

**Shakti Dance Teacher Training – Level 1 (Italy)**  
*April - October 2012*

**Application Form**

**First Name** -----

**Family Name:** -----

**Spiritual Name:** -----

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**Address:** -----

**Post Code:** -----

**Country:** -----

**Date of Birth:** -----

**Home Tel. No.:** -----

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**Mobile Tel. No.:** -----

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**Email Address:** -----

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**Previous Yoga Experience and/or Training:**

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**Previous Dance Experience and/or Training:**

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**Health Conditions:**

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**Declaration:**

*I hereby declare that I have read and accept the requisites of the above training program its terms of payment.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Disclaimer:**

*I understand that Sara Avtar Olivier and the other trainers of this Shakti Dance Training Program assume no responsibility for injuries suffered during this program or while practicing the techniques of Shakti Dance. While all reasonable professional caution will be taken on behalf of the trainers when leading exercises and dance sequences, I understand that Ahimsa, the yogic practice of non violence must be adhered to and practised responsibly by the individual. I will respect my body's limitations and inner wisdom, if something feels wrong or dangerous, I am responsible for refraining from the practice thereof. I have declared above any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease and so on, in which case I also assume responsibility to seek my physician's advice before enrolling for this course.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Shakti Dance Teacher Training – Level 1  
April – October 2012****Information and Enrolment**

Please send your application form to Sat Karam Kaur at the following email: **shaktidance.intl@gmail.com** or send a fax at : 0039 06 68134419.

Please send also your signed application form to Avtar Kaur at the following address:  
Avtar Kaur  
Budokan in, Via Properzio, 4 – 00193 Roma

*Please be aware that there is limited space on this training program and that a maximum of 30 participants can be enrolled. Therefore, if you are seriously considering enrolling for this training, please be sure to send in your application as early as possible.*

**Terms of Payment**

**The total cost of the training includes:**

- 1. Tuition fees**
- 2. Examination tax**
- 3. Food & Accommodation**

**1. Tuition Fees**

The **Tuition Fees** of the Training Program amount to a total of 1300 Euro

The Tuition Fees may be paid either in an initial lump sum by March 1<sup>st</sup>, 2012 or in the following instalments, due on the following dates:

- A non-refundable deposit of 400 Euro to secure your place on the course by January 6th, 2012
- March 15<sup>th</sup>, 2012: 300 Euro (or in cash April 6<sup>th</sup>, 2012)
- May 15<sup>th</sup>, 2012: 300 Euro (or in cash June 8<sup>th</sup>, 2012)
- August 1<sup>st</sup>, 2012: 300 Euro (or in cash August 26<sup>th</sup>, 2012)

*(Please advise with your application if you intend to pay by bank transfer and the appropriate bank account details will be supplied)*

**Materials:**

The tuition fee includes the Shakti Dance Level 1 Teacher Training Manual. Additional instructional DVDs may be purchased for a reasonable price. We will make every effort to keep these costs down.

**2. Examination tax:**

100 Euro to be paid October 4th, 2012

**3. Accommodation fees**

The International Shakti Dance TTC Level 1 will be held at the "Agriturismo" Giulia di Gallese - retreat center.

This cost will include accommodation, three vegetarian meals per day and teas/light snacks, for a total of **1555 Euro**

1. Rate 525 Euro to be paid April 6<sup>th</sup>, 2012
2. Rate 525 Euro to be paid June 8<sup>th</sup>, 2012
3. Rate 360 Euro to be paid August 26<sup>th</sup>, 2012
4. Rate 145 Euro to be paid October 4<sup>th</sup>, 2012

**Important:**

The application form for this Teacher Training includes a consensus statement of the terms of payment above mentioned. *To sign the statement also means accepting that in the eventuality in which a student decides to suspend the teacher training before its full completion, **the student will have to complete the payment, paying the mentioned rates in the respective dates.***

**Summary of the rates to be paid:**

<u>Dates</u>	<u>causal</u>	<u>Amount</u>	<u>Total Payment</u>
Before of January 6 <sup>th</sup> , 2012	1 <sup>^</sup> Tuition	400 Euro	400 Euro
March 15 <sup>th</sup> , 2012 (or in cash April 6 2012)	2 <sup>^</sup> Tuition 1 <sup>^</sup> Accomodation	300 Euro 525 Euro	825 Euro
May 15 <sup>th</sup> , 2012 (or in cash June 8 <sup>th</sup> , 2012)	3 <sup>^</sup> Tuition 2 <sup>^</sup> Accomodation	300 Euro 525 Euro	825 Euro
August 1 <sup>st</sup> , 2012 (or in cash August 26 <sup>th</sup> , 2012)	4 <sup>^</sup> Tuition 3 <sup>^</sup> Accomodation	300 Euro 360 Euro	660 Euro
October 4th, 2012	4 <sup>^</sup> Accomodation Examination Tax	145 Euro 100 Euro	230 Euro
<b>Total</b>			<b><u>2995</u></b>

