



765 Harry L. Drive
Johnson City, NY 13760
(607)441-YOGA

Dear Training Applicant:

Thank you for applying to Yoga Body Institute's Personal Power Development and Teacher Training Program. We are excited to work with you as a dedicated student who is ready to dive into new uncharted areas of your life, to delve into the unknown and be open for change.

The purpose of "Yoga Body Institute's Development and Teacher Training" is to give you the tools to live your most powerful life! You will also learn how to motivate and lead others in doing the same -- whether you plan to teach yoga or not. We are committed to helping you become a strong inspiring teacher who will be ready to teach at the end of this program.

Our program is limited to 20 students with a 10:1 student/teacher ratio. We expect our Development and Teacher Training Program to fill up. We encourage you to apply early, especially if you are interested in a payment plan.

Applications will be reviewed as they are received. Teacher training application deadline date is **August 27, 2021**. If space permits, we will accept rolling admissions after this deadline date.

This training will lead you to live a life of yoga in a whole new way. Come as you are and be open to "anything is possible." You will leave this training program discovering your own true power and it will affect all facets of your life. In order to achieve this, we ask for your full commitment to the program, including showing up on time, prepared for each session, sharing and committing fully to the process and giving generously of yourself. You will dig deep and learn a lot about what's blocking you and how to break through to "possibility." You will leave this development and teacher training program not only as a competent teacher of yoga asana, but also a powerful leader in its biggest sense.

We look forward to working with you and appreciate the opportunity to teach, share and grow with you!

Namaste,

Linda and Ron Sambursky

200 Hour Teacher Training Enrollment

Tuition

Application Fee: \$50 (to be used toward tuition payment—no application fee refunds)

Application Deadline: Friday, August 27th, 2021

Once an application is received and reviewed, the applicant will go through an interview process either in person or on the phone. It is through the interview process that the applicant truly learns what the program entails and commits to the program and its rigorous requirements. If the applicant is accepted and agrees to the commitments of training program they will be notified of acceptance.

For those wanting a payment plan option, be sure to get your application in by the deadline date of Friday, **August 27th**.

- Teacher Training Tuition: \$3150 - \$1000 due upon acceptance into the program and due no later than September 3rd. The remainder of \$2150 due on 1st day of training — September 11th, 2021.
- Optional Unlimited Yoga at Yoga Body Shop from September 11, 2021 to January 9, 2022 — \$400 (at a discounted rate)
- Books of required readings approximately \$100-\$150 (buy online)

Early Bird Special

\$250 off Tuition if application and application fee are submitted by August 6th.

Payment Plans

Payment plans are available — Payment plans will be developed individually upon request after your phone interview and signature on the enrollment agreement. Payment plans will be structured within the following parameters: **\$1000 due upon acceptance with the remainder broken into decided payments.**

Cancellation and Refund Policy

1. \$50 Application Fee is non-refundable. Yoga Body Institute (YBI) will refund all monies paid if the applicant is not accepted (with the exception of the application fee).
2. YBI will refund all monies (except \$50 application fee) as long as the applicant has not begun training.
3. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- a. When the school receives notice of the student's intention to discontinue the training program; or,
- b. When the student is terminated for a violation of a YBI policy which provides for termination; or,
- c. When a student, without notice, fails to attend classes for two scheduled weekends.
- d. All refunds must be paid within thirty calendar days of the student's official termination date.

| Refund Policy & Schedule | |
|-------------------------------------|----------------------|
| Hours Completed | Refund Amount |
| 0 - 25 | 75% |
| 26 - 50 | 50% |
| 51 - 100 | 25% |
| 101+ | 0% |

Teacher Training Application

| Contact Information | |
|-----------------------|--|
| First and Last Name | |
| Nickname | |
| Street Address | |
| City, State, Zip Code | |
| Cell Phone Number | |
| E-Mail Address | |
| Date of Birth | |

| Demographic Information | |
|-------------------------|--|
| Occupation | |
| Age | |
| Gender | |
| Interests | |
| Disability | <input type="checkbox"/> YES <input type="checkbox"/> NO Explain: |
| Education Completed | <input type="checkbox"/> Less than High School Graduation <input type="checkbox"/> High School Graduate, Date: _____ <input type="checkbox"/> GED, Date: _____ <input type="checkbox"/> Some Post High School <input type="checkbox"/> Associates Degree, Date: _____ <input type="checkbox"/> Bachelor's Degree or Higher, Date: _____ |

| Yoga History and Teacher Training Interest |
|--|
|--|

How long have you been practicing yoga? _____

What style(s) of yoga do you practice regularly? _____

Please list any previous Teacher Training experience: _____

Please check one. I am applying to this training primarily to:
 enhance my own growth in yoga and its related teachings.

teach yoga.

