

APPLICATION: Your information will not be shared with others outside of our school

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of birth: _____ Current occupation: _____

Emergency contact: _____ Phone number: _____

Signature: _____ Date: _____

I accept the tuition, curriculum, certification and cancellation policies for this program, and give Power Alignment Yoga Enterprises LLC permission to use my photograph, image or any videos taken during training for training purposes and/or promotional use, without compensation.

YOGA ALLIANCE® REGISTRATION:

Power Alignment Yoga™ is an RYS® (Registered Yoga School) with Yoga Alliance® at the 200 hour level. Upon successful completion of the training program, graduates of Power Alignment Yoga™ Teacher Training are eligible for registration with Yoga Alliance®.

PARTICIPATION & CERTIFICATION POLICY:

Power Alignment Yoga™ Teacher Training is designed for those who are seeking a deeper understanding of themselves and their yoga practice. Certification is not automatic upon completion of the course and will be determined by the instructor's assessment of the student's understanding of the materials as well as the student's capacity and ability to teach. Full class participation, successful completion of the assigned curriculum, and self-study are required to receive a Power Alignment Yoga™ Certificate of Completion. There will be reading and writing assignments as well as practicum to be completed outside of the training sessions.

(Please feel free to write or type your answers on a separate sheet of paper)

1. What drew you to a Yoga Practice?
2. How long have you been practicing Yoga?
3. Have you practiced Power Alignment Yoga™? If so, please describe
4. Have you practiced Iyengar Yoga? If so, please describe
5. What other styles of Yoga have you studied?
 - a. Which is your primary/favorite style of yoga to practice?
6. List yoga workshops you have attended.
7. Have you studied aspects of Yoga other than asana/pranayama? If so, please describe
8. Are you currently teaching Yoga?
 - a. If so, how long have you been teaching?
 - b. What tradition/style and number of classes per week?
9. Do you have teaching experience other than Yoga?
10. Why do you want to be a yoga teacher and why are you seeking this certification?
 - a. What do you hope to gain from this Training?
11. Have you taken classes with a Yoga Alliance certified teacher for at least six months?
 - a. Who is your teacher(s)? Please have your teacher write a letter of recommendation for you to take this training and include it with this application.
 - b. How long have you studied with your teacher(s)?
12. Have you had a daily asana practice for at least six months?
13. How long is your daily practice? 1/2 hour 1 hour 1 1/2 hours 2 hours (+)
 - a. What postures do you practice during a personal session?
14. What do you feel is the most rewarding aspect of your yoga practice?

15. What is the most challenging aspect of your yoga practice?
16. If there is anything you think we should know about your mental/physical health, please let us know with this application.
17. What is your favorite color?
 - a. Second favorite?
 - b. Third favorite?
 - c. Fourth favorite?
18. Please reflect on the followings question and answer them to the best of your ability - What would prevent you (physically, mentally, emotionally, spiritually) from completing the Power Alignment Yoga™ Teacher Training? Of these obstacles which are within your ability to prevent and how would you do that?
19. List three things you would like to gain from this training. Examples: Service to my community, personal growth, etc.

If you answer yes to any of the following questions, please describe fully on a separate page.

1. Are you under medical treatment for any physical or psychological condition?
2. Are you currently pregnant or trying to get pregnant?
3. Have you ever been hospitalized for a psychiatric condition?
4. Do you have any chronic physical limitations or disabilities?
5. Have you had a serious illness or major surgery within the last five years?
6. Do you have a communicable disease?
7. Are you in recovery from an addiction?
 - a. If yes, how long have you been in recovery?
8. List any prescription medications you are currently taking and indicate dosage and frequency of intake (we do not need to know about birth control or cosmetic prescriptions).
9. Describe your weekly alcohol consumption.

COURSE FEE:

- Course fee for Power Alignment Yoga™ Teacher Training is \$2,200
- We are offer a \$200 early bird discount if fees are **paid in full by April 22, 2008**. (\$2,000)
- **After April 22, 2008 no discount is offered**
- A \$300 deposit is required with the application to hold your space in Teacher Training. Of the \$300 deposit \$100 is non-refundable.
 - If Prepayment Plan is selected the first payment is due in lieu of the \$300 deposit
- Balance of tuition is due **June 22, 2008** (two months [2] prior to the first day of training)

PAYMENT OPTIONS:

- Cash (in person only)
- Checks make payable to MyLinda Morales
- Prepayment Plan:
 - The Prepayment plan allows students to make payments before and during the training with the total tuition to be paid by the 6th session of the training (December 5, 2007)
 - Prepayment Plan Schedule:
 - Prepayments beginning January 2008 consist of 13 payments of \$160 and one payment of \$120 due by the start of the 6th session (total of 14 payments)
 - January 2008 - \$160
 - February 2008 - \$160
 - March 2008 - \$160
 - April 2008 - \$160
 - May 2008 - \$160
 - June 2008 - \$160
 - July 2008 - \$160
 - August 2008 - \$160

- 1st session August 22 - \$160
- 2nd session September 12 - \$160
- 3rd session October 3 - \$160
- 4th session October 24 - \$160
- 5th session November 14 - \$160
- 6th session December 5 - \$120
- Credit Card
 - Pay online at <http://www.mylinda.net/energyboutique.html>

REFUND POLICY:

- If Power Alignment Yoga Enterprises LLC cancels the Training full refund will be issued.
- No refunds will be issued for sessions postponed for inclement weather and every effort will be made to reschedule such sessions.
- A \$300 deposit is payable upon application and is fully refunded if the applicant is *not* accepted into the training. If applicant selects the Prepayment Plan the first payment is due with upon application.
- If a student withdraws from the training the following refund policy applies:
 - If the student withdraws a minimum of **30 days** (July 22, 2008) prior to first day of training commencement the student will receive a full refund of all monies paid minus an administration fee of \$100.
 - If the student withdraws **15-30 days** prior to the first day of training the student will receive 50% of the full training fee.
 - If the student withdraws **1-14 days** prior to first day of training or withdraws after the training starts no refund will be issued.
 - No tuition refunds will be issued for no-shows, late arrivals or early departures.
- Power Alignment Yoga Enterprises LLC reserves the right to amend this policy at its sole discretion.

PHOTO:

I would love to have a photo of you before you arrive. It is for reference only and is not considered in the screening process. Please include the photo with your application.

SUBMIT:

Completed application, photo, deposit or first Prepayment and letter of recommendation from your yoga instructor to:

MyLinda Morales
P.O. Box 314
Tavares, Florida 32778-0314

Thank you for your time and thank you for considering yoga teacher training in Power Alignment Yoga™. It is an honor to teach Yoga and I look forward to sharing that honor with you. I will respond to your application ASAP. ॐ