**Requisites for Completion of and Certification through the Level 1 Shakti Dance Teachers' Training Program**

The completion of the all the requisites of this Level 1 Shakti Dance Teacher Training program will qualify participants to teach Shakti Dance as Level 1 teachers. Qualifying Teachers will receive certification and be listed/promoted through the "Teachers' Directory" of the Shakti Dance website (www.shaktidance.net). They will hold the right to teach this discipline under the name of "Shakti Dance" and have access to and the right to use promotional material (if required) in the possession of founder of Shakti Dance, Sara Avtar Olivier.

**The following requisites must be satisfied for qualification:**

1. Full attendance of 180 classroom hours
2. The completion of 40 hours of self-study
3. Full payment of the Training Program Fees and necessary accommodation fees
4. Teach part or all of a Shakti Dance class during the program to receive feedback from trainer and fellow students
5. Participate in at least 10 mornings of Sadhana (early morning spiritual practice) offered during the program
6. Attend at least 30 hours of Shakti Dance tuition time outside of and during time-period\* of the training with any certified Shakti Dance teacher (this can also be accrued by attending intensive workshops). \* *This period can be extended to include classes taken 6 months before the beginning of the training and up to one year after the exam.*
7. Pass the Shakti Dance practical and written exam

**The 40 Hours of Self-Study include:**

1. Personal practice of specified yoga-asanas and Shakti Flowing-Asanas
2. Personal practice of specified meditations and/or Celestial Communications
3. Personal practice of specified Standing Sequences and/or Mantric Choreographies
4. Reading of course manual or handouts during the Program
5. Background reading of suggested books
6. Short essays of both theoretical nature and relating to personal experiences arising through the practice of Shakti Dance.

**The Final Examination Consists of:**

**A. Practical Exam**

1. Leading all or part of a Shakti Dance class
2. Performing a specified Shakti Dance Mantric Choreography
3. Developing, presenting and leading a Celestial Communication
4. Giving demonstrational answers to questions posed orally

**B. Written Exam**

Answering a written take-home exam, which will be submitted by email within a specified date.

**Organization:**

**When:**

**Dates of TTC**

1. Arrive: Friday Evening April 6<sup>th</sup>, 2012  
Depart: Sunday Morning April 15<sup>th</sup>, 2012 (9 nights & 8 days) NB: Easter April 8<sup>th</sup>
2. Arrive: Friday Evening June 8<sup>th</sup>, 2012  
Depart: Sunday Morning June 17<sup>th</sup>, 2012 (9 nights & 8 days)
3. Arrive: Sunday Afternoon August 26<sup>th</sup>, 2012  
Depart: Saturday Afternoon September 2<sup>nd</sup>, 2012 (6 nights & 6 days)
4. Arrive: Friday Afternoon October 4<sup>th</sup>, 2012  
Depart: Sunday Evening October 7<sup>th</sup>, 2012 (2 nights & 2 days – exam)

**Where**

**'Agriturismo' – Retreat Center "Giulia di Gallese"**

Located in beautiful Italian countryside, about 80 km from Rome, and very close to a small medieval village, Gallese, near Viterbo. The accommodation is comfortable, in a pleasant new construction. Each room has two floors and a bathroom. The rooms have single beds and will be shared by 2-5 people. The space for the seminars is a welcoming and spacious deconsecrated church. There is also space to work outdoors, in the shaded yard or on grass fields. There is also a swimming pool, which can be used during the breaks.

**Address:**

Giulia di Gallese  
Strada Cerreto snc,  
01035 Gallese  
Near Viterbo  
Tel. & Fax: 0039 0761495510  
Email: [info@giuliadigallese.com](mailto:info@giuliadigallese.com)  
[www.giuliadigallese.com](http://www.giuliadigallese.com)

**How to Arrive:**

Giulia di Gallese can be reached by train, getting off at the station "Gallese Scalo". It is approx 40 minutes ride from Rome station "Termini". We will organize the transportation from the station "Gallese Scalo" to the Agriturismo (5-10 min)