to become certified and be a positive representative for the Yoga Community and Inner Peace Yoga Center.

Name: _____
(Please Print)

Signed: _____ Date _____

IPYC: _____ Date _____



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Course Objectives

1. Working towards mastery of intermediate and advanced poses / how to effectively teach these poses
2. Anatomy and physiology as it applies to asana, pranayama, and meditation
3. Marma points in Ayurveda with comparison to Traditional Chinese Medicine
4. Superconscious Meditation
5. In-depth study of tantra

Staff Bios

Charles Crenshaw, M.S., M. Div.W.

Charles is the co-director and co-founder of Inner Peace Yoga Center and is the Co-Director Emeritus of the Himalayan Institute of Yoga Science and Philosophy of New York City. Charles has been practicing meditation and yoga since 1974 and was directly trained by renowned yoga master Sri Swami Rama. He holds a Master's degree in Eastern Studies/Comparative Psychology/Holistic Health from the University of Scranton. During his tenure in New York, Charles worked on the staff of the Center for Holistic Medicine as a teacher, counselor, yoga therapist, and biofeedback trainer. He is also an ordained Interfaith Minister from the New Seminary, New York City, where he specialized in spiritual counseling, and served on the lecture faculty for two years. Charles holds a certificate of training for Alcohol & Substance Abuse counseling from the New School for Social Research in New York City, and is a Reiki master. He also served on the staff of the Himalayan Institute Charitable Hospital (Jolly Grant, Dehra Dun, India) as a yoga therapist and researcher investigating the benefits of yoga on health. Charles has served as a senior teacher and seminar coordinator at the Himalayan Institute's national headquarters in Honesdale, PA. He is E-RYT 500 with Yoga Alliance, and has studied eclectically worldwide. He is presently an associate faculty member in the College of Arts and Sciences, University of Phoenix local campus. Charles is an Int-1 certified EFT practitioner a consulting hypnotist and trainer, and an NLP practitioner and trainer. He is the author of *The Pathless Path*, and contributing author of *The Clinical EFT Handbook*.



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Carol Crenshaw, M.S., Ed. M.

Carol is the co-director and co-founder of Inner Peace Yoga Center and is the Co-Directress Emeritus of the Himalayan Institute of Yoga Science and Philosophy of New York City. Carol has been practicing Yoga and Meditation for over 30 years. She holds a Master's degree in Eastern Studies/Comparative Psychology/Holistic Health from the University of Scranton and an Ed.M. in Elementary Education. She was directly trained by renowned yoga master Sri Swami Rama and is certified to teach Hatha Yoga and Meditation from the Himalayan Institute Teacher's Association (HITA). She is E-RYT 500 with Yoga Alliance. Carol was a senior staff member at the Himalayan Institute and has helped train upcoming HITA yoga teachers. She has taught yoga practices for 30 years in the U.S., India, and Italy. Carol served as a teacher, yoga therapist, biofeedback trainer, and wellness/dietary counselor both at the Center for Holistic Medicine in New York City and at the Himalayan Institute headquarters in Honesdale, PA. She is the author of several articles that have appeared in Yoga International magazine and is a Reiki master. Carol is an Int-1 certified EFT practitioner, specializing in weight loss. She is a contributing author of *The Clinical EFT Handbook*.

Dave Graf, Certified Massage Therapist, Integrated Body Work Therapist

Dave graduated from Butler University and became a certified massage therapist in 1993. He practices a variety of physical and energetic massage and therapeutic body work techniques. He has studied in many schools in the U.S. and abroad. Dave is certified in Myofascial Release, Reiki, Lymph Drainage, and Cranio-Sacral therapy.

Mark Knight, D.C.

Dr. Knight has decades of experience as a chiropractor. He has the distinction of having studied directly the founders of Applied Clinical Kinesiology (ACP), something that is a mainstay in the arsenal of tools of outstanding chiropractors. ACP has its foundation in the principles of Chinese medicine.

Marsha Pappas, E-RYT 500

After practicing yoga for over 20 years, Marsh started teaching yoga and stress management in the early '90s. Marsha's teaching combines the precision of Iyengar Yoga, which focuses on proper alignment, and the more meditative approach of her teacher Swami Satchidananda.



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Young Park, D.O.

Dr. Park is a board-certified family practice physician who specializes in Eastern and Western medicine. He earned his medical degree from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. Dr. Park completed a residency in family practice at St. Elizabeth Hospital Medical Center in Youngstown, Ohio, where he was named Outstanding Resident. He earned his undergraduate degree from Indiana University. Dr. Park was born in Korea and came to the United States at age 12. His father's work as a certified acupuncturist and herbalist inspired Dr. Park to study medicine.

John Peterson, M.D.

Dr. Peterson is a board certified Family Practice MD in Muncie, Indiana. He graduated in biology from Grinnel College, Iowa, in 1970 and attended medical school at the University of Iowa College of Medicine. He finished his Family Practice residency at Ball Memorial Hospital in 1977 and started practicing medicine that year in Muncie, Indiana.

He completed the first Maharishi Ayur-Veda® Physicians Training program in 1985 and has studied extensively in this country with many great Ayur-Vedic physicians, including Dr. Triguna and Dr. Raju. Dr. Peterson has maintained an Ayurvedic consultation service since 1984 and uses the principles of Ayurveda in his daily life.

Jamie Stover-Schmitt, Ed. D., C.M.A.

Dr. Schmitt is the founder and director of Spanda, a yoga therapy education program that grew out of her private yoga movement therapy practice of 15 years. Dr. Schmitt is also a faculty member of the Himalayan Institute, a teacher at the Kripalu Center, and a contributor to *Yoga International Magazine*. She lives in California and conducts Teacher Trainings throughout the U.S.A.