



# Teacher Training Programs

P.O. Box 2322  
Ft Walton Beach  
Florida 32549

850 244 0184

dragonflyyoga.com

## Advanced Yoga Training Application Launch September 2022



### ADVANCED YOGA TEACHER TRAINING 2022

Dragonfly Yoga offers an extensive, comprehensive, and enriching yoga training program tailored to the 200ryt student. This 300hr program and its teachers provide the sacred space, wisdom, and support necessary for you to blossom and grow along your own unique yogic path.

Your current 200ryt + this 300hr program = Your 500hr certification.

We launch in SEPT 2022, and meet one weekend each month.

### TRAINING PROGRAM INSTRUCTORS

LAURA  
TYREE



MOIRA  
ANDERSON



MELISSA  
SHALONGO



[WWW.DRAGONFLYYOGA.COM](http://WWW.DRAGONFLYYOGA.COM)

850 428 9264



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## Application and Enrollment Instructions and Check List

Thank you for applying to the Dragonfly Yoga Teacher Training Program 300-hr supplement (500-hour certification for those applicable students). We are excited to offer this to the community! This is a 15-month program, meeting once a month.

### Prerequisite

- 200YA Registration or proof of certification
- Two Letters of Recommendation

### Requirement for Graduation

- Completion of required hours
- Regular home and studio practice
- Exit requirement: Final Paper

### Application/Enrollment Check list:

- Application Form
- \$600 non-refundable deposit
- Headshot (to help us familiarize ourselves with you)
- Copy of your 200YA certification or registration with Yoga Alliance

### Application Process:

- You will be notified by us of your acceptance status within two weeks of submittal of this application.
- Additional information regarding the training will be made available after your deposit is received and you have been accepted.

### Mail or drop off your application to:

Dragonfly Yoga Attn: Advanced Teacher Training PO Box 2322 Ft Walton Beach, FL 32549

\*Please also email a copy of the Application Form and headshot (if possible) to:  
lauratyreehealth@gmail.com



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## Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Names	Phone	Relationship
1. _____	_____	_____
2. _____	_____	_____

## Application Questions (please answer on a separate page)

- I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions.
- How long have you studied yoga? List styles and main teachers.
- Where did you receive your 200-RYT certification and when?
- Do you currently teach yoga? If so, how often and what level?
- Have you taught yoga related workshops, series classes, or yoga retreats?
- Do you have experience teaching in any other field(s)?
- List other training or experience relevant to yoga and/or teaching?
- What motivated you to become a yoga teacher and what keeps you motivated?
- Please describe your home practice.
- Please share 3-5 of your favorite yoga books and why they have been valuable to you.
- List all injuries or illnesses and how they affect your current condition.
- Why are you participating in this training and what do you hope to gain from it?
- List any medication you are currently prescribed



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## Payment information

- DEPOSIT: \$600 non-refundable deposit is due with your application, regardless of payment choice.
- EARLY BIRD PIF RATE: \$3800 by July 1st (Total cost includes deposit)
- AFTER THE BIRD PIF RATE: \$4100 after July 1st (Total cost includes deposit)
- INSTALLMENTS: \$4400 (Total cost includes deposit) see below for installment details

\_\_\_\_\_Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.

Make your check payable to Dragonfly Yoga Inc.

\_\_\_\_\_Paying by credit card.    \_\_\_ Mastercard            \_\_\_ Visa

CC# \_\_\_\_\_ exp \_\_\_\_\_ 3 digit code \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Address and Zip code of card billing address

\_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

I hereby authorize the office of Dragonfly Yoga to withdraw payment of \$ \_\_\_\_\_ or deposit and program installments at 8 week intervals until Paid in Full. Sign here to verify authorization of withdrawal:

\_\_\_\_\_ date \_\_\_\_\_

A voided check must be included for the bank account option.

## Installment Plan

- DEPOSIT: \$600 non-refundable deposit is due with your application
- Remaining tuition paid in 4 installments. No penalty for early payment.
- Installment schedule is on an eight-week rotation.
- **Installment will be auto-debit, from our cc system. This set up must be completed by August 15, 2022**

Installment one \$950 Due Launch Day (start date)  
Installment two \$950 Due 8 weeks after start date  
Installment three \$950 Due 16 weeks after start date  
Installment four \$950 Due 32 weeks after start date

To receive your certification, you must pay the entire amount owed for the training hours.

