

200-HOUR YOGA TEACHER TRAINING APPLICATION

This Yoga Alliance Registered Teacher Training program is appropriate for both aspiring teachers and committed yogis with a minimum of two years practicing yoga who are looking to deepen their experience of yoga.

Today's Date (MM/DD/YY)_____

Personal Information (print clearly)

Name _____ Birth date ___/___/___

Phone (____) _____ Email _____

Address _____ City _____ State _____

Zip _____

Occupation _____

Emergency Contact

Name Phone Relationship

Medical History

Please complete the medical history section so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

1) Do you suffer from any of the conditions below?

- Epilepsy
- Diabetes
- High-blood Pressure
- Pregnant, plan to become pregnant during the course of the training
- No, I do not suffer from the above conditions to my knowledge

2) Please list medications you are taking that were prescribed to you by a health care professional:

3) Is there anything else we should know about your medical history?

About You

How long have you been practicing yoga? (minimum of 2 years practicing is required)

How many days per week do you practice yoga?

What style of yoga do you usually practice?

At which yoga studios do you currently practice?

Who have been your primary teachers?

Do you have a home practice? → Yes → No

Do you practice meditation and/or pranayama? → Yes → No

Is this your first teacher training? → Yes → No

If no, please list prior training: _____

Are you currently teaching yoga? → Yes → No

If yes, for how many years? Where do you teach? _____

What area of yoga challenges you the most? (Please specify)

In your opinion, what qualities embody a good yoga teacher? Why?

Why do you want to take the Integrated Vinyasa Yoga Teacher Training program at the Vitality Center? What specifically interests you?

Please list pertinent workshops, trainings, intensives and/or retreats you have taken:

How has yoga impacted your life?

What are your expectations for this training? What do you hope to achieve at the completion of the program?

Can you commit to the entire course? Being on time for every session? (required for certification) → Yes → No
If no, please explain:

CERTIFICATE OF COMPLETION: Upon successful completion of the entire course, you will be issued a certificate of completion. You must attend all hours of all modules to receive certification. This is not awarded solely based on hours or subjects completed; it is also determined by the teacher's assessment of the student's grasp of concepts and materials presented. A written final examination must be completed and passed to receive the Certificate of Completion

Payment Information

A \$500 non-transferrable, non-refundable deposit is due with your application. Three installment payment plan for the remainder is available, with payments due on 5/1, 6/1 and 7/1. Balance due by July 1st, 2015. No refunds after program start date. Your card will only be charged upon acceptance into the Teacher Training Program.

→ Visa → Mastercard

Credit Card # _____ Exp. Date _____

Name as it appears on the card: _____

Billing Address: _____

I hereby authorize the above payment of \$ _____

Please initial: _____

PLEASE READ AND SIGN BELOW TO COMPLETE YOUR APPLICATION

I understand that if I fulfill all the requirements of the Integrated Vinyasa Yoga Teacher Training at The Vitality Center, including all in class hours, homework, quizzes and final exam, I will receive a certificate of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200-hour Teacher Training program. I understand that if I am late for or miss a teacher training session without makeup, I will not receive credit for the session and am therefore ineligible to receive a certificate of completion which may be submitted for Yoga Alliance Registration. I understand that The Vitality Center reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. Under

such circumstances, I understand I will not be refunded my tuition. I understand that if I cancel my enrollment prior to training start date, a full refund will be issued minus the deposit and the cost of any books or other materials ordered for me. I will receive any materials you have paid for, except for the training manual. Once the program begins, tuition is non-refundable and nontransferable. I understand that all Integrated Vinyasa Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of Gina Caputo. Failure to comply may result in legal action.

I have read and accept the above terms and requirements: → Yes → No

Signed: _____