

# RYS® Power Alignment Yoga™ Teacher Training Application

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)

What drew you to a Yoga Practice?

How long have you been practicing Yoga?

Have you practiced Power Alignment Yoga™? If so, please describe

Have you practiced Iyengar Yoga? If so, please describe

What other styles of Yoga have you studied?

Which is your primary/favorite style of yoga to practice?

List yoga workshops you have attended.

Have you studied aspects of Yoga other than asana/pranayama? If so, please describe

Are you currently teaching Yoga?

If so, how long have you been teaching?

What tradition/style and number of classes per week?

Do you have teaching experience other than Yoga?

Why do you want to be a yoga teacher and why are you seeking this certification?

What do you hope to gain from this Training?

Have you taken classes with a Yoga Alliance certified teacher for at least six months?

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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.

How long have you studied with your teacher(s)?

Have you had a daily asana practice for at least six months?

How long is your daily practice?    1/2 hour    1 hour    1 1/2 hours    2 hours (+)

What postures do you practice during a personal session?

What do you feel is the most rewarding aspect of your yoga practice?

What is the most challenging aspect of your yoga practice?

If there is anything you think we should know about your mental/physical health, please let us know with this application.

What is your favorite color?

Second favorite?

Third favorite?

Fourth favorite?

*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?

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.

Are you under medical treatment for any physical or psychological condition?

Are you currently pregnant or trying to get pregnant?

Have you ever been hospitalized for a psychiatric condition?

Do you have any chronic physical limitations or disabilities?

Have you had a serious illness or major surgery within the last five years?

Do you have a communicable disease?

Are you in recovery from an addiction?

If yes, how long have you been in recovery?

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).

Describe your weekly alcohol consumption.

### COURSE FEE:

Course fee for Power Alignment Yoga™ Teacher Training is \$2,200 which includes supplies and materials. A \$300 deposit is required with the application to hold your space in Teacher Training. Of the \$300 deposit \$100 is non-refundable. The \$300 deposit covers supplies and materials, therefore, once supplies and materials are delivered to the student the \$300 deposit is non-refundable.

### PAYMENT OPTIONS:

- Cash (in person only)
- Checks make payable to MyLinda Morales
- Payment Plan:
  - PAYMENT PLAN may be available on case by case basis - contact [MyLinda](http://www.mylinda.net) for information
  - If a student withdraws from the training while on the Payment plan the refund policy applies to all payments received
- Credit Card
- Pay online at <http://www.mylinda.net/energyboutique.html>

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## 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.
- The \$300 deposit covers supplies and materials, therefore, once supplies and materials are delivered to the student the \$300 deposit is non-refundable.
- If a student withdraws from the training the following refund policy applies:
  - If the student withdraws a minimum of **30 days** (August 12, 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 or \$300 if supplies and materials have been delivered to the student.
  - If the student withdraws **15-30 days** prior to the first day of training the student will receive 50% refund of all monies paid less supplies and materials fee (\$300) if the supplies and materials have been delivered to the student.
  - 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