Public class options: A 15-month auto draft contract is available during the training period. \$50 per month, per studio for unlimited classes, or \$75 per month for unlimited classes at both studios. See Laura for details.



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The reading material cost is not a part of tuition. Plan the purchase of one, (occasionally two) books per month. These are standard yoga texts that you may already own and will serve as reference guides for the training. You will need to bring your yoga mat and manual for each of the trainings.

This will be a fun and intense two days! Adequate rest and methodical study throughout the month prove to be the best practices for internalizing the information.

**Program Agreement:** It is my understanding that I must fulfill all the requirements set forth by the Advanced Dragonfly Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Dragonfly Yoga and its teaching staff reserves the right to ask me to leave the program at anytime if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

**I have read and accept the above terms and requirements:     Yes     No**

**Sign here to verify my review and acceptance of the terms and requirements of the program:**

\_\_\_\_\_ **date** \_\_\_\_\_



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Training Dates - Please keep this page for your information

## DRAGONFLY YOGA

### ADVANCED TEACHER TRAINING

#### 2022/2023

##### 2022

- september 17 – 18, 2022
- october 15 – 16, 2022
- november 19 – 20, 2022 DOUG KELLER

##### 2023

- january 21 – 22, 2023
- february 11 – 12, 2023
- march 18 – 19, 2023
- april 15 – 16, 2023
- may 13 – 14, 2023
- june 10 – 11, 2023
- july 15 – 16, 2023
- august 19 – 20, 2023
- september 16 – 17, 2023
- october 14 – 15, 2023
- november 18 – 19, 2023
- december 2 – 3, 2023 Graduation



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## 2022 ADVANCED YOGA TEACHER TRAINING INSTRUCTORS

Our individual bios are very personal and extensive, and constantly updated. To ensure you get the latest news, please visit our sites for more information.

### Laura Tyree

lauratyree.com  
dragonflyyoga.com  
hotyogaom.com  
lauratyreehealth@gmail.com

### Doug Keller

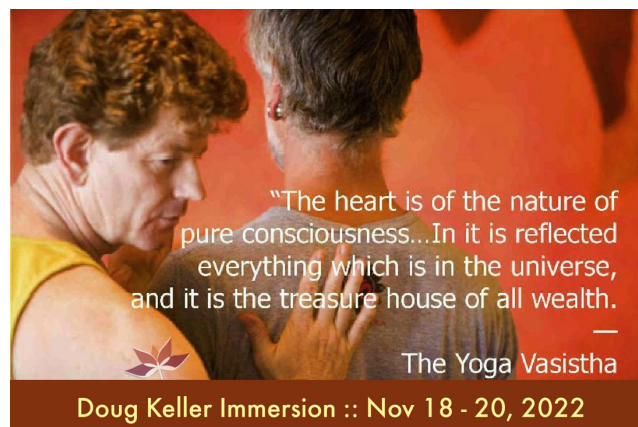
doyoga.com  
yogainternational.com  
doyoga@mac.com

### Moira Miller

riverrockyoga.com  
riverrockyoga@bellsouth.net

### Melissa Shalongo

Melissashalongo.com  
melissashalongo@gmail.com





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## Recommendation Letter Guidelines

Two letters of reference

- one yoga related letter
- one personal letter

Name of Applicant \_\_\_\_\_

Program applied for \_\_\_\_\_

Recommending Teacher \_\_\_\_\_

Teacher's Phone Number \_\_\_\_\_

Teacher's Email \_\_\_\_\_

To Teacher: The applicant above is applying for the Advanced Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend \_\_\_\_\_ for this program and endorse with my  
signature \_\_\_\_\_ date \_\_\_\_\_

Thank You for your assistance! Please mail this form to the address above.

Dragonfly Yoga 300 Hour Application





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## Recommendation Letter Guidelines

Two letters of reference

- one yoga related letter
- one personal letter

Name of Applicant \_\_\_\_\_

Program applied for \_\_\_\_\_

Recommending Person \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

The applicant above is applying for the Advanced Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this person capable of working consistently with others with an attitude of willingness to grow and learn?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend \_\_\_\_\_ for this program and endorse with my

signature \_\_\_\_\_ date \_\_\_\_\_



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