



200-hour Yoga Teacher Training Admissions Form

Please print and complete form and return to the yoga studio at which you will do your training.

This is for the training beginning _____ at _____.
(month and year) (host studio)

About You...

Name: _____
Address: _____
City: _____ ST: _____ Zip: _____
Mobile: _____ Alt Phone: _____
Email: _____
Occupation: _____

About Your Yoga...

Please provide a description of your typical yoga practice, including examples of asana, pranayama and meditation techniques you practice during a typical session (be it home and/or studio practice).

Are you currently teaching yoga?

Yes

No

If yes, for how long?

If yes, what style do you teach?

If yes, how many classes per week?

What draws you to this particular yoga teacher training at this time of your life?

About Your Background...

What other background experiences, special gifts, talents or attributes do you feel you bring to this course and to your goals? Use the back of page if needed.

Please describe in detail any injuries or physical, mental or emotional limitations that may affect your participation. Use the back of page if needed.

Please list below any health-field related degrees, certifications, or training you have (e.g., physical therapist, occupational therapist, licensed massage therapist, psychologist, social worker, etc).

Degree/Certificate, Location and Date: _____

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About What You Might Need From Us...

What is the essence of what you want to learn, experience, accomplish, or let go of during this course?

How can we support you as you grow into your fullness as a yoga teacher?

Emergency Contact

Name: _____

Relationship: _____

Address: _____

Phone: _____ Cell: _____

Please tell us any important information we might need to relay to emergency personnel.

Disclosure & Acceptance

I hereby affirm that the above information is to the best of my knowledge true and complete. I understand that providing false information is grounds for denying participation in the program or having my certification revoked. If I am required to leave the program because of a misrepresentation on this form no fees shall be refunded. I understand that NO refunds in any amount will be made after 7 days prior to the program start date.

By signing this form, I agree that I have carefully read the program participation criteria, requirements, and agreements expressed herein on the following pages.

I understand that my certification as a 200-hour therapeutic yoga teacher relies on my successful and timely completion of the criteria for the program.

Signature

Date

Program Participation and Criteria

Thank you for your interest in the The Center for Integrative Yoga Studies 200-hour yoga teacher training program. Please print and keep this page for your records and return the admissions form (pages 1-3) to the host studio of your training program. Your space in the program is confirmed after your application and payment-in-full or non-refundable deposit have been received and accepted.

The training is offered as 9 intensive weekends. All sessions of each weekend must be attended and full participation during each program session is required. In the unlikely event that a participant misses any part of any weekend, s/he will be required to make up that time with a program instructor at a rate of \$70/hour. If any session is not made up before the completion of the program, s/he will be given a certificate of attendance until the required work is successfully completed.

Sessions times are as follows:

Fridays	6pm to 9:30pm
Saturdays	8:30am to 6:30pm (1.25hr lunch break)
Sundays	8:30am to 6:30pm (1.25hr lunch break)

Please note that due to class schedules, the hours may vary slightly from studio to studio, but will always take place on a Friday, Saturday, and Sunday. Refer to your host studio for exact program dates and times of training.

Program costs, dates and times are ultimately determined by the program's host studio. Please note that each student is responsible for any travel, lodging or food expenses during the training.

Program Participants must successfully complete all required assignments and practicums in order to receive the 200-hour certificate. A letter of attendance will be given for any participant who fails to meet the program requirements by the graduation date and the student must work with the Program Director(s) to successfully complete any incomplete or inadequate work before a certificate will be issued.

Program Materials

All participants will receive a manual as a part of the training program. Students will also need two additional books: (1) *The Bhagavad Gita* by Winthrop Sargeant - or - *The Living Gita* by Swami Satchidananda and (2) *The Yoga Sutras* by either Swami Satchidananda or Barbara Stoler Miller.

Acquiring these books is the responsibility of the student. You will need to bring these books to the first weekend of training and each weekend thereafter. Each student should also have a journal of some kind for various assignments and activities throughout the program.

Payment and Refund Policy

Program fees are set by the host studios and the Program Directors and based on geographical location, may vary slightly. Please refer to your host studio for the exact program fee for the session in which you want to participate.

Payment can be made by Cash, Check or Credit Card through the host studio. A non-refundable deposit of \$500 is due with this form to secure your participation in the program. Any early bird discounts are applied according to the date that the program fee is paid in full, not the date the deposit is paid. All course fees are due by the first session of the first weekend. Payment plans are the exception and must be negotiated directly with the host studio and CIYS at least one month before the start of the program.

Refund for any paid tuition less the \$500 application fee will be issued up to 8 days prior to program start date. Pro-rated refunds may be issued within the first two weekends of training; no refunds offered weekend three and beyond. In the event of a medical, family or life emergency that precludes you from completing the program, please talk with the Program Director and Studio Owner so we can discuss options for postponing your training until the next time the training is offered again at the same studio. In this event, *you must take and complete the training the next time it is offered at the host studio at which you applied.*

Program sessions require a minimum of 10 students (maximum of 20 students) in order to ensure a high quality training program for all involved. In the event that the minimum number of attendees is not met by three business days prior to program start date, the host studio and Program Director will make a decision as to whether to continue with the program as planned. In the event that the program is cancelled due to a lack of attendees, all paid monies, including application fee, will be refunded by the host studio.