

# Yoga Club

## Teacher Training Application

### 200 Hour

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

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

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

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

Date of birth: \_\_\_\_\_ Current occupation: \_\_\_\_\_

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

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

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.

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

#### **YOGA ALLIANCE® REGISTRATION:**

Yoga Club is an RYS® (Registered Yoga School) with Yoga Alliance® at the 200 hour level. Upon successful completion of the training program, graduates of Yoga Club Teacher Training will be eligible for registration 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 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 200-Hour Yoga Teacher Training Program. There will be reading and writing assignments as well as practicum to be completed outside of the training sessions.

#### **Referral:**

If you were referred to this program by an instructor, colleague or friend please provide us with their name.

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# 200 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, if any***

*If you have not been teaching yoga or any other practices please skip this section.*

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).

# 200 Hour Yoga Club Teacher Training

## Cost, Payment Options, & Refund Policies

### COURSE FEE OPTIONS AND REFUND POLICIES

**EARLY REGISTRATION DISCOUNT:** Early Registration Fee Pre-Paid in Full for Yoga Club Teacher Training is **\$1,995** which includes our teaching manual. A \$100 non-refundable deposit is required with the application to hold your space in Teacher Training. The remainder of funds to be paid no later than 50 days prior to the start of the applicable Teacher Training. 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 \$1,995.

**REGULAR FEE PAID IN FULL:** Regular Registration Fee Pre-Paid in Full for Yoga Club Teacher Training is **\$2,250** which includes our teaching manual. A \$100 non-refundable deposit is required with the application to hold your space in Teacher Training. The remainder of funds to be paid no later than 30 days prior to the start of the applicable Teacher Training. 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 \$2,250.

**PAY BY THE WEEKEND:** Weekend Training Fee **\$350** Per Weekend (Totals **\$2,450** for full seven week program) which includes our teaching manual. A \$100 non-refundable deposit is required with the application to hold your space in Teacher Training. The remainder of funds to be paid no later than 30 days prior to the start of the applicable weekend Teacher Training. 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 \$350. The \$100 non-refundable deposit may be deducted from the payment for the first weekend of training in which the applicant participates.

Participants choosing this option must participate in each of the seven weekends required for this program to be eligible to receive a certificate of completion. Participants may choose to attend any weekend teacher training offered by Yoga Club within three years of application. As such this option allows participants to uniquely structure the training program to fit their schedule.

### PAYMENT OPTIONS:

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

### REFUND POLICY:

- If Yoga Club cancels the Training a full refund will be issued.
- No refunds will be issued for sessions postponed for inclement weather or other unforeseeable issues.
- A \$100 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 \$100.
  - 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 \$300.
  - 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](mailto: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.