

200 HOUR TEACHER TRAINING PROGRAM APPLICATION



Name: _____ Email: _____

MailingAddress: _____

Phone: (cell) _____ (home) _____

Emergency contact info (name, relationship, phone):

Please list any injuries or medical conditions:

Have you ever taught yoga? Y__ N__ If yes, please describe the style of yoga and state the length of time you have been teaching:

Please list years of yoga practice and previous training:

What does yoga mean to you?

How has your yoga practice changed your life?

Describe your yoga experience. Please include teachers you have studied with and the methods or types of yoga that have been influential to you.

Please describe your yoga practice; include content of practice and length of time spent on your daily personal practice. This can include asana, breathing, meditation or other practices that you consider yogic.

What is your educational background? (Please include any yoga training as well as other schools you have attended and dates and degrees or certificates received).

What do you feel your main strengths and weaknesses are as a yoga practitioner and/or teacher?

What is your intention for taking this training? Please describe in at least 100 words why you want to be a yoga teacher, or to gain a deeper understanding of yourself through this training. What are your expectations upon completion of this training?

Do you have any physical or emotional conditions that could affect your participation in this training? Are you currently on any medications? Note which ones and the purpose of the medication.

Dear Prospective Student,

Thank you for your interest in Chakra Flow 200 Hour Teacher Training Program at Ananta Yoga Studio! Whether your intention is to become a yoga teacher or deepen your own practice, our hope is to inspire a full understanding and a complete experience of yoga.

Please take your time to review the following:

Program Schedule: September/October and spans 10 weekends over 9 months
Graduation: June of next year. Exact dates TBD (based on participants' availability)

Hours:

Friday Evenings 6PM–10PM , Saturday 10AM – 6PM - Sunday 9AM- 6PM

Course Fees*:

- **\$2850 for early registration by Aug 1st (*paid in full*)**
- **\$2950 for registration by Sept 1st (*paid in full*)**
- **\$3100 after Sept 1st**
 - \$200 deposit due at time of registration
 - \$2900 balance due at the beginning of the program
 - Payment plans are available

**A \$200 non-refundable deposit is waived if the full payment is made at the time of registration.*

Refund policy: No Refunds after the start of the program. (Partial refunds given for extenuating circumstances would be determined on an individual basis).

Affirmations

In order to make an informed decision about your application to enter the Program, we must be able to rely on the completeness of your information. You must answer all questions fully and honestly.

By signing below, you affirm that the information provided in this application is true and complete and you understand the requirements to graduate from the Program. You further affirm that you have read the entire document, understand it and agree to honor it and the training hour committed hours. (make up hours are available, however limited).

If I am participating in the Program to become certified as a yoga teacher, I have carefully read the Certification Requirements in the Agreement below and accept its requirements and conditions. I understand that the Teaching Committee may deny my certification if it determines that I have not met the Certification Requirements in the exercise of its sole discretion. I understand that my failure to meet the Certification

*Requirements will mean that I cannot register with Yoga Alliance. **Please initial here _____***

*I understand that providing inaccurate, incomplete, or misleading information is grounds for rejecting this application, being required to leave the Program after I have started, or the revocation of my certification after completing the Program. **Please initial here _____***

*I have carefully read the Agreement and understand that the Studio is not responsible for any physical or psychological harm that may result from my participation in the Program. **Please initial here _____***

*I have carefully read the Code of Ethics and understand that any violation of the Code of Ethics during the training could result in my not being certified. **Please initial here _____***

*I have read and understand the refund policy set forth in the Agreement below. **Please initial here _____.***

*I understand that I must respect the integrity of the students and teachers who are involved in the Program and will treat each one of them with compassion, respect and understanding. **Please initial here _____***

Teacher Training Program Agreement

Chakra Flow Yoga School [Relax, Replenish, Revive LLC] (the "Studio") and (name)_____ hereby agree as follows:

Section 1. Refunds

Your application deposit is **non-refundable** under any circumstances. If you decide to cancel your participation in the Program **before** the Program starts, the Studio will provide you with the full refund of your tuition payment. No Refunds after the start of the program. (Partial refunds given for extenuating circumstances would be determined on an individual basis).

