

# 200-Hour Yoga Teacher Training Application

**Location:** YogaONE 416 B Street, Suite D Santa Rosa, CA 95401

**TTC application**

**Dates:** 2018: October 6, 7, 13 & 14. November 3, 7 & 18. December 8 & 9  
2019: January 5, 6, 26 & 27. February 16 & 17. March 9 & 10 April 6, 7,  
27 & 28.

**Format: 10 two-day intensives (Saturday & Sunday)  
Weekend Retreat (2 nights on January 25-27)**

## Application Guidelines:

- Please answer each question to the best of your ability. You may use additional sheets of paper as necessary. Please keep your answers succinct and brief. All applications are confidential.
- Read, sign and return: 1) YogaONE Program and liability agreement, 2) Criteria for YogaONE Teacher Training certification and agreement and 3) YogaONE Ethics Agreement along with your application

You may submit your application in a sealed envelope to our front desk or by mail at:

**YogaONE Teacher Training Program  
416 B Street, Suite D  
Santa Rosa, CA 95401**

## Acceptance into Program:

- An acceptance notification will be emailed to each applicant within 14 days of receipt
- Please note certification is not guaranteed and is dependent upon satisfactory completion of all program requirements
- No refunds will be given once training begins
- Contact YogaONE at 707.542.9644 or by emailing [info@loveyogaone.com](mailto:info@loveyogaone.com) with questions or for more information

## 200-Hour Yoga Teacher Training Application

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Emergency  
Contact \_\_\_\_\_

Relationship \_\_\_\_\_ Contact Phone \_\_\_\_\_

1. Why have you chosen to enter into our program at this time of your life?
  
2. Please describe your experience with yoga.
  - A. How long have you been practicing?
  - B. How often do you practice?
  - C. What does your practice consist of ?
  
3. How has your yoga practice personally affected your life?
  
4. Our program is both great for aspiring yoga teachers as well as those who are seeking knowledge to deepen their own yoga practice. Is it your intention to teach yoga upon graduation?
  
5. What personal experiences have you had and/or qualities do you possess that would support your success as a yoga teacher or advancing practitioner?

6. Do you have experience with other movement and/or meditation forms? If so, which?
7. What is your educational and professional background outside of yoga?
8. How would you rate your overall physical health? Please include information about any relevant current or past medical conditions.
9. How would you rate your overall emotional health? Please include information about any relevant current or past medical conditions.
10. Describe the population and style of yoga you envision gaining the skills to teach (if you decide to become a yoga teacher).
11. Write a short paragraph describing your most influential teachers and their qualities.

## **200-Hour Yoga Teacher Training Agreements**

Please read the following agreements carefully. Submit your signed Yoga One teacher Training and Liability Agreement and YogaONE Ethics Agreement with your application.

### **Program and Liability Agreement**

I take full responsibility for my experience in the YogaONE Teacher Training Program. I understand that the YogaONE Teacher Training, 200-Hour Certification Program may be challenging for me physically, emotionally and spiritually. I agree to take care of myself at every level. I agree to contribute to a learning environment that is safe, respectful, and constructive for myself, and everyone involved in this training.

I acknowledge the practice of yoga often involves exploring my personal edges and limits. YogaONE is not responsible for any physical or psychological challenges I choose to explore throughout my educational process. YogaONE will not pay, or reimburse me, for any physical or psychological treatment during or after this program.

I recognize YogaONE staff cannot be responsible for attending to, or managing every student's individual needs. This program intends to meet the needs of the majority and therefore, at times, may not apply to align with my personal limitations or beliefs.

My attendance is mandatory in every session for me to become certified as a 200-hr Yoga Teacher. I commit to my full participation in this program. I am aware it is my responsibility to alter, adjust or discontinue any experience that does not feel safe or appropriate to me. If I feel unsafe, I will communicate my discomfort with maturity and clarity and ask for assistance. I will not assume the YogaONE staff is aware of my individual experience and will automatically take care of my needs.

### **Acceptance of Risk**

I will not hold YogaONE liable for ANY psychological or physical injury occurring before, during, or after this program. I am of sound mind and body, capable of participating safely in this program. I fully recognize and accept any risk that I undertake in this program. If I have any concerns I will consult with my health care providers for approval.

### **Substance Abuse**

The use or abuse of alcohol or other recreational drugs is prohibited during the training sessions and is not allowed on the premise. Violation of this policy at any times during the training sessions will result in dismissal from the program with no refunds.

### **YogaONE Promotional Efforts**

At times YogaONE staff may take photographs and make Audio/ Video recordings of the training and promote the benefits of participating in its programs and activities. During any photography or recording, I can tell a YogaONE staff member that I do not wish to participate. I can move to a place in the room that is not being photographed or

recorded. I hereby consent to being the subject of any photographs or audio/ video recordings made during my training. I grant permission for these to be published or posted in ways that promote YogaONE.

### **Social Media and Posting of Photographs and Videos**

Any use of the YogaONE name or logo requires our expressed permission. I understand that I am solely responsible and potentially liable for any images posted which harm or damage to anyone caused by my online activity related to YogaONE. Discretion is required for posting any photographs. Permission is required for posting any videos or recordings.

### **Refund and cancellation policy**

If I am asked to leave the program because my progress or participation is not in alignment with the YogaONE standards, my tuition refunded will be pro-rated. If I choose to leave the program, once commenced, no tuition refund is available. All financial agreements must be discussed with YogaONE Directors.

### **Release of Liability**

After being informed of the above risks and responsibilities, I generally release YogaONE together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise during my training or from my later use of information or instruction outside of the program.

By signing this agreement, I will abide by the terms of this YogaONE 200- hour Yoga Certification Program and Liability Agreement and accept YogaONE's policies and enter into a legally binding general release of liability.

Signature \_\_\_\_\_

Name (Please Print) \_\_\_\_\_

Date \_\_\_\_\_

## Criteria for Yoga One Certification Agreement

I acknowledge that my being accepted, paying tuition, and participating fully in the YogaONE Teacher Training DOES NOT guarantee my certification.

In order to be certified I must demonstrate a basic understanding and integration of the material presented in this training in order to teach yoga with safety and clarity. I must possess a level of body awareness, mental stability, emotional maturity, communication skills and personal integrity necessary to create and sustain the safe educational environment that supports the personal transformation of students.

I will be evaluated by the YogaONE staff on the following criteria:

- Ability to embody postures with individual limitations considered
- 100% attendance and participation in all sessions – if sessions are missed, I acknowledge that I must make up these missed sessions with the lead teacher at \$90 per hour
- Acknowledge the limits and scope of yoga and refer students to the appropriate health care professionals.
- Timely completion of all homework assignments
- Demonstrating my learning through Practice Teaching
- Professional and ethical conduct while enrolled in the training program
- Ability to place attention on students in order to respond to student needs
- Respect fellow student's privacy with information they may share.
- Create a safe and sacred learning environment for my fellow students.
- Refrain from recommending a fellow student disregard medical advice.

The Yoga One staff will encourage and support your learning, integration and demonstration of these skills throughout the training. We will communicate with you regarding any areas of your learning we feel may require some level of improvement, providing you with ample opportunity for you to address these areas and become proficient and certified.

Signature \_\_\_\_\_

Name (Please Print) \_\_\_\_\_

Date \_\_\_\_\_