



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

Dear 300 Hour Training Applicant:

Thank you for applying to Yoga Body Institute's 300 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 teaching practice and life.

Join Yoga Body Institute for 300 hour Power Vinyasa Yoga Teacher Training! Formerly known as 500 hour Yoga Alliance Teacher Training--the 300 hour Power Vinyasa Yoga Teacher Training combined with a 200 hour Yoga Alliance certification will result in a Yoga Alliance 500 Hour certification. Now that you have your 200 Hour Yoga Alliance training under your mat, and you are teaching students in classes, it is time to continue your journey into growth. There is nothing more important in life than growth! Take your teaching to the next level, hone your skills as a master teacher, and feel more powerful as a leader and human being. If not now, when?

If you are already certified (in any tradition) at the 200-hour level, with teaching experience, then you are eligible for this transformative program. You will learn to listen, observe, and give tools in a way that makes a difference with your students in an authentic and powerful way. This program is designed to take you out of your comfort zone and challenge you and give you access to unrealized potential. The rigorous nature of this Advanced Teacher Training produces results immediately and creates space for unlimited possibilities on your mat, in your teaching, and in your life.

After completing this rigorous and life changing 300-hour program, participants will be certified at the 500-hour teacher level as a Yoga Body Institute Power Vinyasa yoga teacher. This training will take place on weekends over 18 months. Future dates will be given at least six months in advance. The 500-Hour Advanced Power Vinyasa Yoga Teacher Certification Training consists of 300 hours of Yoga Alliance-approved content that, when combined with your 200-hour training delivers a comprehensive and advanced 500-hour certification in Power Vinyasa Yoga.

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

Namaste,
Linda and Ron Sambursky

300 Hour Teacher Training Enrollment

Tuition

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

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 & application fee in by the deadline date of Wednesday, August 25, 2021.

- **Teacher Training Tuition: \$3900** - \$1000 due upon acceptance into the program and due no later than Friday, September 3, 2021. The remainder of \$2900 due on 1st day of training.
- Books of required readings approximately \$100-\$150 (buy online)

Early Bird Special

\$250 off Tuition if application and application fee are submitted by Wednesday, August 25, 2021.

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 equal 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 2021 to 2022

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:

to give back to my community through volunteering and out-reach programs

to learn more about myself and to continue my personal transformation

_____ teach yoga.

Please fill out the questions fully. This strenuous part of the application process is required.

We want to make sure this training program is a good fit for you and that you know what to expect and are 100% fully committed. We are here to support you!

Why are you interested in getting your 300 Hour Yoga Teaching Certification? Please explain

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What do you hope to learn/gain through the 300 Hour Yoga Teacher Training? Please explain

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

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Yoga Body Institute 300 Hour Yoga Teacher Training Program is a year-long program that will require 100% commitment. Are you ready to put forth 100% commitment to this program and show up fully? Please explain

What are your greatest strengths personally and professionally? Please explain

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

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

Look inward and be honest--where in your life are you uncomfortable and fearful? How does that show up in your life and your interactions with others? Please explain

This 300 Hour Training Program will take you out of your comfort zone and train you into developing into a powerful community leader that has an impact in creating change in your community. Are you ready for this? 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: \$3900 Pay in full or break this into two major payments. **\$1000 due upon acceptance into the program.** The remainder of \$2900 (includes \$50 deposit) due on 1st day of training – September 25, 2021.

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) 677-0490