

YOGA EAST - APPLICATION FOR ADMISSION TO 200 Hour TEACHER TRAINING

Part I

<hr/>			Attach a recent passport size photo Required
Name <hr/>			
Address <hr/>			
City <hr/>	State <hr/>	Zip <hr/>	
Home Phone <hr/>	Cell Phone <hr/>		
Current Age <hr/>	Date of Birth <hr/>		
E-Mail <hr/>			

All information is confidential. Attach an extra sheet if you need more answer space.

Personal Background

Current Occupation

Name and address of employer

How long employed?

Employment History

Marital status

 Name of spouse

Names and ages of minor children:

Ever convicted of a crime? Provide date, place of conviction and details

Educational Background

High School

 City

 Graduation Date

College or other educational experience, please provide dates of attendance and degrees obtained, if any.
Name and location

 Date of attendance/Degree received

Part 2 - Yoga Experience

- I am a current Yoga East student.** *Your attendance in classes at Yoga East is tracked by our studio software program, MindBodyOnline (MBO). You can access your attendance history by Logging In to the system. All students who have attended classes here have a history and account in MBO. If you have never logged in or forgotten your log in or password go to the website to access your account and keep a record of your log in and password so you can track your course hours.*

- I have not attended class at Yoga East.** *Go to www.yogaeast.org and register for an account. If you have never logged in, MBO will prompt you to create a log in and password. Keep a record of your log in and password because you will need to periodically log in to check your hours during the course.*

If you have not regularly attended classes at Yoga East, please provide the following information about your practice.

Practice history

Studio	Teacher	Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What style of yoga or kinds of classes you attend? _____

Do you maintain a regular attendance (2-3 classes per week)? _____

Do you have any current limitations or injuries that affect your practice? _____

Are you now teaching yoga? Locations and number of classes per week: _____

Other yoga-related skills or experience: _____

Please indicate your experience with the following asanas (yoga postures):

Sarvangasana (shoulderstand): Do you practice this pose? _____

How many times per week? _____ How long do you regularly hold Sarvangasana? _____

Shirshasana (headstand): Do you practice this pose? _____

Can you hold headstand away from a wall for 2 minutes?

Urdhva Dhanurasana (full back bend pushing up from the floor): Do you practice this pose?

Urdhva mukha vrksasana (handstand, at the wall is ok): Do you practice this pose?

Padmasana (full lotus): Do you practice the full, classic version of this pose?

What is the length and frequency of your regular yoga asana practice?

Do you have a regular sitting meditation practice?

Do you have a regular pranayama practice?

What are your specific goals and expectations in taking this course? It would be helpful to tell us what type of classes or style of yoga you are interested in teaching, whether you want to teach special populations, such as the elderly, low-income or disabled individuals, people with MS, at risk children, etc., or whether you are taking the course to deepen your personal practice and understanding of yoga.

READ BEFORE SUBMITTING YOUR APPLICATION

Requirements for Certification - please initial each requirement.term:

- I will maintain a Mysore Membership at Yoga East during the Course.
- I will attend a minimum of three classes per week with teacher trainers during the Course.
- I have checked the dates of teacher training classes against my calendar and can attend classes on the dates shown.

Refunds, Withdrawal and Dismissal Policy:

Before submitting your application, carefully consider whether this is the appropriate teacher training course for you, and whether you have the ability to complete the course of study. The course is a significant commitment of time, finances and energy. The course is challenging. Make sure you are determined to complete the course before enrolling. You should postpone the training if you are pregnant or plan to become pregnant, if you are starting a new business, or if you are enrolled in college or graduate school, as all of these circumstances in the past have caused students to have to withdraw from the training. Any of the following circumstances may adversely impact your ability to fully participate in the course, complete the course, or become a successful yoga teacher: inadequate yoga experience, inadequate prior experience in Yoga East classes, medical restrictions, chronic medical conditions, severe injuries, recent surgery or serious illness, depression, a history of substance abuse or addiction, eating disorders, bi-polar disorders, any untreated mental health disorder, family responsibilities such as caring for young children or elderly parents, job responsibilities, or financial difficulties. If any of these circumstances apply to you, you should consider postponing teacher training.

No refunds will be given for parts of the course you have attended or commenced. No refunds will be given for book or materials purchased from Yoga East.

Pro-rata refunds are allowed in the event of withdrawal for extraordinary reasons such as a medical or family emergency or job transfer out-of-state.

Refunds:

Before the Course begins: full refund. \$100 administrative fee will be charged for deposit refunds.
After the Course begins: \$250 administrative fee will be charged for refunds. No refund will be given after the course has been in session for two months.

Yoga East, Inc. reserves the right to dismiss any student from the training if we determine that the student's continued participation is inappropriate or disruptive to the other students. Reasons for such dismissal include but are not limited to: misconduct, failure to pay the fees, failure to participate in the program, failure to attend classes, or if we discover a material misrepresentation on your application.

Certification Policy:

Completing the Course does not guarantee certification. Certification decisions are made by the faculty based on the student's performance in the Course as a whole and the results of three exams:

1. Asana Exam: the student's personal practice.
2. Teaching Methodology Exam A: teaching students at all levels with and without props.
3. Teaching Methodology Exam B: adapting postures with props and modifications.
4. Written exam on theory, anatomy, and philosophy.

We have been training teachers since 1995, and many of our teachers are successfully pursuing a career teaching yoga. Our experience has shown that applicants who studied yoga in Yoga East classes for at least two years before entering teacher training are most likely to receive certification. If you have not had two years of Yoga East class experience we recommend you to consider postponing your training until you have more experience. Yoga East currently has three levels of Certification. In order to receive certification students must satisfactorily complete the Course and pass the exams. The asana exam determines your certification level. Students who wish to upgrade to the next level may re-take the asana exam.

Gentle Yoga Teacher

A Certified Gentle Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Gentle level and demonstrated the ability to safely teach gentle yoga students including seniors and other adults with limited mobility.

Beginning Yoga Teacher

A Certified Beginning Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Levels G-1 and demonstrated the ability to safely teach Beginning yoga students including students who have back, joint and other musculo-skeletal injuries or conditions.

Hatha Yoga Teacher

A Certified Hatha Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Levels G-2 and demonstrated the ability to safely teach students at all levels.

I hereby certify that I have read the Refunds, Withdrawal and Dismissal Policy and the Certification Policy, and that the information given in this application is true and correct to the best of my knowledge. I understand that Yoga East, Inc., has the right to change or reverse any admission or certification decision made on the basis of incomplete or incorrect information.

Signature of Applicant _____ **Date** _____

Notice of Nondiscriminatory Policy as to Students

Yoga East, Inc. is a 501(c)(3) nonprofit educational organization and admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational/admissions policies, scholarships, and other school-administered programs.