



Living Yoga Program, LLC (Teacher Training Program)
Application and Policies

GENERAL INSTRUCTIONS

- 1. To apply to the Living Yoga Teacher Training Program, please complete two forms:
- Application to apply to the program,
- Registration to reserve a space in a specific training Module.
2. Registration Forms are found on our website under the application box: http://livingyogaprogram.com/application.htm
3. If you do not know what training you want to attend, submit the Application by itself, without a Registration.
4. Please take your time to thoughtfully complete all of the blanks on this application (note the questions on page 3).
5. Print in Boldface type with a minimum font of 11 point, or print neatly if hand writing.
6. Include a \$150 non-refundable application processing fee (credit card or check payable to Living Yoga Program).
7. Submit your Application and Registration to the Living Yoga Program either by Email, postal mail, or fax.
- Email: Ellen Smith at ebsmith@livingyogaprogram.com.
- Postal Mail: Living Yoga Program, 8206 Stillwood Lane, Austin, Texas 78757-7635
- Fax: 815.346.5837

Contact Ellen Smith with questions: ebsmith@livingyogaprogram.com or 512-266-7926 (24/7 voice mail line).
E-mail and Internet access are required for participation in the Living Yoga Program

Today's Date:
Name: Male Female Age
Nickname you would like us to call you (if applicable):
Date of Birth:
Address:
City/State/Zip:
Telephone (BEST): (Work):
Telephone (Other):
E-mail:
Emergency contact (name and relationship):
Emergency contact (BEST phone number):

CHOOSING YOUR TRACK:

We have two study Tracks at the Living Yoga Program: Yoga Alliance (YA) and The Yoga Register (YR).
To learn more about these, visit http://livingyogaprogram.com/program.htm
You do not have to choose a Track prior to attending training.
We will discuss the two Tracks in detail during the Module 1 training.

However, if you already know which Track you wish to pursue, check the box below.

(Please note that you can change tracks later, but depending which modules you have completed, you may lose some credit.)

- I will attend the Yoga Alliance Track (YA Track).
I will attend the Yoga Register Track (YR Track).
I am undecided.

LIVING YOGA PROGRAM CANCELLATION AND REFUND POLICY

- * In the event that the Living Yoga Program cancels an event, we will refund all fees collected in full except the non-refundable application fee.
- * Refunds will not be issued for late arrivals, unattended events, early termination of attendance, no-shows, or missed meals.

Cancellation with more than 7 days written notice via email.

- * \$100 processing/administrative fee will be deducted from any refund.
- * Written email notice must be received by Ellen Smith at ebsmith@austin.rr.com

Cancellation with less than 7 days written notice via email.

- * Attendee will forfeit 50% of the total registration cost of the module(s) missed.
- * Any remaining balance of paid fees will be refunded within one month of receipt of notice of cancellation.
- * Written email notice must be received by Ellen Smith at ebsmith@austin.rr.com
- * We require a minimum of 24 hours written notice, prior to the start of the event.

Cancellation with less than 24 hours written notice.

- * No refunds will be issued in the event that our office fails to receive at least 24 hours written notice of cancellation.

Non-refundable LYP application fee \$150

Choose payment method below:

- Credit Card:** I would like the LYP staff to charge my credit card for a one-time fee of \$150.00.

Your Initials/authorization here _____

Please complete information in box at right (Sorry, but we do not take American Express)

Credit Card: MasterCard VISA Discover

Expiration Date: _ _ / _ _ (Month/Year)

Credit Card # (Please print large e and neatly)

_ _ _ _ / _ _ _ _ / _ _ _ _

Signature for Credit Card:(type signature if submitting by email)

- Check or Money Order:** I am enclosing a personal check or money order for \$150, payable to Living Yoga Program
- PayPal:** I have pre-paid using PayPal from the Living Yoga Program website [link](http://livingyogaprogram.com/payments.htm).
<http://livingyogaprogram.com/payments.htm>

Please submit your replies to all of the following questions. Feel free to use additional pages or enlarge the spaces below to type your answers here. *Please, be thoughtful and thorough with your replies.*

1. A description of your background in yoga, including any yoga studies you have taken: _____

2. How long have you been practicing yoga? _____
3. Why do you want to take our training program? _____
4. What specifically do you want to learn during the program?

5. How would you utilize a yoga teacher certification, if applicable? You are welcome to attend our program to deepen your yogic studies with no intention of teaching.

6. Do you have certifications in other areas? _____
7. How did you hear about the training? Please check below:
Internet, if so which web site? _____
Yoga Journal magazine Yoga International magazine Yoga+ Joyful Living magazine
From a teacher / friend (please provide his/her name & email address):

Other (please specify) _____
8. Do you have a significant illness or any injuries that impact your practice? _____ If so, please tell us about them, including any contraindications/recommendations made by your physician.

9. Please tell us about yourself: family, occupation, pets, college/degrees, hobbies, and any other information you would like for us to know.

10. Do you have a personal yoga practice? _____ If so, please tell us what it consists of:

11. Do you currently teach yoga? _____ If so, what type of yoga do you teach and where do you teach? How long have you been teaching? _____
12. Have you studied meditation? _____ If yes, for how long and what style(s)? Do you have a daily meditation practice? _____
13. Have you studied any energy systems (qigong, tai chi, reiki, chakras, Chinese medicine, etc.)? _____ How long and what? _____

14. Please feel free to share any additional information with us.

15. Do you have any concerns or comments about participating in the program? _____ If so, we are happy to address them.

16. In one sentence, tell us one *unique* or *special* thing about you. Important: *please do not reveal your answer to others in your Module 1 group until we tell you to share your sentence.*

17. On a scale of 1 to 4, please tell us what you would like to study during the 9-day teacher intensive:

No Interest		High Interest		
1	2	3	4	
_____	_____	_____	_____	Hatha yoga—in-depth instruction in asanas/postures
_____	_____	_____	_____	Teaching yoga—how to teach safely
_____	_____	_____	_____	Teaching yoga—practice teaching to fellow students at the intensive
_____	_____	_____	_____	Teaching yoga—classroom logistics (set up the class, handle situations in class)
_____	_____	_____	_____	Teaching yoga—adjusting/assisting students in asanas
_____	_____	_____	_____	Teaching yoga—modifying asanas in case of injury or limited flexibility
_____	_____	_____	_____	Practicing yoga – developing a solid home personal practice
_____	_____	_____	_____	Practicing yoga – learning about various styles and traditions
_____	_____	_____	_____	Meditation
_____	_____	_____	_____	Pranayama (breathing practices)
_____	_____	_____	_____	History of yoga
_____	_____	_____	_____	Raja yoga (royal path of the mind)
_____	_____	_____	_____	Patanjali’s 8-limb path
_____	_____	_____	_____	Energy systems (chakras, nadis, how energy moves in the body, etc.)
_____	_____	_____	_____	Yogic lifestyle (nutrition, meditation, philosophy, etc.)
_____	_____	_____	_____	Hindu religion/traditions (since we are staying at a Hindu ashram)
_____	_____	_____	_____	Sanskrit language (how to pronounce the names of the asanas)
_____	_____	_____	_____	Marketing and the business of yoga
_____	_____	_____	_____	Other (please fill in) _____