



YOGAFIT® TEACHER TRAINING LEVEL I

YogaFit Training Systems Worldwide
2321 Torrance Blvd.
Torrance, CA 90501
TEL: 1-888-786-3111 x222 or x223
FAX: 310-320-1277
www.yogafit.com

Thank you for your interest in the YogaFit Teacher Training workshop. If you are currently a fitness trainer, massage therapist, group exercise instructor, in the body/mind health field or simply wish to deepen your yoga practice, you are an excellent candidate for our teacher-training program. The benefits of the YogaFit program include: balance, strength, power and grace as well as maximum stress-reduction. YogaFit® is approved by ACE®, IHRSA® and Yoga Alliance to train health and fitness professionals. YogaFit® has been named as the best yoga training program available worldwide.

Required materials: Beth Shaw's YogaFit Book; Level 1 Training DVD **Recommended materials:** YogaFit Basics & Back Health DVD

ACE CEC's: 1.5

Level 1 SPARTANBURG, SC

Saturday, December 4, 2010 • 8:00am—6:00pm

Registration, Manual Review, Class, Pose Breakdown, Lunch Break, Discussions, Pose Breakdown, Team Teaching

Sunday, December 5, 2010 • 8:00am—6:00pm

Class, Team Teaching, Lunch Break, Discussions, Team Teaching, Evaluations

UNIV OF SC UPSTATE WELLNESS CENTER

800 University Way
Spartanburg, SC 29307

Contact: Emily Prosser
Phone Number: (864) 503-5069

Local Hotels: Courtyard Marriott (864) 585- 2400
Days Inn (864) 585- 4311

Nearest Largest City: Greenville
Nearest Major Airport: Greenville

Level 1 TUITION

- TUITION: \$399
- EARLY BIRD: \$369 REGISTER ON OR BEFORE November 4, 2010
- LATE REGISTRATION: \$419 REGISTER ON OR AFTER November 26, 2010
- RETRAIN \$99, INCLUDES UPDATED MANUAL (if applicable)

❖ **PROVIDED:** 2 days of training, in-depth manual, class formats, and a yoga mat.

❖ **REQUIRED:** Please arrive on time, rested and in good physical condition. Bring yoga strap water, snacks, a towel, layered clothing, a change of clothes, and your positive energy! *If you*

are certified, you will need to provide your certification numbers to get your CEC and/or CEU documents generated by the end of the training.

❖ **CERTIFICATE OF COMPLETION:** You are required to **volunteer** teach 8 additional hours of YogaFit Style classes after your training. Volunteer hours are to be taught at a facility of your choice in a community service environment and free of charge. Once completed and verification has been received by YogaFit, you will obtain a YogaFit Level 1 Certificate of Completion.

❖ **REFUND POLICY:** Included in each course registration fee is a non-refundable, non-transferable \$100.00 deposit. Customers cancelling with more than 14 days notice are entitled to a refund of paid registrations fees, less the non-refundable, non-transferable \$100.00 deposit. Customers cancelling and/or wishing to transfer to a different training with 14 days notice or less, will forfeit the \$100.00 deposit but a credit for the remaining balance, valid for 12 months, will be issued and can be applied to teacher trainings only; not merchandise orders. A subsequent non-refundable, non-transferable \$100.00 deposit will be required in order to reserve a space in a future training. Customers not attending a training and failing to contact YogaFit in advance (i.e., "no-shows") will forfeit all registration fees; no refund/credit will be issued. All trainings are subject to cancellation by YogaFit and in such cases, customers will be notified, in advance, and be provided with various options. All refunds and/or credits will be issued in US Dollars only.

❖ **CANCELLATION POLICY:** All trainings are subject to cancellation. Please call to confirm any training/s prior to making any travel arrangements.

❖ **ATTENDANCE POLICY:** Full attendance is required to receive credit.

❖ **REGISTER:** Online: www.yogafit.com
Phone: 888-786-3111 x222 with VISA or M/C.
Fax: 310-320-1277
Mail: payment with completed registration form to: YogaFit, 2321 Torrance Blvd. Torrance, CA 90501

REGISTRATION FORM: How did you hear about YogaFit? _____

Level 1 UNIV OF SC WELLNSS CNTR SPARTANBURG, SC • December 4 – 5, 2010 \$399 • \$369 ON OR BEFORE November 4, 2010

Name: _____ Email: _____

Street Address: _____

City: _____ State/Province: _____ Postal Code: _____ Country: _____

Daytime Phone: () _____ Evening Phone: () _____

Method of Payment (Circle one) Personal Check VISA MC Amount Charged: _____

Card #: _____ - _____ - _____ Expiration: _____ / _____