

2017 Immersion Application

Name _____
Address _____
Phone (H) _____ (W) _____ (C) _____
e-mail address _____ Age _____

Pre-requisites: 1 year of yoga practice, at least 10 classes in Anusara Yoga (or 10 workshop hours), and genuine enthusiasm for yoga. (For those who don't have access to Anusara Yoga teachers, these hours can come from videos/DVD's of John Friend or from Anusara classes online. Anusarayoga.com has many CD's for sale).

1. How long have you been studying yoga? What styles and how long with each?

2. Who has been your most influential teacher? In what style of yoga? How many days per week do/did you study with this teacher and for how long?

3. Please describe your home practice in terms of days per week, length of time, choice of asana, meditation, pranayama, prayer, etc.

4. List any health or time limitations that may affect your participation in the course.

5. Do you intend to attend the Teacher Training this year? Have you taught yoga before? If so, for how long? What style? Where? Average class size?

6. Do you have any other training, background, or teaching experience that may be relevant to this course? Please describe.

7. Please explain your reasons for wanting to participate in this course. What are you most excited about? In what areas do you expect the most growth/challenge?

8. Please share briefly about your relationship with yoga. What does it offer you?

Please complete and send (do not e-mail) pages 1 - 3 of this application and your full payment or deposit to the above address. You can also drop it in the wooden mailbox at the yoga center, or hand it to me after a class.

We look forward to sharing this yoga journey with you!
Robyn and Patrick

Agreements for the 2017 Yoga Immersion

I, _____, understand that I have a financial responsibility for the (please print your name) entire cost of this 2017 Yoga Immersion, and whether I miss one day, one weekend, or several days, the entire amount is due by no later than March 31, 2017. I understand that there will not be any refunds or trades offered for any payments I have made, except in the unlikely event that this training is cancelled.

I understand the costs of this course as:

FULL PAYMENT OPTIONS:

\$1225 if paid in full by December 10, 2016 or \$1295 by January 25, 2017

PAYMENT PLAN OPTIONS:

Plan 1: \$1360 with \$560 deposit due January 10, \$400 due February 10 and March 3

Plan 2: \$1410 with \$450 deposit due by Jan. 20, \$320 due Feb. 10, March 3, and March 31 with automatic PayPal payments

(Price does not include the cost of required reading materials- approx. \$100).

Late Payments: Balance payments will be charged a late fee of \$5 per day or \$25 per week late.

Make Up Policy for Missed Hours:

In the event of my absence from sessions in this 2017 Yoga Immersion, I can make up missed material in future Immersions (if offered) with Robyn Smith or Patrick Harestad, free of charge. To be eligible for Teacher Training with Inner Freedom Yoga, full Immersion attendance or make-ups and completion of all assignments is required. Otherwise, they are optional. See policy in Teacher Training Application if you are choosing to attend the Teacher Training.

Enclosed is my deposit/full payment (circle one) of \$_____ check/cash/money order. (Please make check/M.O. payable to Inner Freedom Yoga). I have read and agree to the above arrangements for this course.

Signed _____ Date _____

PLEASE KEEP THIS PAGE FOR YOUR FILES

2017 IMMERSION DATES:

January 27 – 29

February 10 – 12

March 3 – 5

March 24 – 26

March 31 – April 1

April 21 – 22

TIMES:

Fridays 5:30 - 6:30 p.m. (yoga class) and 7 - 9 p.m.

Saturdays 9 a.m. - 6 p.m. (with 1.5 hour lunch break)

Sundays 9 – 12:30 p.m. and 2 – 5:30 p.m (No Sunday class on April 23)

LOCATION:

All classes will be located at the Community Yoga Center, 890 G St., Arcata Plaza, unless otherwise noted.

COMMUNICATION:

Our communication with you is strictly through email. Please make any arrangements needed to use email to stay abreast of any schedule changes, location changes and all homework assignments.

HOMEWORK:

For the Immersion, there is no required reading. However, there will be many suggested reading and a few writing assignments to prepare for discussions during our meetings. A certificate of completion is offered for those interested. For those continuing into Teacher Training, full attendance or make-ups and understanding of the material will be required for acceptance into the Teacher Training portion.