

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - 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. I give Altamonte Springs Yoga, Power Alignment Yoga, MyLinda Morales, 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 this 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 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, and practicum to be completed outside of the training sessions.

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

We're so glad you're here. This application helps us get to know *you* — your yoga journey, your intentions, and what's calling you toward this training. Please answer honestly and from the heart. There are no “right” answers.

You may type your responses directly or submit them on a separate page if preferred.

ABOUT YOU & YOUR PRACTICE

1. What first drew you to yoga?

(What was happening in your life at the time? What kept you coming back?)

2. How long have you been practicing yoga?

(Feel free to include breaks, restarts, or shifts in your practice.)

3. Are you currently registered with Yoga Alliance® at the 200-hour level or higher?

☐ Yes ☐ No

If yes, please share:

- Level(s) of registration
- Name of yoga school(s) attended

4. Have you practiced Iyengar-based yoga?

☐ Yes ☐ No

If yes, please briefly describe your experience.

5. What other styles of yoga have you studied or practiced?

(Examples: Vinyasa, Power, Yin, Hot, Hatha, Restorative, Ashtanga, etc.)

6. Which style(s) do you most enjoy practicing right now? Why?

TRAINING & TEACHING EXPERIENCE

7. Please list any yoga trainings, workshops, or immersions you've attended.

(Include location and year if possible.)

8. Are you currently teaching yoga?

☐ Yes ☐ No

If yes:

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

- Where are you teaching?
- How long have you been teaching?
- Style/tradition you teach
- Approximate number of classes per week

9. Do you have teaching experience outside of yoga?

(Examples: coaching, fitness, education, leadership, facilitation, mentoring, etc.)

YOUR PRACTICE & SELF-INQUIRY

10. What do you hope to gain from this 290-Hour Teacher Training?

(Think personally, professionally, spiritually, or all of the above.)

11. Have you maintained a regular asana (physical) practice for at least three months?

☐ Yes ☐ No

If yes, how long is your typical practice?

- ☐ 30 minutes
☐ 1 hour
☐ 1.5 hours
☐ 2+ hours

12. What postures or practices are typically part of your personal practice?

13. What feels most rewarding about your yoga practice right now?

What feels most challenging?

REFLECTION & COMMITMENT

Please reflect thoughtfully on the following:

14. Are there any physical, mental, emotional, spiritual, or logistical factors that could make completing this training challenging for you?

15. Of those challenges, which feel within your ability to manage or overcome — and how do you plan to support yourself?

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

16. Please list three things you hope to gain from Yoga University's 290-Hour Yoga Teacher Training.
(Examples: confidence, service to community, personal growth, teaching skills, self-discipline, healing, clarity, etc.)

TUITION & PAYMENT OPTIONS

Option 1: Full Payment

Early Pricing (Before February 15, 2026):

- \$2,500 — Cash (in person only), Check, Venmo, CashApp, or Zelle
- \$2,650 — Credit Card

Late Pricing (After February 15, 2026):

- \$2,700 — Cash (in person only), Check, Venmo, CashApp, or Zelle
- \$2,850 — Credit Card

\$50 non-refundable deposit

(Deposit is not applied toward tuition and must be paid via cash in person, check, Venmo, CashApp, or Zelle.)

👉 Full Payment Link:

<https://square.link/u/2NergPcf>

Option 2: Payment Plan

Enrollment Deadline: February 1, 2026

- 8 monthly payments of **\$343.75**

Please note:

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.

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

- No refunds will be issued for sessions postponed due to inclement weather; every effort will be made to reschedule.
- If a student withdraws **30 days or more prior** to the start of training, a full refund minus a **\$150 administrative fee** will be issued.
- If a student withdraws **0–30 days prior** to the start date, **no refund** will be issued.
- No refunds for no-shows, late arrivals, or early departures.
- Yoga University of Florida LLC reserves the right to amend this policy at its sole discretion.

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

Agreement to Terms of Training

Yoga University of Florida — 290-Hour Yoga Teacher Training

By signing below, I confirm that I have read and agree to the following terms:

1) Program Standards & Yoga Alliance

I understand that Yoga University's 290-Hour Yoga Teacher Training curriculum follows Yoga Alliance® standards. Upon successful completion, I will be eligible to apply for Yoga Alliance® registration at the 200-hour level.

2) Tuition & Graduation Certificate

I agree to the tuition for Yoga University's 290-Hour Yoga Teacher Training Program. I understand that I will not receive my Certificate of Graduation until all tuition, payment plan balances, and any required fees are paid in full.

3) Refund Policy Acknowledgment

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

4) Payment Plan Responsibility

If I enroll in the Payment Plan, I understand that I am financially responsible for the full contract/tuition amount. If my training is suspended for any reason, I remain obligated to complete all payments owed under this agreement.

Attendance & Make-Up Policy

Yoga Alliance requires **200 contact hours** for registration. Yoga University strongly encourages **100% attendance** so students can fully integrate the material and graduate on time.

I understand and agree:

- I will not receive my Certificate of Graduation until all missed sessions are completed.
- Making up missed contact hours is **my responsibility**.

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

If I miss 1 hour up to 1 full day, I agree to:

- Have a classmate take notes for me
- Submit a written summary of the material covered
- Attend a **Makeup Session (TBA)**

If I miss more than one full day, I understand:

- I must attend those modules the next time they are offered (typically the following year).
- Graduation requires completion of **all training content**.

Coursework Outside of Training Hours

I understand that there will be videos, reading, quizzes/tests, and group assignments that must be completed **outside of training hours**, and some assignments may be due **before** certain modules.

Requirements for Graduation

I understand that graduation requires:

- Attending all required training sessions (and any required courses/electives)
- Completing all homework and assignments
- Satisfactorily passing all tests/quizzes
- Completing practice teaching requirements
- Successfully completing the final project

Books & Props

I understand that required yoga books and props are **not included** in tuition. I agree to obtain all required books and props by the **second training session**.

Yoga University of Florida, Power Alignment Yoga®,
Altamonte Springs Yoga & MyLinda Morales
290 Hour Teacher Training Program 2026 - The Science of Teaching Yoga

Participation, Professionalism & Community Agreements

I agree to:

- Arrive on time and participate fully in all scheduled sessions
- Engage in the practices, discussions, and exercises with sincerity and respect
- Help create a supportive, inclusive, and growth-oriented environment for myself and my peers

If I am experiencing an issue that may affect my participation (physical injury, mental/emotional stress, or other challenges), I agree to communicate directly with the Primary Instructor as soon as possible so appropriate support or modifications can be discussed.

I also agree to respect the privacy of my peers and keep personal information shared during training confidential within the scope of the program.

Submission Instructions

For registration consideration, I will submit:

- This completed, signed application, and
- This Agreement to Terms of Training

by email to **YogaUnivFL@gmail.com**, or by dropping it off / mailing it to:

Yoga University of Florida
185 South Westmonte Drive, Suite 1202
Altamonte Springs, FL 32714

Thank you for considering Yoga University for your teacher training. It is an honor to teach yoga, and I look forward to sharing this journey with you.

Peace,
MyLinda ॐ

Signature

Trainee Name: _____

Signature: _____ **Date:** _____