

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2023 - 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: _____

I accept the tuition, curriculum, certification requirements, and cancellation policies for this program. I 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.

Your Signature: _____ Date: _____

YOGA ALLIANCE® REGISTRATION:^[SEP]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:^[SEP]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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Process for enrolling in our teacher training program:

- Please fill out the application and send it to us. You can email it to us. You can mail it to us, or you can drop it by the studio.
- The \$300 deposit (\$200 if paid by August 1) is due with the application.
- If you are accepted into our TT program, you have until August 1 to enroll in the payment plan or until September 1 to make the full tuition payment.
- If you are not accepted into the program, we will refund your deposit less a \$50 admin fee.

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? [L] [SEP]

2. How long have you been practicing Yoga? [L] [SEP]

3. Have you previously taken Yoga Teacher Training? Are you registered with Yoga Alliance® at the 200 hour level or higher? [L] [SEP]
 - a. If so, what Yoga School did you attend?

4. Have you practiced Iyengar Yoga? _____ If so, please describe.

[L] [SEP]

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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?
 L
 SEP

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

3. Do you have any chronic physical limitations or disabilities? L
 SEP

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

5. Describe your weekly alcohol consumption.

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TUITION:

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

DEPOSIT: ^{[[[]]]}_{SEP} \$300 (\$200 if paid before August 1, 2023)

We offer 2 payment options: Full Payment & Payment Plan

FULL PAYMENT:

- \$3,100 (\$3,000 if paid before August 1, 2023) The \$300 deposit is included with payment.
- Link to pay in full - <https://clients.mindbodyonline.com/classic/ws?studioid=12529&stype=-101&sView=week&sLoc=0&sTrn=10000024>

PAYMENT PLAN:

- \$300 deposit (\$200 if paid before August 1, 2023)
- 8 Monthly Payments of \$387.50
- The Payment Plan Option expires on August 1, 2023.
- Deposit Link <https://clients.mindbodyonline.com/classic/ws?studioid=12529&stype=41&sTG=23&prodId=156>
- Link to register for the Payment Plan - <https://clients.mindbodyonline.com/classic/ws?studioid=12529&stype=40&prodId=101>

****NOT INCLUDED WITH TUITION**** Books, Props, Lodging, and Meals

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

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every effort will be made to reschedule such sessions.

- A \$300 deposit is payable upon application. The deposit less a \$50 administrative fee 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 \$150.
 - If the student withdraws **0-30 days** prior to the start of training *no refund will be issued.*
- Tuition refunds will **NOT** 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.

For enrollment consideration, submit this signed and completed application & the Agreement to Terms of Training via email to MyLinda at YogaUnivFl@gmail.com, or you can mail it to or drop it off in person during business hours at:

Yoga University of Florida, ^{SEP}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.

Blessings, MyLinda ॐ

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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 that I am allowed to miss 1 training session. If I miss more than 1 training session, I will be eligible to join the next training group to make up for missed training or I can withdraw from the program. If I miss 1 training session or less, I can attend the makeup session module on Saturday, May 11, 2023. In addition to attending the Make up session, I am required to have a fellow student take lecture notes, practice notes, and notes regarding any other information that was covered during the time I missed training. From the notes, I will write a summary of the weekend and turn it into the Director of training. Any missed practice teaching, anatomy tests, and/or class presentations must be made up as well. I also 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 there may be videos, reading, tests, and group assignments outside of training that are to be completed before, during, and/or after training modules.

Yoga University of Florida, Power Alignment Yoga®,
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290 Hour Teacher Training Program 2023 - The Science of Teaching Yoga

I understand that attending all training sessions and required courses as well as completing all homework, satisfactorily passing all tests, 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 understand that I will receive complimentary yoga throughout the training. Complementary yoga commences upon Full Payment of Tuition or enrollment in the Payment Plan. I understand that if I withdraw from the program for any reason or if I am expelled from the program for any reason the yoga classes I take prior to commencement of training are to be reimbursed at current rates (\$10 Drop In or \$116 Monthly Unlimited whichever is less).

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 a physical injury that might affect my ability to practice and emotional issues that affect my ability to be fully present, etc.

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

I agree to and understand the above:

Name

Date