

YOGA ENERGY STUDIO (YES)

Teacher Training in Hatha/Vinyasa

APPLICATION FORM

A \$500 non-refundable deposit holds your place in the training. The balance is due at least two weeks before the program begins. Please complete this form and send it with your payment to YOGA ENERGY STUDIO, 1010 Central Ave #102, St. Petersburg FL 33705 or email as an attachment to yogaenergystudio@yahoo.com. You will be contacted upon acceptance.

ATTACH
PHOTO
HERE

Training Date (beginning) _____ for ___ 200 HR ___ 300 HR ___ 500 HR

**Enclosed is my check, payable to YES for \$_____ . Or, please
bill my credit card # _____ Visa ___ MC ___
Expiration _____ for \$ _____ . 3 Digit Code _____
Cardholder Name _____ Zip Code _____ .**

Name: _____ Female Male Birthday: _____

Mailing Address: _____

City, State, Zip: _____

Telephone (cell): _____ Email: _____

Occupation (If not currently employed, your vocation, training, or profession): _____

In case of emergency, please contact:

Name _____ Relationship _____ Telephone: _____

Physician: _____ Telephone: _____

How did you find out about this program? _____

Number of years practicing hatha yoga: _____. How has your involvement changed and developed over time? What does yoga mean to you? _____

Are you currently taking yoga classes? No Yes How many times per week? _____

What tradition/style? _____ How long have you been taking the class? _____

Other relevant education and/or training (indicate type, level, length of training): _____

Are you currently teaching yoga? No Yes How many times per week? _____

What tradition? _____ How long have you been teaching? _____

Write a brief essay (250 words) answering: Why you choose Hatha/Vinyasa Yoga Teacher Training at YES; what your expectations are for teacher training, and what qualities do you believe a yoga teacher should possess

HEALTH INFORMATION

Please list any past or present injuries, surgeries, major illnesses, and any medications you are taking and the conditions you are taking them for.

REQUIRED TEXTS: The following texts are required reading and will be discussed during training. Books are not included in the tuition, and should be purchased separately and before training starts. A written report on each book will be required.

FOR THE 200 HOUR:

The Key Muscles of Hatha Yoga - Volume One -
by Ray Long, MD
Anatomy of Yoga by H. David Coulter
Yoga Teachers Toolbox by Joseph & Lilian LePage
Yoga Sutras of Patanjali as translated by Sri Swami
Satchidananda

**FOR THE 300/500 HOUR ADD THESE
TO THE 200 HOUR:**

Ayurveda and Yoga by David Frawley
Yoga as Medicine by Timothy McCall MC
The Key Muscles of Hatha Yoga - Volume Two -
by Ray Long, MD
Theories of the Chakras by Hiroshi Motoyama

REFUND POLICY

There are no refunds on deposits once your application is approved. Full payment is due two weeks prior to start of training. All Payments are non-refundable. If we cancel the program you will receive a full refund.

CERTIFICATION REQUIREMENTS

In order to receive your Teacher Certification your tuition must be paid in full and regular attendance is required. Attendance will be taken at the start of each session. Missing more than two days of training or missing practice teach sessions could put your certification in jeopardy. If, due to circumstances beyond your control, you are unable to attend a few sessions, a reasonable effort will be made to allow you to make up the material, however there is no guarantee that this will happen in time for you to graduate with your class. There is an additional charge for the instructor to make up the required hours. In addition to training sessions, home practice and independent study assignments are required to integrate the material learned in class. You must provide proof of CPR/First Aid Training.

You must demonstrate your knowledge and understanding of yogic concepts and practices by successfully completing written and practical examinations. If necessary, you may re-take the exams until this understanding is demonstrated. During mandatory practice teach sessions you must demonstrate an ability to guide and teach yoga classes using the methodology presented in the training. All required work must be completed before graduation.

As a final certification requirement, it is important that you be balanced and conscious in your behavior and adhere to the code of ethics outlined below.

CODE OF ETHICS

As yoga teachers we are examples to our students. We should strive to exemplify the change we wish to see in the world. We can best achieve this goal by conducting ourselves in a way that fosters peace, harmony and integrity. I agree to the following Code of Conduct as a declaration of acceptable, ethical, and professional behavior to which I shall adhere to when conducting the teaching and business of Yoga:

1. Conduct all interactions with integrity and in a professional and conscientious manner.
2. Do not falsely represent my skills and scope of practice and if necessary, refer students to seek alternative instruction, advice, treatment, or direction when same is out of the purview of my skills.
3. Provide a safe, clean and holistic environment where all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation feel welcome.
4. Respect the privacy of all students and treat them in a dignified manner at all times.
5. Do not sexually, verbally or physically harass any student.
6. Follow all local government and national laws pertaining to the business of yoga
7. NEVER share students personal information with third parties for any reason not associated with the regular operation of the Yoga Studio or to meet the requirements of Yoga Alliance without their permission.

We believe that "action taken, deeds done and words said" should enhance the beauty of the world, increase harmony between beings and promote the general wellness of the community. Actions, deeds and words opposed to these principles should be avoided.

I certify that the above information is true and complete to the best of my knowledge and that I will not hold Yoga Energy Studio or my instructor liable for any mishaps arising from my participation in yoga class. I have read and understand the terms and conditions as outlined in this document, and agree to be bound by these conditions.

I understand that I must meet the above criteria to in order receive certification. I agree to honor this code of ethics.

PRINTED NAME: _____

Signature _____ Date _____