

Yoga University of Florida, Power Alignment Yoga®,  
Altamonte Springs Yoga & MyLinda Morales  
290 Hour Teacher Training Program 2024 - The Science of Teaching Yoga

**APPLICATION:** Your information will not be shared with others outside of our school

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Current occupation: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I accept the tuition, curriculum, certification and cancellation policies for this program, and give Altamonte Springs Yoga, Power Alignment Yoga, and Yoga University of Florida permission to use my photograph, image or any videos taken during training for training purposes and/or promotional use, without compensation.

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

**YOGA ALLIANCE® REGISTRATION:** Yoga University’s 290 Hour Yoga Teacher Training Program is registered with Yoga Alliance® at the 200 hour level. Graduates of Yoga University’s 290 Hour Yoga Teacher Training Program are eligible for registration with Yoga Alliance® at the 200 hour level.

**PARTICIPATION & CERTIFICATION POLICY:** Yoga University’s 290 Hour Yoga Teacher Training Program is designed for those who are seeking a deeper understanding of themselves and their yoga practice. Certification is not automatic upon completion of the course and will be determined by the instructor's assessment of the student's understanding of the materials as well as the student's capacity and ability to teach. Full class participation, successful completion of the assigned curriculum, and self-study are required to receive Yoga University’s Certificate of Graduation. There are reading and writing assignments, videos to view, group meetings, as well as practicum to be completed outside of the training sessions.

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**WE WOULD LIKE TO KNOW MORE ABOUT YOU: (Please feel free to write or type your answers on a separate sheet of paper)**

1. What drew you to a Yoga Practice?
  
  
  
  
  
  
  
  
  
  
2. How long have you been practicing Yoga?
  
  
  
  
  
  
  
  
  
  
3. Are you registered with Yoga Alliance® at the 200 hour level or higher?
  - a. If so, what Yoga School did you attend?
  
  
  
  
  
  
  
  
  
  
4. Have you practiced Iyengar Yoga? \_\_\_\_\_ If so, please describe
  
  
  
  
  
  
  
  
  
  
5. What other styles of Yoga have you studied?
  - a. Which style is your primary/favorite style of yoga to practice?
  
  
  
  
  
  
  
  
  
  
6. List yoga trainings and/or workshops you have attended.
  
  
  
  
  
  
  
  
  
  
7. Are you currently teaching Yoga?
  - a. If so, where and how long have you been teaching?
  - b. What tradition/style and number of classes per week?

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8. Do you have teaching experience other than Yoga?

If so, please describe.

9. What do you hope to gain from this Training?

10. Which Teacher Training Program are you registering for?

Hatha \_\_\_\_\_ Vinyasa \_\_\_\_\_

11. Have you had a daily asana (physical poses) practice for at least three months?

12. How long is your daily practice? 1/2 hour 1 hour 1 1/2 hours 2 hours (+)

a. What postures do you practice during a personal session?

13. What do you feel is the most rewarding aspect of your yoga practice?

14. What is the most challenging aspect of your yoga practice?

15. If there is anything you think we should know about your mental/physical health. Please let us know.

16. Please reflect on the following questions and answer them to the best of your ability.

a. What would prevent you (physically, mentally, emotionally, spiritually) from completing the Yoga University's 290 Hour Teacher Training Program?

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b. Of these obstacles which are within your ability to prevent and how would you do that?

17. List three things you would like to gain from Yoga University's 290 Hour Yoga Teacher Training Program. Examples: Service to community, personal growth, etc.

If you answer yes to any of the following questions, please describe fully; you may use a separate piece of paper.

1. Are you under medical treatment for any physical or psychological condition?

2. For females, are you currently pregnant or trying to get pregnant?

3. Have you ever been hospitalized for a psychiatric condition?

4. Do you have any chronic physical limitations or disabilities?

5. Have you had a serious illness or major surgery within the last five years?

6. Do you have a communicable disease?

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7. Are you in recovery from an addiction?
  - a. If so, how long have you been in recovery?
  
8. Describe your weekly alcohol consumption.
  
9. List any prescription medications you are currently taking and indicate dosage and frequency of intake (we do not need to know about birth control or cosmetic prescriptions).

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## TUITION: 2 Options

### 1. Full Payment

- Early Pricing (Before July 15th, 2024) \$2,800 link to make [PAYMENT](#)
- Late Pricing (After July 15th, 2024) \$3,000 link to make [PAYMENT](#)
- [Full Payment Link](#)

### 2. Payment Plan

- \$200 Deposit due with application link to [DEPOSIT](#)
- 8 Monthly Payments of \$362.50 link to [Register for Payment Plan](#)
- If you are interested in the Payment Plan, please enroll in the Payment Plan before July 15th, 2024 as the Payment Option expires July 16th, 2024. [Register for Payment Plan](#)
- [Deposit Link](#)
- [Payment Plan Link](#)

***\*\*Books, yoga props, supplies, lodging and meals are NOT included in tuition and are the sole responsibility of the trainee.\*\****

## REFUND POLICY:

- If Yoga University of Florida LLC cancels the Training a full refund will be issued.
- No refunds will be issued for sessions postponed for inclement weather and every effort will be made to reschedule such sessions.
- If you enroll in the Payment Plan a \$200 deposit is due upon application. The deposit will be refunded if the applicant is not accepted to the program.
- If a student withdraws from the training the following refund policy applies:

If the student withdraws from training a minimum of **30 days PRIOR** to the start of training the student will receive a full refund minus an administration fee of \$100.

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If the student withdraws **0-30 days** prior to the start of training workshop  
*no refund will be issued.*

- No tuition refunds will be issued for no-shows, late arrivals or early departures.
- Yoga University of Florida LLC reserves the right to amend this policy at its sole discretion.

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Altamonte Springs Yoga,  
Yoga University of Florida &

Power Alignment Yoga® Agreement to Terms of Training

I understand that the Yoga University's 290 Hour Yoga Teacher Training Program curriculum follows the criteria put forth by the Yoga Alliance® and that upon completion of my training with the Yoga University, I will be eligible to apply for registration with the Yoga Alliance® at the 200 Hour level.

I agree to the tuition of Yoga University's 290 Hour Yoga Teacher Training Program and understand that I will not receive a Certificate of Graduation from Yoga University's 290 Hour Yoga Teacher Training Program until all tuition and fees due are paid in full.

I understand that once training begins, my deposit and tuition are non-refundable if I should choose, for any reason, to withdraw from the program.

I understand that if I am on the Payment Plan and my training is suspended for any reason I will remain financially obligated for the full contract/tuition amount due.

I understand and agree to the Absence Policy below. I understand that I will not receive a Certificate of Graduation from Yoga University's 290 Hour Yoga Teacher Training Program until all missed sessions are made up. I understand that it is my sole responsibility to make up any missed Contact Hours.

**Absence Policy:** We encourage 100% attendance at each training session in order to qualify for graduation. Yoga Alliance requires 200 CONTACT hours (In Person hours) for registration. Here is our Absence Policy:

- For students missing 1 hour to a full day of training:
  - Have one of your classmates take notes covering what you missed.
  - Write a summary of what you missed from the notes and turn the summary in to the Director of Training within 30 days.
  - Attend our Make Up Session on April 5th, 2025
- Students missing more than 1 day of training can attend the missed weekend session the next time it is offered (usually the next year). You will not qualify for graduation until the missed session is fully made up.



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I understand that there are videos, reading, tests and group assignments outside of training that are to be completed **BEFORE** training modules.

I understand that attending all training sessions, required courses and elective courses as well as completing all homework, satisfactorily passing all tests and practice teaching, and successfully completing the final project are requirements for graduation.

I understand that yoga books and props are required for this training and that the required yoga props and books are ***NOT*** included in my tuition. I understand that I must have all my yoga props and books by the **SECOND SESSION** of teacher training.

I agree to show up on time for all scheduled sessions, to participate fully, to engage in all scheduled exercises and to help create a supportive, nurturing atmosphere for my peers, my teacher and myself.

I agree to communicate with Primary Instructor if I am experiencing an issue that prevents me from participating fully in the program. Examples are physical injury that might affect my ability to practice and/or emotional issues that affect my ability to be fully present.

I agree to respect the privacy of my peers by keeping information, conversations and issues confidential and within the spectrum of our training program.

I agree to and understand all of the above:

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Name

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Date

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For registration consideration, submit this completed, signed application & the Agreement to Terms of Training via email [YogaUnivFL@gmail.com](mailto:YogaUnivFL@gmail.com), drop it by the studio or mail it to:

Yoga University of Florida,  
185 South Westmonte Drive, Suite 1202

Altamonte Springs, Florida 32714

Thank you for considering yoga instructor training through Yoga University. It is an honor to teach Yoga and I look forward to sharing that honor with you. I will respond to your application ASAP.

Namaste, MyLinda 