



## Welcome to the 200hr Yoga Teacher Training at Shine Yoga!

We're excited to be bringing this group together to share the teachings we so deeply love that have become an integral part of our lives. Our mission is to provide quality instruction to deepen the desire, knowledge, and skill of students who wish to share their practice and Yoga journey with others as facilitators of personal growth, inner peace, and mind/body health.

**Trainers:** Robin Appel Maida – (Arula Mukti): [robin.appel@always-at-aum.com](mailto:robin.appel@always-at-aum.com)  
Regina McGowan – (Samarasa): [rmcgowanesq@yahoo.com](mailto:rmcgowanesq@yahoo.com)  
Kacie Steinmetz – (Hrishti): [hello@shineyogavabeach.com](mailto:hello@shineyogavabeach.com)

**Location:** Shine Yoga  
2397 Liberty Way #102  
Virginia Beach, VA 23456  
Studio Owner: Kacie Steinmetz – (757)876-3321  
Questions about the training call: Robin Maida – (631)235-5307



**Schedule:** Mondays and Thursdays from 3/5/26 through 6/25/26 from 5:30p-9:30p  
*Monday meets online and Thursday meets in person*

**Zoom Login:** Meeting ID: 631 235 5307  
Password: Aummies



### Training Topics:

- Asana Lab for 109 Yoga Poses
- Anatomy and Physiology
- Yoga Ethics
- Sanskrit
- Injury Management
- Contact Yoga
- Restorative Yoga
- Yin Yoga
- Teaching Methodology
- Business Management
- Human Energy and Chakra System
- Pranayama and Meditation
- Chanting and Mantras
- Sequencing Around Injuries
- Prenatal Yoga
- Trauma Sensitive Yoga
- Ayurveda
- Yoga Philosophy



**Training Investment:** \$3,000

**Payment Options:**

- **Early Bird Special:** Save \$400!! Pay \$2,600 in full 30-days prior to start of training.
- **Special:** Save \$200!! Pay \$2,800 in full by start of training.
- **Payment Plan:** Pay (6) payments of \$500.

If a trainee decides to drop out of the training before it is complete, he/she is still responsible to pay the remaining balance. Whether they are able to return and complete the training at this or another location at a later date is determined on a case-by-case basis.

**Materials Needed for the YTT:**

- The following can be purchased directly from the school off their website: <https://always-at-aum.com/product/curriculum/>
  1. Always-At-Aum Yoga School 200hr YTT: A curriculum for facilitating greater freedom through deeper awareness
  2. Always-At-Aum Asana Lab Workbook
- The following can be purchased on Amazon or reserved for free through your local library by downloading this app: <https://apps.apple.com/us/app/libby-the-library-app/id1076402606>.
  3. Bhagavad Gita – A New Translation, by: Stephen Mitchell
  4. The Yoga Sutras of Patanjali, translation and commentary by: Sri Swami Satchidananda

**To Make Payment:**

- Zelle to: robin.appel@always-at-aum.com
- Venmo to: @alwaysataum – Last 4 digits are 5307
- Check payable to: Always-At-Aum
- Credit card: <https://always-at-aum.com/product/200hr-ytt/>
- Cash

**Certification Requirements:** Students receive a certificate when they meet the following requirements:

- Attend all training sessions. If a student misses a training session(s) they can make up a missed class in one of our trainings at no additional charge or they have the option to make up the missed session(s) in a private lesson(s) for an additional fee of \$100/hr. Each missed session can be completed in a 1-2hr private lesson.
- Complete all written homework and reading assignments.
- Pay yoga teacher training balance.

**What to Bring:**

All training sessions begin with a yoga practice so we suggest wearing comfortable clothing to practice and consider bringing a change of clothes. Bring curriculum and workbook to class each session. We suggest bringing a pen, highlighter, and a notebook. Please feel free to bring snacks.

## REGISTRATION FORM

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Telephone #: \_\_\_\_\_ Cell Telephone #: \_\_\_\_\_

Email Address: \_\_\_\_\_ Website: \_\_\_\_\_

DOB: \_\_\_\_\_ Occupation(s): \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

Please list any health conditions (i.e. physical injuries, pregnancy, mental/emotional conditions, etc.) the trainers need to be aware of to safely and effectively support you through the training:

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What styles of yoga do you practice? \_\_\_\_\_

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Is there anything else you'd like to share with us? \_\_\_\_\_

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Which studio/person/website referred you to this training? \_\_\_\_\_

~ *Namaste* ~

**BY ENROLLING IN THIS PROGRAM, THE STUDENT AGREES TO THE PROGRAM'S PROCEDURES AND CANCELLATION POLICY.**

A full refund will be given (less a \$500 processing fee) to a student who cancels up to 14 days prior to the start of a training.

A cancellation occurring later than 14 days but up to 48 hours prior to the start of a training will entitle the student only to a credit (less a \$500 processing fee) that can be applied against a future training, provided the start of the future training occurs within one year from the conclusion of the training for which the student cancelled. No credit will be given for a cancellation occurring within 48 hours prior to the start of a training or if the student does not appear for the training or leaves the training before its conclusion for any reason. However, in these circumstances, the student will be extended a credit to take the training if and when it is held again.

Always-At-Aum, LLC strives to provide the highest quality instructors. However, if a student has any dissatisfaction with an instructor, the instructor's presentation or the content of a training, no refund will be given.

If the training materials are returned, and they are in usable condition in the sole judgment of Always-At-Aum, LLC, the student will receive a refund for their cost.

If a student wishes to drop out of a training before it is concluded, the student will remain responsible for any remaining balance. The student may keep the materials and complete the training at a later time at no additional cost, but may be subject to additional fees for materials.

Always-At-Aum, LLC reserves the right to cancel any training at any time. If this should occur, a full refund will be given.

**Disclaimer**

Always-At-Aum, LLC's programs are educational experiences and are not to be mistaken for long-term therapy or cure. Also, it is possible that some people may find some of Always-At-Aum, LLC's programs too psychologically or physically challenging. Always-At-Aum, LLC cannot be responsible for a student's particular experience in connection with a training and recommends that students consult their personal physicians or trusted advisors if they have any doubts or concerns.

I, \_\_\_\_\_, have carefully read and understand the above.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature