
Thrive ISHTA Yoga
200-hr Teacher Training Program Application for Enrollment
Feb-May 2010

Congratulations on your decision to apply to the Teacher Training program!

Training dates:

Feb 12-14 Feb 26-28

Mar 12-14 Mar 26-28

April 16-18 Apr 30-May 2

May 14-16

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

- I have read and agreed to all requirements of the training, including 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 understand this program is a serious commitment of time and energy, and THRIVE 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 2010 program is as follows:
 - \$3200/\$2900 Earlybird Discount (Dec 31, 2009). Paid in Full.
 - A \$500 deposit is due upon acceptance to the program (NO EXCEPTIONS). I understand this deposit is nonrefundable & non-transferable. I have enclosed my check in the amount of \$500 OR 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.) Trainees will be notified of acceptance via email.
- I understand the balance of my tuition is due in full by no later than Jan15 in order to confirm my place in the training. Thrive Yoga will charge my credit card the balance due on Jan15 unless other payment arrangements are specified. To receive the \$150 EB Discount, tuition must be paid in full by the EB Deadline.
- Trainees receive **a 10% discount on studio retail and workshops** and **unlimited classes for the duration of training** (3.5 months) at the discounted rate of \$299.
- I understand the following refund policy:
 - Refunds ONLY for cancellations 45 days prior to the start date of the program less the \$500 nonrefundable deposit.
 - Program credit toward a future Teacher Training Program will be considered if the cancellation is in writing via email to susan@thriveyoga.com 45 days prior to the start date.
 - 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.
 - THRIVE Yoga reserves the right to cancel any session and students will be given a full refund.
 - THRIVE Yoga reserves the right to cancel the program at any time.

Your application may be submitted:

- In person or via mail to: Thrive Yoga 1321B Rockville Pike Rockville, MD 20852 ATTN: Susan Bowen, Director Teacher Training Programs
- Via email to: Teacher Training Director Susan Bowen susan@thriveyoga.com

*If you are applying for the **ITA (In-Training Assistant)** work-study position, please mention this in your essay, and include a resume with all relevant office / administrative experience.*

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

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

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:

Name on card: _____

Billing address: _____

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

About You

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

1. Please list any past or current injuries, surgeries, major illnesses, any medications you are presently taking:
2. Describe your yoga background: How long have you been practicing yoga? What styles have you studied? With which teachers? What "level" would you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?
3. Where do you currently practice yoga?
4. Do you meditate? If yes, briefly describe length and method of your meditation practice (ie. TM, Vipassana, etc).
5. Do you currently teach or have you ever taught yoga? If so, where and for how long have you been teaching?
6. Have you participated in any previous yoga teacher training courses or intensive studies? If so, list:
7. What is your professional background? You may attach a resume.
8. Have you ever taken ISHTA classes or workshops? Have you ever taken Thrive Yoga classes or workshops?
9. How did you find out about this training?

10. Write a brief essay (approximately 250 words) answering the following questions:

- What led you to decide to do a yoga teacher training program?
- Why the Thrive ISHTA Yoga Teacher Training specifically?
- What are your expectations for the Thrive ISHTA Yoga Teacher Training?

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