Please fill out the questions fully below. We want to make sure you are fully committed to this training and that it is a good fit.

What interests you about becoming a yoga teacher, or what is your purpose in studying yoga in a Teacher Training Environment? Please explain

What do you hope to learn/gain through this Development and Teacher Training Experience? Please explain

Why did you choose the Yoga Body Institute Personal Power Development and Teacher Training Program? Please explain

Yoga Body Institute Program is designed to lead you to personal development and transformation through yogic principles. It will require 100% commitment to the process. Are you ready to put forth 100% commitment to this program? Please explain...

What are your greatest strengths personally and professionally? Please explain

What are your weaknesses personally and professionally? Please explain

What areas of your life would you like to see the most growth? Please explain in detail

Do you feel comfortable speaking publicly? Do you have public speaking experience? Please explain

What are your greatest personal and professional goals? Please explain

How has yoga affected your life thus far? Please explain

Photograph

Please attach/upload a photograph headshot of yourself upon application submission. Your photograph will not be used to determine your acceptance into the program. It is used as a means for us to familiarize the teaching staff with who you are before you arrive.

| Emergency Contact Information | |
|--|--|
| Emergency Contact Name | |
| Relationship | |
| Phone | |
| Email | |
| Do you have specific injuries we should know about? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If yes, please explain. | |
| | |
| 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. | |
| | |

Liability Waiver

I _____ (print full name) understand that yoga includes physical movement. Physical activity carries with it certain inherent risks that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation in the Yoga Body Institute Personal Development and Teacher Training Program is voluntary, and that I knowingly assume all such risks. I recognize it is my responsibility to practice modifications, and I take responsibility for speaking with the teacher if I come to class with injuries or am pregnant. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Yoga Body Institute and/or Yoga Body Shop, LLC or other teachers who may be present, and other Teacher Training participants. I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the Yoga Body Institute Personal Development and Teacher Training Program. In addition, I agree to protect the privacy of all teachers, staff and trainees. From time to time, photos and videos may be taken during this program. I consent to allow Yoga Body Institute (YBI) to use the photos for promotional purposes such as social media posts, brochures, newsletters, and for website use.

Signature

Date

REQUIRED: Registration Fee and Tuition

Application Fee: \$50 Enclose a check or mark the box for your credit card to be charged this amount upon receipt of the application. This fee is non-refundable after you sign the enrollment agreement.

- A check for \$50 is enclosed.
- Please charge my credit card for the application fee of \$50.

Name on Card: _____

Card Number: _____

CVC: _____ Expiration: _____

Tuition: \$3150 Pay in full, or break this into two major payments. **\$1000 due upon acceptance into the program.** The remainder of \$2150 (including \$50 deposit) - due on 1st day of training — September 11, 2021

Optional Unlimited Yoga at Yoga Body Shop from September 11, 2021 - January 9, 2022 — \$400 (at a discounted rate)

Books: \$100-\$200 This is an estimated book cost for required books depending on where you purchase them. You may purchase your books anywhere you like.

Application Signature

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am accepted into the YBI Personal Development and Teacher Training, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal without refund.

Signature _____ Date _____

Name (printed) _____

Application Checklist

- Completed Application Form
- Photo
- Application Fee
- Signed Liability Waiver
- Signed Application

Please mail your completed application along with the \$50 application fee (check or credit card) to Yoga Body Shop, 765 Harry L. Drive, Johnson City, NY 13760. You can also drop off your application in person at the studio. If you have any questions please contact Yoga Body Shop at (607) 441-9642.