



Sacred Garden Yoga

explore your possibilities

200 Hour Yoga Teacher Training Application

Location: Sacred Garden Yoga- Marietta,GA

Dates: February- May 2019

Format: Nine weekends, Saturday & Sunday

Application Guidelines:

- Download and fill out the answer to each question. All answers are kept confidential. Please keep answers brief.
- Read, sign and return: 1) Application questions. 2) SGY liability agreement. 3) Criteria for Yoga of the Heart certification agreement.
- You can drop off or mail to Sacred Garden Yoga or email to info@sacredgardenyoga.com
- An acceptance notification will be emailed within 14 days of receiving application. Once accepted, a deposit is required to register.
- Please note that certification is not guaranteed and dependent on satisfactory completion of all requirements.
- Review the payment/ refund policy below.
- Contact Sacred Garden Yoga at 770-421-9353 or by email at info@sacredgardenyoga.com for additional questions or information.

Payment & Refund Policy:

A non-refundable deposit of \$150 is required in order to register for the SGY, Yoga of the Heart Teacher Training Course.

Sacred Garden Yoga Teacher Training tuition fees are due in full 30 days before the start of the program unless SGY and student have agreed on a payment plan format.

Refund Policy

A student may be entitled to a refund of tuition fees in the event that:

- The student provides written notice to SGY that he or she is withdrawing from the program; or
- SGY provides written notice to the student advising that the student has been dismissed from the program.

Final date to withdraw from our program and receive a refund, minus the non-refundable \$150 deposit, is **30 days** prior to the start date of the program.

If withdrawal from the program is made **29-7 days** prior to the start of the program, SGY will retain \$500 and offer a refund for the rest of the tuition.

If withdrawal from program is made 6 days prior and into the first weekend of the program, SGY will refund 50% of full tuition.

If withdrawal is made after the first weekend is completed, no refund will be given.

If participating in the payment plan, no refund of tuition already paid, will be given.

200 Hour Teacher Training Application

Name: _____ Email: _____

Address: _____

Phone #: _____ Alt #: _____ Date of Birth: _____

Emergency Contact: _____ Relationship: _____ Ph#: _____

- 1) **Training Pre-requisite:** One year of a regular practice. Please confirm that you meet this requirement:
_____ Yes, I have had at least one year of regular yoga practice and have a current practice.
_____ No, I have not had at least one year of regular yoga practice.
- 2) Please describe your experience with yoga:
a. How long have you been practicing?
b. How often do you practice?
c. What does your practice consist of?
- 3) How has your yoga practice personally affected your life?
- 4) What are your goals in completing a YTT program? If it is to teach, why have you chosen to become a yoga teacher at this time in your life?
- 5) What are your reasons for wanting to take this particular teacher training?
- 6) What personal experience have you had and/or qualities do you possess that would support your success as a yoga teacher?
- 7) Do you have experience with other movement forms or meditation? If so, what is your experience?
- 8) What is your educational and professional background outside of yoga?
- 9) How would you rate your overall physical health? Please include information about any relevant current or past medical conditions.
- 10) How would you rate your overall mental health? Please include information about any relevant current or past conditions.
- 11) Describe your most influential teachers and their qualities.

200 Hour Yoga Teacher Training Agreements

Please read the following agreements carefully. Submit your signed Agreements with your application.

Program and Liability Agreement

I take full responsibility for my experience in the Yoga of the Heart Teacher Training at Sacred Garden Yoga. I understand that the Yoga of the Heart, 200-Hour Certification Program, may be challenging for me physically, emotionally and spiritually. I agree to take care of myself at every level. I agree to contribute to a learning environment that is safe, respectful and constructive for myself, and everyone involved in this training.

I acknowledge the practice of yoga often involves exploring my personal edges and limits. Sacred Garden Yoga and its teachers are not responsible for any physical or psychological challenges I choose to explore throughout my educational process. Sacred Garden Yoga nor any of its affiliates will pay or reimburse me, for any physical or psychological treatment during or after this program.

My attendance is mandatory in every session for me to meet the requirements for becoming a certified 200-hr yoga teacher. I commit to my full participation in this program. I am aware it is my responsibility to alter, adjust or discontinue any experience that does not feel safe or appropriate to me. If I feel unsafe, I will communicate my discomfort to the staff members and ask for assistance.

Acceptance of Risk

I will not hold Sacred Garden Yoga liable for ANY psychological or physical injury occurring before, during, or after this program. I am of sound mind and body, capable of participating safely in this program. I fully recognize and accept any risk that I undertake in this program. If I have any concerns, I will consult with my health care providers for approval.

Substance Use

The use or abuse of alcohol or other recreational drugs is prohibited during the training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program with no refunds.

Ethical Agreement

In upholding a standard of ethics throughout the teacher training program, we create a safe and sacred space for sharing, growing and learning. You agree to respect student's privacy with information they may share. When offering yoga assistance through adjustments and touch, you do so with professionalism and total respect to the students. Under all circumstances, refrain from initiating or engaging in any sexual conduct with peers or students.

SGY Promotional Efforts

At times, Sacred Garden Yoga staff may take photographs and make audio/video recordings of the training to promote the benefits of participating in its programs and activities. During any photography or recording, I can tell a Sacred Garden Yoga staff that I do not wish to participate. I can move to a place in the room that is not being photographed or recorded. Otherwise, I hereby consent to being the subject of any photographs or audio/video recordings made during my training. I grant permission for these to be published or posted in ways that promote SGY and the Yoga of the Heart training program.

Refund and Cancellation Policy

If I am asked to leave the program because my progress or participation is not in alignment with SGY standards, my tuition refund will be prorated. If I choose to leave the program, I am in full understanding of the refund policy noted above under the application guidelines.

Release of Liability

After being informed of the above risks and responsibilities, I release Sacred Garden Yoga, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise during my training or from my later use of information or instruction at home.

By signing this agreement, I will abide by the terms of this Yoga of the Heart 200-hr Yoga Certification Program and Liability Agreement and accept SGY's policies and enter into a legally binding general release liability.

SIGNATURE: _____

NAME (PLEASE PRINT): _____ **DATE:** _____

Criteria for Yoga of the Heart Teacher Training Certification Agreement

I acknowledge that by being accepted, paying tuition and participating fully in the Yoga of the Heart Teacher Training, DOES NOT guarantee my certification.

In order to be certified I must demonstrate a basic understanding and integration of the material presented in this training in order to teach yoga with safety and clarity. I must possess a level of body awareness, mental stability, emotional maturity, communication skills and personal integrity necessary to create and sustain the safe educational environment that supports the personal transformation of students.

I will be evaluated by the SGY staff on the following criteria:

- Ability to embody postures with proper alignment and technique.
- Arriving to each training ON TIME and with 100% attendance and participation in all sessions.
- Timely completion of all homework, reading and class assignments.
- Attending at least 2 yoga classes per week, at least one at SGY unless you live a significant distance from studio.
- Demonstrated learning through practiced teaching each weekend.
- The teaching of a one hour public class, reviewed by staff, that demonstrates all required teaching skills.
- A passing grade on all written and oral exams.
- Completion of 9 karma (volunteer) hours to any organization including SGY that you wish to offer your services. That is 1 hour for each training weekend.
- Professional and ethical conduct in and out of the classroom.

The SGY staff will encourage and support your learning, integration and demonstration of these skills throughout the training. We will communicate with you regarding any areas of your learning we feel may require some level of improvement, providing you with ample opportunity for you to address these areas and become proficient and certified.

SIGNATURE: _____

NAME (PLEASE PRINT): _____

DATE: _____