

Yoga Club

Teacher Training Application

500 Hour

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of birth: _____ Current occupation: _____

Emergency contact: _____ Phone number: _____

I accept the tuition, curriculum, certification and cancellation policies for this program, and give Yoga Club, LLC permission to use any photographs, images or videos taken during training including those containing my image for any training purpose and/or promotional use Yoga Club deems appropriate in its sole discretion, without compensation. Initial _____

I understand that Yoga and other physical practices offered by Yoga Club include physical movement as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the instructor. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended under certain medical conditions. I affirm that I alone am responsible to decide whether to practice Yoga or any other physical practices offered by Yoga Club. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Yoga Club, its instructors, organizers, officers, representatives, sponsors, or any providers of space to the club. I hereby agree to assume all risks & liability related to or resulting from any activity with Yoga Club. Initial _____

Note: Your information will not be shared with people outside of our school.

Signature: _____ Date: _____

YOGA ALLIANCE® REGISTRATION: Yoga Club is an RYS® (Registered Yoga School) with Yoga Alliance® at the 500 hour level. Upon successful completion of the training program, graduates of Yoga Club Teacher Training will be eligible for registration at the 500 Hour level with Yoga Alliance®.

PARTICIPATION & CERTIFICATION POLICY: Yoga Club Teacher Training is designed for individuals seeking a deeper understanding of their yoga practice. Certificates of Completion for graduation will be provided at the discretion of the instructor's based on their assessment of the student's understanding of the materials as well as the student's capacity and ability to teach. Those receiving a certificate of completion may submit these certificates to Yoga Alliance for Registration as a 500 Hour Yoga Instructor. Certification to teach is not automatic upon completion of the course. Full class participation, successful completion of the assigned curriculum, and self-study are required to receive a Yoga Club Certificate of Completion for its 500-Hour Yoga Teacher Training Program. There will be reading and writing assignments as well as practicum to be completed outside of the training sessions.

500 Hour Yoga Teacher Training Application

(Please feel free to complete your answers on a separate sheet of paper)

Current Experience Level

What first drew you to a Yoga Practice?

How long have you been practicing Yoga?

Approximately how many classes per week do you take?

How long are these classes typically (1/2 hour, 1 hour, 1 ½ hours)?

Do you have a home practice, if so how many times per week do you practice at home?

How long is your home practice (1/2 hour, 1 hour, 1 ½ hours)?

What styles have you practiced (Vinyasa, Iyengar, Hatha, Ashtanga, Yin, Anusara, Power)? (est hrs each)

Which is your primary/favorite style of yoga to practice?

What other active lifestyle practices do you participate in regularly?

List any yoga workshops you have attended with instructor, topic covered and estimated hours.

Have you studied aspects of Yoga other than asana/pranayama? If so, please describe

Teaching History

Have you completed your 200 Hour training or are you in process of completing your 200 Hour Training?

Where did / are you receiving your 200 Hour Level Training? Who are the main instructors?

Are you currently teaching Yoga?

If so, how long have you been teaching?

What tradition/style and number of classes per week?

Do you have teaching experience in practices other than Yoga (physical and non-physical)?

Background of Interest

Why are you seeking this training and what do you hope to gain from it?

Have you taken classes with a Yoga Alliance® Registered teacher?

For how many months or for how many hours estimated?

Who are your teacher(s)?

What studios have you practiced yoga regularly in and how many hours per week?

How long have you studied with your teacher(s)?

Detail About Your Current Practice

What are your favorite and least favorite poses and why (name two or three of each)?

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

What is the most challenging aspect of your yoga practice?

Your Health

If there is anything you think we should know about your mental/physical health, please describe.

If you answer yes to any of the following specific questions, please describe fully on a separate page.

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

Are you currently pregnant or trying to get pregnant?

Have you ever been hospitalized for a psychiatric condition?

Do you have any chronic physical limitations or disabilities?

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

Do you have a communicable disease?

Are you in recovery from an addiction?

If yes, how long have you been in recovery?

List any prescription medications you are currently taking and indicate dosage and frequency of intake (other than birth control or cosmetic prescriptions).