You understand that you are not entitled to any refunds, credits, or adjustments if you fail to complete the Program or satisfy the Certification Requirements (as defined below). You will not be entitled to a refund if you withdraw from the Program or are removed from the Program. You understand that the Studio is under no obligation to award any credit for past experience or training if you fail to complete the Program but may do so in the exercise of the discretion of the Studio's Teaching Committee (the "Committee").

Section 2. Teacher Training Certification Requirements

The Program has been designed to provide yoga education for students who are pursuing registration with Yoga Alliance as a [RYT 200]. It is intended to result in the completion of 200 hours of training and to fulfill the requirements of Yoga Alliance.

Our Certification Requirements for graduation are as follows:

- 180 contact hours with Chakra Flow principle teachers.
- One yoga class per week with a Yoga Alliance certified yoga teacher during the course of the training.
- At least one class with each Chakra Flow teacher during the course of the training.
- 10 hours of practice teaching.
- Passing the written test with 75% or higher.
- Satisfactory passing of the practical teaching exam.

- Full participation in and completion of all Certification Requirements is mandatory for certification. We require 100 percent attendance. If you need to miss any session you must speak to the Program Director/Owner prior to the session. You are responsible for any course material missed.

In addition, all students must possess the skills and abilities necessary to safely and competently teach yoga, and a high level of emotional and mental stability and maturity. Your conduct and participation during the course of the Program will be the basis on which we will make this determination. Attendance in the Program and completion of the components does not ensure that you will be certified.

We may withhold certification from any student who fails to meet the Certification Requirements and to demonstrate the necessary skills, competencies, maturity and emotional stability necessary to safely and competently teach yoga. We have the right to make this assessment in the exercise of our sole discretion. You understand the inherently subjective nature of this determination.

Any student who is denied certification has the right to seek the review of the Committee. The Committee will conduct a fair review of the situation. The determination of the Committee will be final.

Note: The Committee consists of the Faculty, Program Owner/ Director and the 2 Principal Teachers.

Section. 3. Requirements for Deepening Your Practice

We recognize that some students do not want to become yoga teachers but want to more deeply explore the practice of yoga. We welcome students in our Program who wish to follow this path.

If you successfully complete 200 hours of training and decide that you wish to continue your training and become a yoga teacher, the Program Owner/Director will be happy to meet with you to determine if this is appropriate for you. If the Program Owner/Director does not approve your desire to pursue certification, you may request that the Committee review the Program Owner/Director's decision. The Committee will conduct a fair review of the situation and its decision will be final.

If you are approved to pursue certification as a yoga teacher, the Program Owner/ Director will discuss the requirements that you will need to meet to make you eligible for our Program and registration with the Yoga Alliance.

Section 4. Participation and Challenges

You understand the Program has been designed to create the optimal yoga education for the majority of students. You recognize that this Program has been designed to provide yoga education for students who are pursuing registration with the Yoga Alliance as well as those who only wish to deepen their yoga practice.

During your participation in this Program, you are responsible for monitoring what is safe for you and you can stop your participation in any experience at any time. Although your attendance is required in each session to meet our Certification Requirements, you recognize your responsibility to speak up or take yourself out of an experience if you feel uncomfortable.

You understand that the nature of yoga is to promote physical and psychological growth through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred and safe environment to foster transformation for yourself and the other students in the Program. It is important for you to possess a high degree of emotional maturity and personal integrity in order to graduate from our Program and to ultimately serve your students.

You understand that during the course of the Program, you will be challenged physically and psychologically. You understand that practicing yoga is often about exploring new boundaries and limitations. You understand that the study of yoga involves exploring and discussing different religious and belief systems. These belief systems may be different from yours. You understand that the Program is not requiring you to change any of your beliefs.

Section 5. The Code of Ethics You agree to follow the following Code of Ethics:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation. •Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.

- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

Section 6. License To Use Our Program Name

Subject to the terms and conditions of this Agreement, the Studio hereby grants you the non-exclusive, non-transferable and terminable license to use the name "Chakra Flow" to describe your classes offered as a Chakra Flow Vinyasa and to refer to yourself as a Chakra Flow Teacher. The Studio may revoke this license in its sole discretion if it determines that you have violated the Studio's Code of Conduct or otherwise damaged the name or goodwill of the Program or the Studio. You understand that you may not use the name "Chakra Flow" in connection with the sale of any merchandise or goods. You further understand that you may not use the name "Chakra Flow" to endorse any product or service or any statement either public or private.

Section 7. Release

You recognize that you must be in adequate physical and mental health to participate in the Program. You understand that the Program may require intense physical exertion, and you represent that you are physically fit enough to participate and have no medical or emotional condition which would prevent your full participation in the Program. You recognize that the Program may cause or aggravate a physical injury or medical condition. You understand that it is your responsibility to consult with a physician before your participation in the Program. If you have done so, you have taken the physician's advice.

You are aware that your participation in the Program could result in high blood pressure, fainting, heartbeat disorders, physical injury, heart attack or stroke and may aggravate pre-existing injuries. You understand that you could experience muscle, back, neck and other injuries as a result of your participation in the Program. You understand your physical limitations and are sufficiently self-aware to stop or modify your participation in any activity before you become injured or aggravate a pre-existing injury. In consideration of being permitted to participate in the Program, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of participating in the Program, including those which may result from the negligence of the Studio.

You knowingly, voluntarily and expressly waive any "Claim" (as defined below) you may have against the Studio, its owners, managers, teachers, instructors, workshop presenters, employees, independent contractors and staff (each, a "Released Party") that you may sustain as a result of participating in the Program even if the Claim arises from the negligence of any Released Party or anyone else. You agree to indemnify and hold harmless each Released Party from any loss, cost, or liability incurred in defending any Claim made by you or anyone making a Claim on your behalf, even if the Claim is alleged to or did result from the negligence of any Released Party or anyone else. "Claim" includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that you may suffer, your spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in the Program. You, your heirs and legal representatives forever release, waive, discharge and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.

Section 8. Restrictions on Use of Program Materials

You recognize and agree that the "Studio Program Materials" (as defined below) are confidential and proprietary information belonging to the Studio. You agree that you will keep the Studio Program Materials strictly confidential and shall not disclose any Confidential Information to any third party. The Studio Program Materials are for your own personal use. You may not share the Studio Program Materials with any other yoga studio, yoga teacher training program or wellness business.

You may not copy, publish, distribute, upload to the Internet or post on any social media platform all or any part of the Studio Program Materials. Your breach of any of these provisions may result in continuing and irreparable harm to the Program for which there may be no adequate remedy at law. Accordingly, the Program may enforce these provisions by any equitable remedy. If the Program pursues such an action against you, you shall be responsible for all legal fees and expenses.

"Studio Program Materials" shall mean the Studio's teacher training manual and all other documentation, texts, audio and video files, photographs, charts and other content provided to you in connection with the Program.

Section 9. Use of Student Images For Advertising

You agree that the Studio may use your picture in any advertisement or marketing campaign, including, but not limited to social media, journals, magazines, websites and any other promotional channels.

Section 10. Legal Proceedings

This Agreement shall be governed by the laws of the State of New Jersey and you consent to jurisdiction and venue in the state courts located in Wayne, NJ. The Studio and Program shall have no liability to you as a result of participating in the Program. You agree that your sole remedy for breach of this Agreement or for any problem you may have with the Program is the refund of the amount paid to the Program. In any action or suit to enforce any right or remedy under this Agreement or to interpret any provision of this Agreement, the prevailing party shall be entitled to recover its costs, including reasonable attorney's fees. If any provision of this Agreement is held invalid, illegal or unenforceable, it shall not affect any other provision and this Agreement shall be construed as if such provision had never been contained herein.

The parties hereto have executed this Agreement effective as of the last signature date below.

Chakra Flow Owner/Director

Student

By _____
(sign)

By _____
(sign)

(print)

(print)

Date: _____

Date: _____