



2010 SRI YOGA TEACHER TRAINING APPLICATION

The Sri Yoga Teacher Training Program includes a vigorous two-hour asana practice, therefore we strongly recommend that applicants have one year of consistent asana practice. Before submitting your application, we strongly encourage applicants to consider the time and resource investments required on the path to becoming a yoga teacher, ensuring that the date(s) and time(s) chosen work for the applicant.

PERSONAL INFORMATION

Name: _____ Birthdate: _____

Address: _____
Street City State Zip

Phone: (____) _____ E-mail: _____

Occupation: _____

Emergency Contact Name: _____ Phone: (____) _____

MEDICAL HISTORY

Please complete the medical history section below 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 have any physical limitations or injuries that may limit your participation in any physical exercise? If yes, please explain below.
 Yes
 No

2. Do you suffer from any of the following conditions below?
 Epilepsy
 Diabetes
 Pregnant Trimester: _____
 Plan to become pregnant during the course of the training

3. Please list any medications that were prescribed to you by a health care professional:

4. Is there anything else we should know about your medical history?

YOGA EXPERIENCE

To better serve you, it is important that we have a general picture of your yoga practice and history. Please be as honest and specific as possible. Do not fear answering NO.

1. How long have you been practicing yoga? _____

2. Please list any trainings you have completed. _____

3. How many days per week do you practice yoga? _____

4. What style(s) of yoga do you usually practice? _____

5. Do you have a home yoga practice?

- Yes
- No

If yes, please detail your practice below. Include, if applicable, any pranayama or meditation.

6. Are you currently teaching yoga?

- Yes
- No

If yes, please tell us how long you have been teaching and what style(s) you are teaching.

7. What area(s) of yoga challenges you most?

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

9. Why do you want to take this training program? Is it your goal to teach, deepen your spiritual practice or perhaps both?

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

Please read the following.

I understand that if I fulfill all the requirements of the Sri Yoga Teacher Training, including in-class hours, homework, quizzes and final exam, I will receive a certificate of completion which can be submitted to Yoga Alliance or a prospective employer as evidence that I have completed a 200 hour Teacher Training program.

I understand that Sri Yoga 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 once notified of my acceptance into the program, I have until July 15, 2010 to secure my spot in the program with a *non-refundable* \$300 deposit.

I understand that the remaining balance of the training is due on or by the first day of the training, unless otherwise worked out with the training directors.

I understand that once the training begins, tuition is non-refundable and 100% attendance is mandatory.

We understand that emergencies and other life situations do arise. We recommend that you carefully review your schedule and upcoming obligations to ensure that you can commit fully to teacher training. Making up hours missed is an option only in the face of extenuating events and will be extended by the training directors on a case-by-case basis.

I have read and accept the above terms and requirements

- Yes
- No

APPLICATION DEADLINE

The deadline to submit your application is **July 1, 2010**. Submitting your application early, however, is encouraged. You will be notified within 3 days of submitting your application as to whether you have been admitted to the program. Please do not send your deposit with your application; deposit will be collected upon admittance into the program to reserve your spot.

You have 3 options for submitting your completed application:

1. E-mail info@sriyogacenter.com and attach your application.
2. Mail to: Sri Yoga Center, 813 Leo Street, Dayton, Ohio 45404.
3. Stop in during Sri Yoga Center class hours and hand in application to the front desk.

Thank you for your interest in our program.

Namaste!