



2016 Yoga Teacher Training

Applicant Information

Name (Last, First, Middle): _____

Address: _____

Phone Number: _____

Email: _____

Emergency Contact: _____

Phone: _____

How did you hear about the Teacher Training? _____

Why did you choose The Yoga Mat for your 200 hr. certification? _____

Tell us About You

What brought you to Yoga? _____

How long have you been practicing for? How Often? _____

How has yoga impacted your life? What benefits do you receive from yoga? _____

What are your goals for this training? _____

If you had one super power, what would it be and why? _____

Topics of Interest

Please select the top three topics that interest you the most and rate them all:

	Awesome	Rad	Cool	Ordinary	Boring
<input type="checkbox"/> Breathing Techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Asanas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Class Sequencing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Language of Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Chanting, Krias, and Mantras	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Nutrition/Diet, and lifestyle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Teaching and Learning Styles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Anatomy and Physiology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Business of Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ethics of Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Chakra and Energy System	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Types of Yoga (vinyasa, restoratives, pre/post-natal, tune-up etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> History and Philosophy of Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mentorships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Practice Teaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add comments and/or expand on why you're interested in these topics: _____

Liability Waiver

I am aware that The Yoga Mat is here to serve me by sharing knowledge of yoga and health. I understand that the practice of yoga involves physical movement and exercise which may from time to time be strenuous, and that such practice carries some risk of injury. I understand that I must judge my own capabilities with respect to practicing yoga at The Yoga Mat. By my participating in 200 hour Yoga Teacher Training, classes and activities at The Yoga Mat, I agree to take full responsibility for not exceeding my limits in the practice of yoga, to follow the instruction of my lead teacher trainer and any of his/her assistants, and for any injury I might suffer in the practice of yoga. I acknowledge that it is my responsibility to ascertain that there is no medical reason to prevent my participation in 200 hour Yoga Teacher Training and yoga classes at The Yoga Mat. I also acknowledge that it is my responsibility to inform the instructor immediately if an injury occurs during class. I understand that, from time to time at The Yoga Mat, instructors may physically adjust a student's form during the 200 hour Yoga Teacher Training and during yoga classes. If I do not want such physical adjustments, I will so inform the instructor on each occasion. I also acknowledge that if I do wish to receive such physical adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time. I hereby waive and release any claim that I may have at any time for injury of any sort against The Yoga Mat or any person or entity in any way involved therewith, including without limitations its principals, instructors, employees, agents and representatives. In addition, I understand that The Yoga Mat is not responsible for my personal property or any lost or stolen items. I have carefully read, fully understand and agree to the above

Signature: _____ Date: _____

Payment Information

- Total Payment of \$2500 for 16 week 200 hour Teacher Training Program - Due in full by Jan 1, 2016
- Non-refundable deposit of \$200 and application due by November 1, 2015
- Early Bird discount of \$100 if paid in full by December 1, 2015
- Additional \$100 discount if paid in full by November 1, 2015

We accept cash, check, and all major credit cards as form of payment. A \$30 fee will be applied for returned checks.

*Tuition includes all textbooks and readings

*Payment plans are available and will be charged at the full cost of \$2500. All payments must be made by May 7, 2015. Please contact us at theyogamatoc@yahoo.com to make arrangements.

The Yoga Mat 200 hour Yoga Teacher Training Commitment

I understand that I am enrolling in The Yoga Mat 200 hour Yoga Teacher Training Program, approved and certified by Yoga Alliance. I understand that my enrollment and payment in The Yoga Mat 200 hour Yoga Teacher Training Program, does not guarantee me a certificate of completion and does not automatically certify me as a Yoga Instructor. I must follow the attendance policy, actively participate, and successfully pass the final in order to receive my 200 hour Yoga Teacher Training certificate. I also acknowledge that at the conclusion of the training, The Yoga Mat will evaluate all students for a possible yoga teaching position at The Yoga Mat however, completion of this 200 hour Yoga Teacher Training Program does not guarantee me a teaching position at The Yoga Mat.

Printed Name: _____

Signature: _____

Date: _____
