

Body) Dance

Women's Embodiment Expressive Arts & Yoga

200 hour Teacher Training

[Welcome & Information Package](#)

Welcome women to the beginning of our BodyDance™ Expressive Arts & Yoga Teacher Training journey together. I am so grateful for each one of you and honored to be guiding you through this experiential expressive embodied empowerment immersion.

Please read and fill out the forms attached, mail, or drop them off at:

The Embodiment Sanctuary Office, 16 Center Street, Ste. 323, Northampton, MA 01060, by **Friday September 16.**

Schedule:

Saturday Morning: Please arrive on Saturday mornings, @ 8:45 am. We will meet at my home each morning of the program, 584 Bardwells Ferry Road, Conway, MA 01341.

Saturday Evening: We will gather until approximately 9 p.m. on Saturday evenings

Sunday Morning: Please arrive on Sunday mornings @ 8:45 am.

Sunday Afternoon: The program will end each weekend @ 4:30

***If you require additional accommodations for Friday evening, please speak with me.

Accommodations:

I encourage you to sleep at your own home Saturday evening unless staying over locally feels more supportive for your energy. If you choose to stay over, please bring your own pillow & bedding, towel, flashlight, etc. as you will have a sheepskin throw to create a space for yourself in the living room/sanctuary.

***A fee of \$15 each weekend will cover accommodation expenses.

Nourishment:

***Please bring your own snacks and/or food if you feel you will want more than what will be provided. We will be offering nourishing organic local meals, gluten-free, onion/garlic free, dairy & soy free (goat cheese & eggs will be used, unless you indicate differently on forms). ***Please indicate any additional dietary restrictions/allergies.

BodyDance™ YTT Required Book List:

Anatomy Coloring Book, Kapit & Elson, 4th Edition

Yoga Anatomy, Leslie Kaminoff

Yoga Mind Body Spirit, Donna Farhi

The Secret Power of Yoga, Nischala Joy Devi

Staying Healthy with the Seasons, Elson M. Hass, M.D.

The Radiance Sutras, Lorin Roche, Ph.D.

Wild Feminine, Tami Lynn Kent

Wisdom of the Body Moving, Linda Hartley

**These books may be found & purchased online: Amazon.com or through other sources.

What to Bring?

*colored pencils, glue stick, scissors

*personal towel, flashlight, altar objects, flowing colorful scarf, hip-bell scarf, rattles/shakers

Forms: Please complete, mail or drop off package of forms, with your balance for the BodyDance™ YTT , in entirety, by Friday, September 16 by 5p.m. Please be mindful to adhere to these arrangements. The Embodiment Sanctuary address is 16 Center Street, Ste. 323, Northampton, MA 01060, 413-695-6950.

a/Liability Form

b/Holds Harmless

c/Photography/Video Waiver: Occasionally, photos & videos will be taken for the purpose of recording embodiment teachings, guest teacher presentations & marketing.

d/Registration Form/Personal Questionnaire/Medical Release

Embodiment Sanctuary - LIABILITY Form

Participant shall be fully responsible to pay for any and all damages to property owned by Alisa Wright Tanny and Mark M. Tanny or THE EMBODIMENT INSTITUTE LLC/The Embodiment Sanctuary and their agents, which results from any act or omission of participants. Participant agrees to defend, indemnify and hold harmless, its agents, employees, subsidiaries, and affiliates from any damages or charges resulting from participant's use of the property. Participant's liability shall include all losses, costs, damages, or expenses arising from or out of or by reason of any accident or bodily injury or other occurrences to any person or persons, including the participants, its agents, employees and invitees which arise from or out of the participant's occupancy and use of the premises or any part thereof. As personal guests of Alisa and Mark Tanny, Yoga Practice, both pre and post yoga practice, meals & casual yogic inspired gatherings will take place at The Embodiment Sanctuary, 584 Bardwells Ferry Road, Conway, MA, and all terms written above shall extend to and include this property.

Name (Please Print) _____

Signature (Please Sign) _____

Email Address _____

Cell Phone _____

Date: _____

The Embodiment Sanctuary - HOLD HARMLESS AGREEMENT

Participant's Contract

All Participants at the BodyDance™ Expressive Arts & Yoga Teacher Training, Conway, MA must read and agree with the conditions below.

