


ISHTA YOGA 300HR Advanced Teacher Training Application

Fall 2009-Winter 2010 Program Presented by *thrive*yoga

*Congratulations on deciding to apply to the
ISHTA  YOGA 300-hour Advanced Teacher Training Program at *thrive*yoga,*

In signing and submitting this application, I confirm that I understand all the regulations listed here.

- I have read and agree to all the requirements of the training, including the attendance and practice requirements. I understand that should I miss or fail any aspect of the training I may make this up at additional cost, with the exception of a medical or personal emergency. I further understand that this program is a serious commitment of time and energy, and ISHTA Yoga reserves the right to dismiss any student from the training for irresponsible or unprofessional behavior. Such circumstances may or may not warrant a refund of unused tuition.
- Tuition for the 300-hour program is as follows:
 - **Module 1:** \$2025 / \$1825 Earlybird Discount (by October 1, 2009)
 - **Module 2:** \$1975 / \$1775 Earlybird Discount (TBA)
 - Trainees who have not completed the ISHTA 200-hour program will be assessed an additional **\$499** to cover the cost of auditing the required 200-hour ISHTA material (the “**Bridge**” program.)
 - A **\$500 deposit** is due upon acceptance to the program (NO EXCEPTIONS). ***I understand this deposit is nonrefundable and non-transferable*** and have enclosed my check in the amount of \$500 / included my credit card information for billing upon my acceptance. (If I am not accepted, my check will be returned to me / my card will not be charged.) Acceptance notices are issued via email.
- I understand the balance of my tuition is due in full by no later than two weeks prior to the training start date in order to confirm my place in the training. To receive the \$150 Earlybird Discount, tuition must be paid in full by the Earlybird Discount Deadline.
- Trainees receive a **10% discount on studio retail and workshops** and **unlimited classes for the duration of training** once tuition is paid in full. If students have a current class series at Thrive, the series will “freeze” for the duration of the Teacher Training Program.
- I understand the following payment and refund policies:
 - Cancellations *more than two weeks* before the training start date receive a full tuition refund, less my \$500 non-refundable deposit. Cancellations *less than two weeks* before training start receive a 50% tuition refund, less my \$500 non-refundable deposit.
 - After training begins, no refunds are available; however, I may become an Extension Student and complete my training in a later training session for a \$250 fee.
 - The Bridge Program is non-refundable.
 - Tuition is due in full unless a payment plan is set. Payment plans incur a \$15/ installment processing fee.
 - No credits are given for absences due to illness or family emergencies. Make-ups may be arranged at cost based on our conflict policy. In order to assure you the highest quality training, we book the highest qualified teachers and must pay for their time and travel in advance regardless of absent students.
 - ISHTA Yoga reserves the right to cancel any session or program at any time with full refund.

Your application may be submitted:

- In person or via mail to: Thrive Yoga, attn: Teacher Training, 1321B Rockville Pike, Rockville, MD 20852
- Via fax to: Attn: Teacher Training, 301-294-3596.
- Via email to: Thrive Teacher Training Director Susan Bowen, susan@thriveyoga.com

If you have questions about this application, please contact Susan at: susan@thriveyoga.com / (301) 294-9642.

Thank you for applying! We look forward to reviewing your application.

ISHTA YOGA 300HR ADVANCED TEACHER TRAINING Application

FALL 2009-WINTER 2010 PROGRAM PRESENTED by *thriveyoga*

SESSION APPLICATION INFORMATION

I am applying to:

Module 1: Advanced Intensive Studies Module 2: Professional Program Modules 1 & 2

Note: Completion of Modules 1 & 2 is required for 300-hour certification / 500-hour Yoga Alliance Registration.

CONTACT INFORMATION

Name: _____

Phone: _____

• Day: _____ Night: _____

Address: _____

Email: _____ DOB: ____ / ____ / ____

Emergency Contact Person:

Name: _____ Phone: _____

Relationship to me: _____

BILLING INFORMATION

I have enclosed my check in the amount of \$500 made out to THRIVE YOGA.

Upon my acceptance, please bill my credit card in the amount of \$500:

Credit card number: _____ Expiration (MM/YY): ____ / ____

Name on card: _____

Billing address: _____

You will be contacted upon acceptance to confirm the payment details for the balance of your tuition. All remaining tuition is due by no later than November 6, 2009.

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About You

Please answer all questions honestly and completely. You may attach additional paper if needed.

1. All 300-hour applicants must demonstrate successful completion of a previous 200-hr Yoga Alliance-certified teacher training course. Please submit a copy of your 200-hr certification with this application.

My 200-hour training was with: ISHTA Yoga Other: _____

___ If Other, I have completed / am enrolled in (circle one) the ISHTA Bridge Program

2. Please list all previous yoga teacher training courses or intensive studies.

3. Are you currently teaching or have you ever taught yoga? If yes: where and for how long have you been teaching? If no: do you wish to teach in the future? Where?

4. How long have you been practicing yoga? What styles have you studied? With which teachers?

5. What "level" would you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?

6. Where do you currently practice yoga?

7. If your previous training does not include ISHTA Yoga, please tell us how you discovered our school and why you have chosen to apply to our advanced program.

8. Briefly describe the history and method(s) of your meditation practice (ie. TM, Vipassana, etc).

9. Please list any past or current injuries, surgeries, major illnesses, any medications you are presently taking.

10. What is your professional background? You may attach a resume.

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11. Write a brief essay answering the following questions:

- What led you to apply to a 300-hour yoga teacher training program? What makes it an important program for an aspiring yoga teacher?
- What are your personal goals and expectations for this program?
- What makes a good yoga teacher?
- What qualities about you / your practice will make a positive contribution to your teaching?

I have read and understood the terms of this application and have answered all questions honestly, completely and to the best of my knowledge.

Signature

Date