**{ Application }**

*for 200 Hour Yoga Teacher Training Program*



Are you ready to take your practice to a whole new level? Our Yoga Alliance Credentialed 200 Hr YTT Training will prepare you for the role of Yoga Instructor. Maybe you are more interested in deepening your personal practice.

Acceptance to this program will be contingent upon Yoga and You Anywhere, LLC receiving the application and the $100 application deposit. We also require a signed Liability Agreement and Enrollment Agreement.

**Personal Information**

Name:

Address:

Phone/email:

Occupation:

Emergency Contact information:

List all injuries, past and present:

Describe your family… married, children?

Major commitments:

How did you hear about this program?

**Your Practice**

How long have you been taking yoga classes or practicing?

Why do you want to take this Teacher Training Program?

Do you plan on teaching yoga after the program ends?

Do you have a home practice?

**{ Enrollment Agreement}**



This document explains the various aspects of the program and its requirements.

Admission Requirements

1. Submit application
2. Sign Agreement to Expectation of Program
3. Sign Enrollment Agreement
4. Include $100 Application deposit.

Course Description

There are 12 main modules to this curriculum. This is a general yoga curriculum. Upon completing this program, Trainees will understand the 8 Limbs of Yoga, how to develop an effective and safe class, understand what it means to be a Yoga Teacher, have exposure to Ayurveda and Chakras, and much more!

The program is a 200 Yoga Alliance approved curriculum. It is designed as a 16 week, one 3-hour class and one 5-hour class.

Each class includes mediation and pranayama practices. The 5-hour day includes an opening Asana practice. This in time, will be the timeslot for Trainees to practice teaching. This curriculum allows for Trainees to get in front of the class very quickly, to start vocalizing and hearing their voice as a teacher. This will include rotating thru students, leading meditation, pranayama and asana.

Trainees start building a Toolbox of meditations and sequences throughout the program. When they leave the program, they will feel comfortable leading a class through Asana, Meditation and Pranayamas. They will also practice hands on adjustments and cueing throughout the program.

Agreement to Expectations of Program

* **Class time is 16 hours each weekend.**
* **Outside time commitment will be 7-10 hours a week**
* **Practice 2x week + 1 x week YogaGlo assigned class (all classes at YaYa are included in training package)**
* **Daily Meditation and/or Journaling**
* **1 Weekend Workshop**
* **4 Assisting Classes**
* **4 Teaching Class**
* **2 Private Sessions**
* **No more than 2 absences are permitted.**

Academic Requirements

Grading System

This is a pass/fail program. Attendance, assignments, tests, quizzes, outside requirements, practical hours are all required to pass and gain certification. In the event the student is not able to maintain the required PASS standing, the student will meet with the Studio Lead Teacher to discuss the circumstances that prevented them from maintaining satisfactory expectations. If the Trainee does not meet the agreed requirements, they will have the opportunity to repeat the Training and be charged a repeat fee.

Academic Probation

If you fail to turn in homework, have 3 or more excused absences; 5 or more unexcused absences, or chronically late, Trainee will be put on academic probation. Once Trainee has turned in homework, made up all required work and tests, Trainee will meet with the Lead Teacher. They can be removed from probation upon approval by Lead Teacher.

Termination

If a Trainee is to be terminated due to failing to meet requirements and not rectifying the situation, they can be terminated by the Studio, in writing.

Graduation Requirements

To obtain your Certification you must meet all requirements below.

1. Must have passing grades in homework assignments, tests and quizzes.
2. Completed Assisting, Teaching and Private Sessions
3. Completed Workshop Requirement
4. Paid for Program in Full

Attendance Policy

Illness: Must contact Studio at least 60 minutes before class begins.

Excused absences are legitimate issues such as illness, work conflict, family issues. 1 excused absence does not require a make-up session. 2 -5 require a meeting with Lead Teacher. After 5 Trainee will be put on probation. There are no refunds due to extended absences. After 3 unexcused absences, trainee will be put onto academic probation. There are no refunds under these circumstances.

Tuition and Fees

Payment of Tuition

Payments may be made by credit card, checks or cash. Payment arrangements must be made ahead of time, prior to the start of the Training. If paying by check, there is a $35 NSF should that happen.

**Tuition includes:**

* Student and Asana Manuals
* All Teacher Training classes
* All classes at YaYa Studio
* Ayurveda and Chakra Workshop
* Business Plan Workshop

**Tuition does NOT include:**

* Yogaglo subscription
* Additional textbooks that are required reading
* Journaling book
* Additional Workshop requirement
* Props (mats, straps and blocks)

**Tuition Payment Options**

* Early Bird Discount 1: $2650 if $500 deposit and application requirements met by Aug 1st, 2018
* Early Bird Discount 2: $2750 if $500 deposit and application requirements met by Sept 1st, 2018
* Regular Tuition: $2850 after Sept 1st, deposit due with application requirements
* Payment Plan: Contact YaYa for payment plan options

Refund Policy

Before start of Training: 100% refund of Tuition less application fee of $100.

After start of Training: 75% refund\* after within 1st week of start date

50% refund if cancel within 2 weeks of start date

25% refund if cancel within 3 weeks of start date

NO REFUNDS AFTER 3rd WEEK OF START

*\*All subject to non-refundable $100 application fee.*

Notice of Disclaimer

Studio reserves the right to change, edit, amend, add and delete requirements, subjects, programs and policies with or without prior notice. Classes and programs can be cancelled due to low enrollment and refunds will be issued.

I have read and accepted the terms and conditions of the Expectations of the Program and the Enrollment Agreement.

Yes\_\_\_\_\_ No\_\_\_\_\_\_

LIABILITY RELEASE, ACKNOWLEDGMENT & ACCEPTANCE

**Voluntary Participation**

Before participating in this or any other exercise program, individuals should consult with a physician. I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the yoga class, workshop, event, or activity sponsored by **Yoga and You Anywhere, LLC.**

**Release**

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to **Yoga and You Anywhere, LLC.**, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity.

**Agreement**

I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with **Yoga and You Anywhere, LLC.** and all such hosts, instructors, organizers, and participants.

**Acknowledgment**

I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities. I hereby acknowledge receipt of **Yoga and You Anywhere, LLC.** enrollment agreement which contains information describing the **Yoga and You Anywhere, LLC.** Teacher Training offered, and equipment/supplies provided. Also, I have carefully read and received an exact copy of this enrollment agreement. I understand that the School may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the **Yoga and You Anywhere, LLC.** Teacher Training Program. While enrolled in the **Yoga and You Anywhere, LLC.** Teacher Training Program, I understand that I must maintain Satisfactory Academic Progress as described in the **Yoga and You Anywhere, LLC.** Teacher Training program catalog and that my financial obligation to **Yoga and You Anywhere, LLC.**must be paid in full before a certificate may be awarded. I also understand that this institution does not guarantee job placement to graduates upon program/course completion or upon graduation.

**Contract Acceptance**

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the director of the **Yoga and You Anywhere, LLC.** Teacher Training Program. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by **Yoga and You Anywhere, LLC.**. My signature below signifies that I have read and understand all aspects of this agreement and do recognize my legal responsibilities in regard to this contract.

**Please sign and date this Enrollment, Liability and Release Agreement. This includes your application.**

**Name of Program: Start Date of Program:**

[ ] [ ]

**Student Signature / Date Studio Owner Signature / Date**

[ ] [ ]

**Printed Name of Student Printed Name of Studio Owner**

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