Participants agree to protect, save and hold The Embodiment Institute LLC/The Embodiment Sanctuary and their staff, including guest teachers, Dr. Mark Tanny, as well as Alisa Wright Tanny, and all agents and employees thereof (hereinafter collectively called indemnities) forever harmless for any damages or charges imposed for violations of any law or ordinance, whether occasioned by the negligence of the participants, and shall, at all time, protect, indemnify, save and hold harmless the indemnities against and from any and all losses, costs, damages, liability or expenses (including attorney's fees) arising from or out of or by reason of any accident or bodily injury or other occurrences to any person or persons, including the participants, its agents, employees or businesses invitees, which arise from or out of by reason of said participant's occupancy, attendance, and participation in the BodyDance™ Expressive Arts & Yoga Teacher Training, Conway, MA

Name (Please Print) _____

Signature (Please Sign) _____

Email Address _____

Cell Phone _____

Date: _____

The Embodiment Sanctuary - Photograph Release Form

Permission to Use Photograph/Video

Subject:

BodyDance 200 hr. Yoga Teacher Training, October 2016-June 2017

Location:

The Embodiment Sanctuary/Residence: 584 Bardwells Ferry Road, Conway, MA

I grant to The Embodiment Sanctuary, its representatives and employees, the right to take photographs/videos of me and my property in connection with the above-identified subject. I authorize The Embodiment Sanctuary, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that The Embodiment Sanctuary may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature _____

Printed name _____

Address _____

Date _____

BodyDance YTT 2016-2017 Registration

Name:

Address:

Email:

Phone:

Date of Birth:

Emergency Contact:

I, _____, agree to attend the entirety of the BodyDance YTT200 hour program consisting of 12 weekends. If intending to complete the full 200hour certification, I will complete the requirements necessary. If I am unable to complete the required homework during this YTT, I will have three months to complete all necessary homework requirements. Additional supervision fees may apply.

If I am unable to attend a day/weekend, I agree to make up my hours in consultation with Alisa, and may choose to repeat those training weekends during the next year of the BodyDance YTT . Private Sessions may be available at a fee to be determined.

General Tuition Fee: \$3,000: I, _____, will/already have paid the one time deposit fee of \$300, by mailing a check to: The Embodiment Sanctuary, 16 Center St., Ste. 323, Northampton, MA, 01060. I agree to pay the balance of, \$2,700, by September 16, 2016.

Student Tuition Fee: \$2,650: I, _____, will/already paid the one time deposit fee of \$300,. I agree to pay the student fee balance of, \$2,350, by September 16, 2016.

If another payment agreement has been approved by The Embodiment Sanctuary, please fill in the details below:

\$ _____ on _____ date,

\$ _____ on _____ date, prior to January 2017,

\$ _____ on _____, prior to the last weekend of YTT, June 2017.

ALL FEES PAID, INCLUDING DEPOSIT, ARE NON RE-FUNDABLE.

signature

date

BodyDance YTT/Personal Questionnaire:

How did you hear about BodyDance Women's Embodiment Expressive Arts 200 Hr Yoga Teacher Training?

What has been your current movement practice for the past three years?

Do you currently have a daily practice? If so, please describe. What benefits do you gain from this practice? What do you feel is missing from this practice?

Do you currently hold any professional certifications and/or degrees of higher education?:

What are your personal growth aspirations?

Physical:

Emotional:

Mental:

Spiritual:

What are you passionate about in your life?

What are your service/professional dreams?

How do you hope this immersion/training will fit into those dreams?

Please list any dietary restrictions, allergies, or food sensitivities:

Please list and describe the following: Overall health, surgical and accident history, medications, current or past skeletal injuries.

Please use additional paper if necessary.

***If you feel you have any past or present medical conditions or symptoms which could potentially limit or interfere in your participation of the YTT ie. yoga, pilates, somatic embodiment movement, dance activities, or result in injury, please provide medical approval/permission along with any specific limitations which must be respected.

***If you suffer from any mental or emotional conditions which express as unruly or uncooperative behavior you may be asked to leave the premises until the problem is resolved. This may result in the loss of your tuition.

***I understand and agree that this yoga teacher training immersion is a transformational personal and group process. Therefore at any time, if I feel the need for additional therapeutic processing and mental emotional health support, I will take full responsibility in obtaining that support on my own accord.

Signature

Date

*By signing this document you acknowledge that all information provided is complete and accurate. All information will be held confidentially.