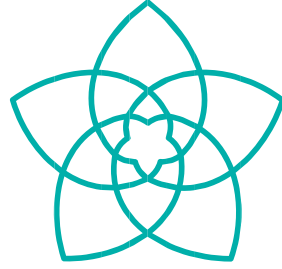


# Anahata yoga center



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

## 200 Hour Teacher Training Application

Thank you for your interest in Anahata Yoga Immersion and Teacher Training Program! Below you will find detailed instructions on how to apply. Any questions or concerns can be directed to Paula, head of studies at [yogacincy@gmail.com](mailto:yogacincy@gmail.com). A consistent yoga practice before hand is highly recommended, as well as 6 months of continued yoga practice. To receive the most out of your training, a daily practice of yoga will be encouraged.

To reserve a place in the training you must send your complete application, along with a check/cash payment for full or CC# number to sign up for monthly payment plans or to pay entire amount with the CC#. Enrollment is limited to 20 people.

### **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

Is this your first yoga teacher training? Yes  No

If no, please specify

\_\_\_\_\_

Are you currently teaching? Yes  No

If yes, how many years & where? \_\_\_\_\_

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

**About you (con.)**

Why do you want to take a Yoga Immersion & Teacher Training program



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



**Payment Information**

We will accept applications to the last date provided there is room in the training.

Cost of training: Pay in full with Cash/check: \$3,000.00

Pay in full with CC: \$3,100.00

Payment plan using CC# : \$3,100.00. (10 Payments of \$310.00)

Book fee is approximately \$150.00 extra.

I'm paying upfront with cash/check of \$3,000.00. I understand that this is nonrefundable.

For Credit Card Payments

I authorize my credit card To be charged a total of \$3100.00 over 10 monthly payments of \$200/per payment. First payment will be charged when application is turned in, and continue to be charged monthly on each Tuesday of monthly training. (10 payments of \$310.00) Payments will be charged on the Tuesday beginning each Training session.

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 200 Hour Teacher Training Program. 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 2 full days of training must be missed to complete the program. After a missed day, it is the students 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. If a student has missed under the 2 days, they may make their hours up in additional yoga classes, deemed appropriate by teachers. If more than 2 days have been missed, other arrangements will have to be made, such as paid privates with teachers, and or waiting for next years' teacher training program.

**I understand that my deposit is non-transferable and non-refundable. By the first day of training 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 paid cannot be returned. If I needed to drop out, my training can be finished at Anahata on another teacher training year.**

**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 200 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 200 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.

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Signature:

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Print Name:

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Date: