



CLEVELAND YOGA

## Teacher Training Application January 18 - May 2, 2012



### APPLICATION CHECKLIST

*Please place a checkmark next to each item to confirm that it is included with the application.*

\_\_\_ Answers to required questions on a separate sheet of paper

\_\_\_ \$500.00 application fee.

\_\_\_ Current headshot (5x7 or 4x6).

**Send completed application and materials to:**

CLEVELAND YOGA

Attn: Tami Schneider

3355 Richmond Road, Suite 251A

Beachwood, OH 44122

\* Mark the envelope "confidential"

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Emergency Contact (Name and Phone #): \_\_\_\_\_

Your E-mail: \_\_\_\_\_

Date of Birth (include your age): \_\_\_\_\_

All applications are held in the highest of confidentiality and will only be read by the studio owner, **Tami Schneider**. As part of the evaluation process, applications and candidates may be discussed with teaching staff involved in the teacher-training program including any guest teachers as appropriate. You will be notified once your acceptance into the program is approved. Candidates must be 18 years or older at the commencement of the program.

**Please print out and answer the following questions in essay form on separate paper:**

1. Describe your yoga practice:
  - a. How long have you practiced yoga? List styles, traditions, and most influential teachers, and why.
  - b. How many times per week do you practice yoga and where?
  - c. List the types of training you have had (including any other health, fitness or related areas).
  - d. Do you currently teach yoga? If so, where, how often, what style and how often have you been teaching?
2. What do you hope to gain from this training, in other words, in what area(s) of your life would you like to see the most improvement? (Physically, emotionally, your relationships with others (including yourself), how you approach life's issues, etc.)?
3. Why would you like to become a yoga teacher?
4. Do you have a regular meditation practice?
5. What does yoga mean to you?
6. Do you feel that you are in good physical condition and will be able to participate fully in the training?
7. Describe your daily diet, other exercise practices, hobbies, interests, community service, etc.
8. What is your profession?

### **EMERGENCY CONTACT INFORMATION & HEALTH HISTORY**

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Do you have specific health concerns or injuries we should know about? Yes  No   
If yes, please explain.

Do you take any medications? If yes, please explain. Yes  No

Are you currently, or have you been in the last 6 months, under the care of a physician or mental health specialist for any reason? If yes, please explain. Yes  No

### **TRAINING TUITION: \$3400 Before December 1, 2011 | \$3550 On/After December 1, 2011**

A non-refundable \$500 deposit must accompany your application. Your deposit becomes non-refundable on December 1, 2011 and thereafter. Remaining tuition balance is due by 4pm on the first day of teacher training - January 18, 2012. The deposit will be applied toward your tuition balance. Other payment options include half of the balance remaining after the deposit due January 18, 2012 and the remaining balance due April 1, 2012 plus an additional \$20 processing fee. Additional costs may include purchase of selected and staff approved books or DVDs for training.

### **OTHER PROGRAM MATERIALS:**

Additional reading materials are required for full participation in the course. Upon acceptance to the program, a book list will be provided. The approximate investment for reading materials is \$100. Your personal investment will depend on what books you may already own, or can borrow, etc. In addition to the required reading materials, you will also need to bring your own yoga mat, writing journal, healthy snacks for energy, change of clothes, towel and personal toiletries.

### **TEACHER TRAINING REFUND POLICY:**

- All required payments must be paid by 4pm on January 18, 2012.
- Your \$500 deposit become non-refundable December 1, 2011 and thereafter
- If Cleveland Yoga cancels the teacher training, a full credit or refund will be issued.
- Cleveland Yoga reserves the right to amend this policy at its sole discretion.
- By applying to/registering for the program, you agree to comply with these terms.