



FYI – Fitness Yoga Instructor

Application for certified yoga instructor training

Learning Objectives of FYI training:

- To equip students to teach foundational yoga from a **fitness perspective**, and to teach with confidence to the athletic community through the use of applied anatomy.

Training Hours:

- Training is delivered in a combination of 7 Webinar sessions, 1 in-person weekend training and 1 day workshop for final class presentations.

Investment:

\$975.00

- **FYI** training manual, complete with anatomy pictures & pose information connected to athletic anatomy
- Sample classes: Beginner/Level 1, Gentle, Athletic, Post Run Yoga, Sun Salutations handout, Hips & Hamstrings specific yoga class, 8 Week Workshop Outline

**No pre-requisite is required

Student Teaching – our intention is to keep our training groups small so that all students have adequate time to practice teaching and to develop confidence as they instruct within the scope of Foundational (Beginner/Level 1) Fitness Yoga.

Admissions Criteria & Pre-requisites:

- At least 18 years of age
- Physically able to participate in yoga teacher training

FYI - Fitness Yoga Instructor certification has been approved as a Yoga designation by SPRA (Saskatchewan Parks and Recreation Association)

For information on SPRA – Saskatchewan Parks and Recreation Fitness Yoga certification and CEC's visit: <http://www.spra.sk.ca/>



Cancellation & Refund Policy:

In the event that BreatheMoveBe cancels an event, all fees will be refunded in full. All cancellation notices must be made in writing via email to Shirley Berthelet or Leanne Parsons – running@breathemovebe.ca

- More than 7 days’ notice: Refund less \$100 administrative fee which can be transferred to future FYI training
- Less than 7 days’ notice: Refund 50% of the registration fee
- Less than 24 hours’ notice: No refund will be issued

With the intention of providing a small group atmosphere a limited number of applications will be approved for this yoga instructor certification, an in person or phone interview may be requested.

Application Form

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Home Phone: _____ **Cell Phone:** _____

Email Address:

Occupation: _____

1. Do you currently have a regular personal practice? If so, where do you attend classes? What style(s) of yoga do you practice?



2. Athletic Interests: Aside from yoga what athletic interests recreational or otherwise do you enjoy?

3. Are you currently a Fitness instructor? What other certifications do you hold?

I have read the FYI outline & am aware of the registration, payment & refund policies and agree to those guidelines.

Date

Signature

Print Name

**Please mail completed application along with a cheque to:
Leanne Parsons
150 Quill Crescent
Saskatoon, Sask.
S7K 4T9**

Payment arrangements or to arrange an e-transfer can be made by contacting Shirley (306) 270-8638 or Leanne (306) 251-2964 or running@breathemovebe.ca

More information about Leanne & Shirley [About Us | BreatheMoveBe](#)

Encouraging us to *inhabit* the *moment* on and off the path