

Course Proposal Submission Guidelines

Name
Address
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 (XXX 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)

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 CEs? 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 marketing your work is a vital complement to All That Matters' 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.

- Email Mailing List _____ Number of Recipients
- Snail Mailing List _____ Number of Recipients
- Website _____ Number of hits per month
- Newsletter _____ Number of Recipients
- E-Blast _____ Number of Recipients
- Facebook _____ Number of Likes/Friends
- Twitter _____ Number of Followers
- Instagram _____ Number of Followers
- Video Clips _____ Links:

Notes

Is there anything else students need to know about your workshop? Examples: bring a journal; eat lightly prior to class; contra-indications; yoga and/or bodywork experience recommended, etc.

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 All That Matters to use these images in all of our marketing materials. 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 an email attachment.

*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 RebeccaGold@AllThatMatters.com or by mail to: All That Matters, Programming Office, 315 Main St, Wakefield, RI 02879.