



Living Yoga Program, LLC (Teacher Training Program) Application and Policies

GENERAL INSTRUCTIONS

To apply to the Living Yoga Teacher Training Program, please complete all of the blanks on this application. Print in Boldface type with a minimum font of 11 point or print neatly if hand writing.

Type your name in the lines requiring a signature; we will obtain your actual signature at training.

Include a \$150 non-refundable application fee for processing (check payable to Living Yoga Program or credit card).

Submit the application to the Living Yoga Program either by postal mail or Email.

Postal Mail: Living Yoga Program, 8206 Stillwood Lane, Austin, Texas 78757-7635

Email: Ellen Smith at ebsmith@austin.rr.com.

Next, complete a Registration Form to reserve a space in a specific program. You can find this form here:

<http://livingyogaprogram.com/application.htm>

Please feel free to contact Ellen Smith with any questions at ebsmith@austin.rr.com or 512-266-7926 (voice mail).

E-mail and internet access are required for participation in the Living Yoga Program

Name: Male Female Age.....

Nickname you would like us to call you (if applicable):

Date of Birth:

Address:

City/State/Zip:.....

Telephone (Home): (Work):.....

Telephone (Cell):

E-mail:

Emergency contact (name, relationship, and telephone):

One *unique* thing about you (we will use this for an icebreaker exercise during Module 1; please keep this a secret until then):

If you know which Track you wish to pursue, check the box below. Please note that you can later change tracks, but depending which modules you have completed, you may lose some credit. To learn more about the Yoga Alliance Track and The Yoga Register Track, visit <http://livingyogaprogram.com/program.htm>

_____ I will attend the Yoga Alliance Track (YA Track).

_____ I will attend the Yoga Register Track (YR Track).

_____ I am undecided.

LIVING YOGA PROGRAM CANCELLATION AND REFUND POLICY

- * In the event that the Living Yoga Program cancels an event, we will refund all fees collected in full.
- * Refunds will not be issued for late arrivals, unattended events, early termination of attendance, no-shows, or missed meals.

Cancellation with more than 7 days (written notice via email).

- * \$100 processing/administrative fee will be deducted from any refund.
- * Written email notice must be received by Ellen Smith at ebsmith@austin.rr.com

Cancellation with less than 7 days (written notice via email).

- * Attendee will forfeit 50% of the total registration cost of the module(s) missed.
- * Any remaining balance of paid fees will be refunded within one month of receipt of notice of cancellation.
- * Written email notice must be received by Ellen Smith at ebsmith@austin.rr.com
- * We require a minimum of 24 hours written notice, prior to the start of the event.

Cancellation with less than 24 hrs written notice.

- * No refunds will be issued in the event that our office fails to receive at least 24 hours written notice of cancellation.

<p>Non-refundable LYP application fee \$150 Choose payment method below:</p> <p><input type="checkbox"/> I would like the LYP staff to charge my credit card for a one-time fee of \$150.00. Initials _____ <i>Please complete information in box at right →</i></p> <p><input type="checkbox"/> I am enclosing a personal check or money order for \$150, payable to Living Yoga Program.</p>	<p>Credit Card Payment</p> <p>Credit Card: <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> Discover <i>(Sorry, but we do not take American Express)</i></p> <p>Expiration Date: ____ / ____ (Month/Year)</p> <p>Credit Card # (Please print large and neatly)</p> <p>____ / ____</p> <p>____ / ____</p> <p>Signature for Credit Card: (type signature if submitting by email)</p> <p>_____</p>
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Please submit your replies to the following questions either on an additional sheet of paper or enlarge the spaces below and type your answers here. Please be thoughtful and thorough with your replies.

1. A description of your background in yoga and teaching, including any yoga studies you have taken.
2. Why do you want to take the training program? What specifically do you want to learn during the program?
3. How would you utilize a yoga teacher certification?
4. Do you have certifications in other areas? (personal trainer, pilates, education, etc.)
5. How did you hear about the training? Please check below:
 Internet, if so which web site? _____
 Yoga Journal magazine *Yoga International* magazine *Yoga+ Joyful Living* magazine
 from a teacher or friend (please provide his/her name and email address so that we can send a thank you note) _____
 other _____
6. Do you have a significant illness or any injuries that impact your practice? If so, please tell us about them, including any contraindications/recommendations made by your physician.
7. Please tell us about yourself: family, occupation, pets, college/degrees, hobbies, and any other information you would like for us to know.
8. Do you have a personal yoga practice? If so, please tell us what it consists of.
9. Do you currently teach yoga? If so, what type of yoga do you teach and where do you teach?
10. Have you studied meditation? If yes, for how long and what style(s)? Do you have a daily meditation practice?
11. Have you studied any energy systems (qigong, tai chi, reiki, chakras, Chinese medicine, etc.)? How long and what?
12. Please feel free to share any additional information with us.
13. Do you have any concerns or comments about participating in the program? If so, we are happy to address them.

On a scale of 1 to 4, please tell us what you would like to study at the 9-day teacher intensive:

No Interest			High Interest	
1	2	3	4	
_____	_____	_____	_____	Hatha yoga—in-depth instruction in asanas/postures
_____	_____	_____	_____	Teaching yoga—how to teach safely
_____	_____	_____	_____	Teaching yoga—practice teaching to fellow students at the intensive
_____	_____	_____	_____	Teaching yoga--classroom logistics (set up the class, handle situations in class)
_____	_____	_____	_____	Teaching yoga—adjusting/assisting students in asanas
_____	_____	_____	_____	Teaching yoga—modifying asanas in case of injury or limited flexibility
_____	_____	_____	_____	Meditation
_____	_____	_____	_____	History of yoga
_____	_____	_____	_____	Raja yoga (royal path of the mind)
_____	_____	_____	_____	Patanjali’s 8-limb path
_____	_____	_____	_____	Energy systems (chakras, nadis, how energy moves in the body, etc.)
_____	_____	_____	_____	Yogic lifestyle (meals, meditation, philosophy, etc.)
_____	_____	_____	_____	Hindu religion/traditions (since we are staying at a Hindu ashram)
_____	_____	_____	_____	Sanskrit language (how to pronounce the names of the asanas)
_____	_____	_____	_____	Marketing and the business of yoga
_____	_____	_____	_____	Other _____