

# Cost and Mandatory Session Dates

## Deepening Your Practice

Birchwood Center Level I Deepening Your Practice Training aims to provide students with an in-depth experience of Yoga and the consciousness it fosters. The seven month program includes lecture and experiential instruction with teachers Betsy Ceva, Charlene Bradin, Liz Schulman and others. Students will be expected to be reliable in their attendance to classes and participation in the weekend sessions. Training begins Friday September 11, 2009.

*Please check the dates below to make sure you will be able to attend all mandatory training sessions. Thank you.*

### Cost:

- To be considered for the program, all applications must include a non-refundable \$50.00 application fee and a \$500.00 deposit (separate checks please). If accepted into program the \$500.00 deposit will be deducted from the full tuition. If an applicant is not accepted into the program the \$500.00 deposit will be refunded. Deposit is non-refundable after September 11, 2009.
- The cost of the Deepening Your Practice Training program is \$2500.00 if paid in four monthly payments or \$2400.00 if paid in full by August 15, 2009.
- Monthly payments will be divided as followed:  
\$2500.00 minus the \$500.00 deposit = \$2000.00.  
Four equal payments of \$500.00 will be due by September 11, October 16, November 12, and December 4. The first payment is required by September 11, 2009.
- The cost of the training includes all materials, (excluding text books) and unlimited classes at Birchwood Center for the duration of the program. Trainees will receive a 10% discount on all workshops offered at Birchwood as well as a 10% discount at Birchwood Yoga Essentials. (Some restrictions apply.)
- Deepening Your Practice Training participants may change to the Level I Yoga Teacher Training Certification program, but no later than October 16<sup>th</sup>.

## Mandatory Training Session Dates:

### **September 2009**

Friday 11th – 6:00-9:00pm  
Saturday 12th – 11:00am-7:00pm  
Sunday 13th – 12:00-7:00pm

### **October 2009**

Friday 16th – 6:00-9:00pm  
Saturday 17th – 11:00am-7:00pm  
Sunday 18th – 12:00-7:00pm

### **November 2009**

Friday 13th – 6:00-9:00pm  
Saturday 14th – 11:00am-7:00pm  
Sunday 15th – 12:00-7:00pm

### **December 2009**

Friday 4th – 6:00-9:00pm  
Saturday 5th – 11:00am-7:00pm  
Sunday 6th – 12:00-7:00pm

### **January 2010**

Friday 9th – 6:00-9:00pm  
Saturday 10th – 11:00am-7:00pm  
Sunday 11th – 12:00-7:00pm

### **February 2010**

Friday 19th – 6:00-9:00pm  
Saturday 20th – 11:00am-7:00pm  
Sunday 21st – 12:00-7:00pm

### **March 2010**

Friday 19th – 6:00-9:00pm  
Saturday 20th – 11:00am-7:00pm  
Sunday 21st – 12:00-7:00pm

*Your unlimited class card can be used from  
September 11, 2009- March 21, 2010.*