

## 2017 Yoga Teacher Training Application

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

**Pre-requisites:** At least 1.5 years of yoga practice, 15 hours of Anusara Yoga, and genuine enthusiasm for yoga.

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

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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?

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

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

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5. Have you taught yoga before? If so, for how long? What style? Where? Average class size?

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

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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 or challenge?

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

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#### TEACHER TRAINING COST

**ENTIRE TEACHER TRAINING COST:**

\$2450 if paid by Nov. 15

OR, \$2575 if paid in full by Dec. 20, 2016

OR, \$2675 if paid in full by Jan. 25, 2017

**PAYMENT PLAN OPTIONS:**

1) \$2775 with \$950 due by January 10, \$450 due Feb. 10, March 5, April 1 & May 5

2) \$2850 with \$550 due by January 25 and \$350 due February 12, March 3, March 31, May 5, May 25 and June 9

*All deposits and payments are non-refundable.*

*All trainees receive a significant discount of class passes with IFY. Prices do not include cost of required reading materials, travel expenses to the retreat, retreat breakfast and lunch.*

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

## **Agreements for the 2017 Yoga Teacher Training**

I, \_\_\_\_\_, understand that I have a financial responsibility for the  
(please print your name)

entire cost of this 2017 Yoga Teacher Training, and whether I miss one day, one weekend, or several days, the entire amount is due by no later than the specific dates as indicated in the payment plan option I chose.

I understand that the program deposit is nonrefundable and that there will not be any refunds or trades offered for any payments I have made once the training begins unless there is an emergency or illness. In the unlikely event that this program is cancelled, a full refund of all payments will be provided.

**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:**

I understand that attendance is mandatory in all sessions to graduate from this program, receive a certificate and be eligible for Registered Yoga Teacher status at the RYT-200 level with Yoga Alliance. All missed hours must be made up. If the missed hours require one-on-one time with the instructor(s) an additional fee (\$50 per hour) will apply. To meet Yoga Alliance standards we will organize specific and focused make up work for you. Training hours will need to be directed by an instructor approved by Yoga Alliance. Make ups for illness or emergency situations must be arranged as soon as possible upon return to the program. Depending on the material, certain make-ups can be done in the following year's Teacher Training at no cost (though we cannot guarantee the training will occur). All make up work must be completed by 12/31/17 to graduate from this Yoga Teacher Training program.

If the Yoga Trainers deem that I do not have a solid understanding of the material covered, in order to get certified, I may be asked to schedule private sessions with the trainers at \$50 per hour, do extra written assignments, and/or attend specific hours in future teacher trainings, if available, at the reduced rate of \$12 per hour (or free if I missed those weekends in my training).

Please sign and date here to signify your understanding of this financial and attendance policy

Signed \_\_\_\_\_ Date \_\_\_\_\_

Enclosed is my deposit/full payment (circle one) of \$ \_\_\_\_\_ check/cash/money order.  
OR: I am choosing Full Payment or payment plan option one/two/three (please circle one).  
(Please make check/M.O. payable to Inner Freedom Yoga).

## 2017 Yoga Teacher Training course:

Please keep this page for your own records:

### **DATES:**

January 27 – 29

February 10 – 12

March 3 – 5

March 24 – 26

March 31 – April 1

April 21 – 23

May 5 – 7

May 26 – 29 (Fri. – Mon. retreat in Petrolia, CA)

June 9 – 11

### **TIMES** (for all weekends except May 26 – 29):

Fridays: 4:15 – 6:30 p.m. and 7 – 9 p.m.

Saturdays: 9 – 6 p.m. (with 1.5 hour lunch break)

Sundays: 9 a.m. – 12:30 p.m. and 2 – 5:30 p.m.

Schedule for May 26 – 29: 8 a.m. Friday – 7 p.m. Monday  
(includes 2 hours travel each way from Arcata to Petrolia, CA)

Plus approx. 4 extra hours (time to be decided by the group), various reading and writing assignments and 6 class observations

### **LOCATION:**

All classes will be located at the Community Yoga Center, 890 G St., Arcata Plaza, unless otherwise noted. The May retreat is located at Camp Mattole in Petrolia, CA, which is a 2-hour drive southwest of Arcata.

### **COMMUNICATION:**

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