500 Hour Yoga Club Teacher Training

Cost, Payment Options, & Refund Policies

COURSE FEE OPTIONS AND REFUND POLICIES

APPLICATION FEE AND DEPOSIT:

To register for Yoga Clubs 500 Hour Teacher Training Program a deposit of \$550 is required along with the submission of your application. These funds \$550 will cover the cost of the first two weekend trainings costing \$275 each and providing 26.75 hours each. The remainder of the weekends selected for participation may be paid per weekend at either the early or regular tuition rate. The \$550 non-refundable deposit required with the application will hold your space in the Teacher Training Program. Each weekend training will be limited to approximately 25 people. Please confirm the weekend trainings you will attend as soon as possible in order to assure your spot is reserved. No refunds available as of 30 days prior to the start of each program, for any portion of the fees paid up to the full tuition.

PAY BY THE WEEKEND:

Once your payment of \$550 has been utilized to cover the cost of two of the weekend trainings costing \$275 each and providing 26.75 hours each, the remainder of the weekends in which you participate may be paid for per weekend attended. The early tuition rate (which varies by weekend but is \$275 for the majority of the weekend trainings) is available 30 days in advance of each training weekend. Within the last 30 days prior to each training participants must pay the regular tuition rate which is \$50 in excess of the early tuition rate.

PAYMENT OPTIONS:

- Cash (in person only)
- Checks Made Payable to Yoga Club
- Credit Card Accepted Through PayPal Paid Online at <http://www.yogaclub.us>

REFUND POLICY:

- If Yoga Club cancels Teacher Training a refund of all unutilized funds will be issued.
- No refunds will be issued for sessions postponed for inclement weather or other unforeseeable issues.
- A \$550 non-refundable deposit is payable upon application. If the applicant is *not* accepted into the training a refund will be provided less a \$50 administration fee.
- If a student withdraws from the training the following refund policy applies:
 - If the student withdraws a minimum of **60 days** prior to the first date of training the student will receive a full refund of all monies paid minus an administration fee of \$275.
 - If the student withdraws a minimum of **30 days** prior to the first date of training the student will receive a full refund of all monies paid minus an administration fee of \$550.
 - If the student withdraws **1-30 days** prior to first day of training or withdraws after training starts *no refund* will be issued.
 - No tuition refunds will be issued for no-shows, late arrivals or early departures.
- Yoga Club reserves the right to amend this policy at its sole discretion.

SUBMIT Completed Application and Deposit to:

Melanie Snyder; info@yogaclub.us; 6608 Brynwood Drive Charlotte, NC 28226

Thank you and we look forward to working with you as you continue on your path of deepening your yoga practice. We will respond to your application as soon as possible.

WEEKEND TRAINING OPTIONS

Please provide an indication of the weekends of interest to achieve your 500 Hour Certification. This is not a firm commitment to select these weekend trainings; this is simply an indication of interest such that we can best prepare each of the weekend trainings. At least 30 days prior to your first weekend of training please provide a firm commitment of the two weekends of training to which you would like your \$550 to apply. You may submit these via e-mail to info@yogaclub.us.

Primary Weekends:

Structural Yoga Therapy	26.75 Hours	_____
Restorative Yoga	26.75 Hours	_____
Anusara® Yoga Immersion	26.75 Hours	_____
Ashtanga Immersion	26.75 Hours	_____
Yoga As Holistic Healing for Medical Conditions	26.75 Hours	_____
Art of Assisting	26.75 Hours	_____
Various Ways to Approach Vinyasa Flow	26.75 Hours	_____
Intelligent Sequencing	26.75 Hours	_____

Optional Trainings:

Power Yoga with Bryan Kest	**9 Hours	_____
Anatomy & Kinesiology	26.75 Hours	_____
Yin Yoga Immersion	26.75 Hours	_____
Iyengar® Yoga Immersion	26.75 Hours	_____
Universal Yoga® Immersion	26.75 Hours	_____
Ayurveda Immersion	26.75 Hours	_____
Pre-Natal Yoga Teacher Training	26.75 Hours	_____
Kids Yoga & Therapeutic Yoga for Kids	26.75 Hours	_____
Senior Yoga Teacher Training	26.75 Hours	_____
Sanskrit Revolution	26.75 Hours	_____
The Science of Pranayama	26.75 Hours	_____