



Course Proposal

Name
Email
Phone
Cell Phone
Website

Program Title and Description:

Please read our Program Description Guidelines before you write/submit your proposal.

Program Format:

Check the format most appropriate for your program:

- 1.5-4 hrs- Evening or weekend day (_____ eve, Sat or Sun)
- 6-8 hrs- 1-day weekend workshop (Sat or Sun or 2 evenings)
- 12-16 hrs -2-day weekend workshop (Sat + Sun)
- 14-19 hrs -3-day weekend workshop (Fri eve, Sat + Sun,)
- 25 hrs or greater -Trainings

Total teaching time:

Possible dates and times you are available to offer this program(s)

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.....

Level (check all that apply) Beginner Intermediate Advanced All welcome
Vigorous Therapeutic Gentle Professional

Percentage of your program devoted to:

Yoga/active movement or hands-on training practice: _____%
Discussion or lecture: _____%

Continuing Education Credits

Does this program offer CECs? Yes No
If yes, how many? Through what accrediting organization?



Program Materials

Do you provide a manual/handouts? Yes No

Any costs to participants?

Recommended reading, viewing, or listening, if any.

Program History

Where else have you taught this program during the last 2 years?

What was tuition?

How many people attended?

Program Marketing

Your capacity to support our marketing of your work is a vital complement of Vitality’s promotion effort and is necessary to ensure the success of your program. Check the methods of marketing you currently employ, adding numbers where appropriate. If available, please submit the link to a video of you teaching/discussing topics relevant to your program or introducing yourself and your area of expertise.

Note the video must be hosted on your website, YouTube, Vimeo, or another site.

- | | | | |
|--------------------------|-----------------------|--------------------------|-------------------|
| <input type="checkbox"/> | Email/E-blast list | Number of Recipients | Average open rate |
| <input type="checkbox"/> | Snail Mail/newsletter | Number of Recipients | |
| <input type="checkbox"/> | Website | Number of hits per month | Link: |
| <input type="checkbox"/> | Facebook | Number of Likes/Friends | Average “seen by” |
| <input type="checkbox"/> | Twitter | Number of Followers | Link: |
| <input type="checkbox"/> | Video Clips | Links: | Link: |

Notes

Is there anything else students need to know about your workshop? Examples are bring a journal; eat lightly prior to class; contra-indications; yoga and/or bodywork experience is recommended, but not required.



Bio

1. Short bio (25-word max)
2. Long bio (100-word max)
3. Any degrees or title credentials (listed after your name)
4. Your website, Blog, Facebook, and Twitter URLs, video links

Photos*

Your submission of photographic materials constitutes unrestricted permission for Vitality Spa & Wellness to use these images in all of our marketing materials without any further approval.

Please send:

- 1-2 color, straight-on head shots – recent, clear, well-focused, with space around your head
- If available, 3-5 “action” photos including you teaching and/or in a group/setting. Full-body shots and studio shots for yoga teachers or performers welcomed.
- Electronic JPG photo: minimum 3”x 5” at 300 dpi (900 x 1500 pixels) or 5”x 7” at 300 dpi (1500 x 2100 pixels) or higher, submitted as email attachments.

*We cannot download photos from your website. The quality is not high enough for printing purposes.

You may submit your proposal as a digital file to Kimberly@vitalityspa.com or by mail to: Kimberly Giunta, Vitality Spa and Wellness, 14 Lyme Street, Old Lyme, CT 06371.