



770 Reading Road, Suite D
Mason, Ohio 45040
(513) 204-5657

300 hour Advanced Teacher Training Application

Thank you for your interest in Anahata Yoga 300 hr. Teacher Training Program! Below you will find detailed instructions on how to apply.

To reserve a place in the training you must send your complete application, along with a \$500 deposit. See different payment options.

Personal Information

Name: _____ Today's date: _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____ Work/Cell Phone _____

E-mail _____

Emergency Contact _____

Phone _____ Relationship _____



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.

How would you evaluate your current health?

- Excellent
- Good
- Fair
- Some challenges (describe) _____

Please let us know if you have any injuries that may affect your ability to fully participate in the training. _____

Please list any medical conditions that may affect your ability to fully participate in the training. _____

Have you had any surgeries in the last year? If yes, please explain.. _____

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



About You

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

How long have you been practicing yoga? _____

How many days per week do you practice yoga? _____

What style of yoga do you usually practice? _____

Where do you usually practice? _____

Do you have a home practice? Yes No

Do you practice meditation and/or pranayama? Yes No

Do you practice inversions? Yes No

Do you practice sun salutes? Yes No

Are you currently teaching yoga? Yes No

If yes, please specify where and how long

What areas of yoga challenge you the most? (please specify)

Do you have any time constraints or conflicts with proposed training schedule?



About you (con.)

Why do you want to deepen your Yoga studies? Are you interested in learning a specific topic with regards to yoga?

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



Payment Information

\$500 deposit is due with your application by deadline of Jan. 5th, 2018. After that deadline, you will be accepted if there is room available. See specifics on cost of training. Cash or Check \$3,30.00. (Less \$500 deposit) or \$3,575.00 with CC payments (less \$500.00 deposit)

I will pay in full before January 5th, 2019 to secure my spot. After that deadline I will be accepted if there is a spot available. Cash or checks only please. A \$500 deposit with registration form leaves a balance due (of \$3,300.00) on or before first day of training. I understand that this is non-refundable.

For Credit Card Payments

After making my non-refundable \$500 deposit, I authorize my credit card To be charged a total of 13 payments of \$275.00 each. First payment will be charged on January 16th. (13 payments of \$275.00) Payments will be charged on each Wednesday's of Teacher Training.

Name as it appears on the card: _____

Credit card # _____

MasterCard or Visa Expiration date: _____

Address: _____

City: _____ State: _____

CSC number on back of card: _____



Program Participant Agreement

I understand that if I am paid in full and fulfill all the requirements of Anahata Yoga Teacher Training program, including in class hours, homework, quizzes and passing both the written and in-class practical final exams, I will receive a letter of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 300 Hour Advanced Teacher Training Program, which I can apply to Yoga Alliance to be a RYT-500. Paying for the program and completing the hours alone does not mean I will pass the program.

I understand that if I am habitually tardy, I will not receive credit for the days that I am tardy. No more than 3 days of training must be missed to complete the program. After a missed day, it is the student's responsibility to get back to the teacher to make-up material. The material will be handed out, and it is the student's responsibility to make up work.

I understand that my deposit is non-transferable and non-refundable. On the deadline of Jan. 5th, 2019, full tuition is expected to be paid in full, or credit card payments to be set up. I understand that during the training if I drop out, my tuition cannot be returned.

I understand that all Anahata Yoga Center's Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author.

I have read and accept the above terms and requirements: Yes No Please initial



Assumption of Risk, Release and Waiver of Liability

Yoga is an individual experience and I understand that I should progress at my own pace while participating in the physically active portions of Anahata Yoga Teacher Training Program. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest before continuing Yoga or any other exercise.

I acknowledge that participation in Anahata Yoga Center 300 hour Teacher Training program naturally involves the risk of injury to me. I further acknowledge that specific risks include resulting from over-exertion, physical adjustment, improper or negligent use of equipment, failure to follow teacher instructions, or injuries resulting from participation in an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks.

I represent that I am in good health, at least 18 years of age, have the necessary current medical approval to engage in physical exercise and yoga instructional classes and teacher training and have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequences as a result of engaging in physical exercise and yoga instructional classes and teacher training.

Release and Waiver of Liability: In consideration for my participation in Anahata Yoga Center 300 hour teacher training program, I individually, and on behalf of my relatives, legal representatives, and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless to the facility where I am taking my training and Anahata Yoga Center. I release Anahata Yoga Center from all actions, claims demands, suits, losses liabilities, expenses and costs of any nature whatsoever which may arise out of, relate to, or result from any injury, economic loss or any damage to me or my guest or relatives resulting from my participation in physical exercise and yoga instructional classes and teacher training at Anahata Yoga Center, L.L.C. This release and waiver of liability is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me while at the facilities, whether using exercise equipment, participating in active or passive exercise, or not.

Signature:

Print Name:

Date: