

Application for 200hr Yoga Teacher Training Program



with Jade Skinner (USA)

www.jadeashtanga.com

jade@jadeashtanga.com



Please complete the following application form in full and print legibly.

Name: _____
Address: _____
City: _____ State: _____ Zipcode: _____
Phone AM: _____ - _____ - _____ PM: _____ - _____ - _____ Cell: _____ - _____ - _____
Email: _____ DOB: ____/____/____
Emergency Contact: _____

Physical and Emotional Health Conditions:

Inform us about your physical & mental health (including current medications, recent surgeries, ailments, injuries limitations, therapy, abuse, depression, addictive behavior, eating disorders, etc....). Indicate whether your conditions may result in early withdraws from this course. **Please note that any difficult times that you've gone through will be a bonus to your students who have their own difficult times.

Personality:

Describe yourself in 5 words

Yoga Experience:

Please list all previous yoga experience, trainings, workshops, etc.

Practice:

How many times do practice in a week and for how long?

Briefly describe your yoga practice:

Include strengths and weaknesses that you perceive in your practice.

Daily Health Practices:

Describe your diet, health, exercise practices & beliefs

How did you hear about this Teacher Training Program?

Source of Interest:

Why are you interested in this Teacher Training Program?

Goals:

Do you have expectations for this training? What do you hope to gain, learn, or work on?

The 200hr Yoga Teacher Training Program is formatted to help yoga students gain knowledge and develop the skills needed to teach an Ashtanga/Vinyasa Yoga.

Admission - Students are accepted into the program based on previous yoga experience, demonstrated knowledge and ability to physically perform Vinyasa Yoga. Sacred Space Yoga Teacher Training Program is very physical, so it is required that students applying have a **minimum 1 year current physical yoga practice!** No prior teaching experience is required upon applying.

Tuition - Tuition and fees for the 200hr Yoga Teacher Training Program is **\$2850.00 USD** paid in full. A non-refundable deposit of **\$850.00 USD** is required with the application and is due by (please indicate training date you are applying for) _____. The remaining balance of **\$2000.00 USD** is to be paid in before or on the first day of class. Payments must be made by cash, check or credit card. Please make all checks payable to Sacred Space Yoga. Tuition includes the Training Manual and Practice Book. All other reading material is to be provided by the student. There will be ***NO REFUNDS issued for deposit and/or training course!!*** Sacred Space Yoga Teacher Training Course requires commitment, dedication, discipline, and work.

Please email application to: jade@jadeashtanga.com

Deposit and Payments can be made at: www.jadeashtanga.com

Program - The 200hr Teacher Training Program is a 1-month intensive course. **Attending all the lectures are mandatory for the completion and certification.** In case of an EMERGENCY and you cannot make a lecture, you will need to notify Jade Skinner immediately. **You will have to make up the missed contact hours at a charge of \$150.00 per hour with Lead Teachers.** It is vital that students attend all the Technique and Teaching classes scheduled during the 200hr Yoga Teacher Training Program. Additional non-contact hours of personal study, homework and reading material is required upon completion. Students must complete the checklist of required elements in order to receive certification and to register with Yoga Alliance.

Registration - Sacred Space Yoga is a RYS 200 accredited Registered Yoga School with Yoga Alliance. Yoga Alliance is a nationally recognized organization. Upon completion of this Yoga Teacher Training Program you will be able to register as a RYT 200hr with Yoga Alliance.

Evaluation - To receive your certification of completion, students must attend all lectures, complete assigned homework, and make up any missed hours. You must complete all the requirements stated on the checklist and demonstrate complete competence as a Vinyasa Teacher. Students must conduct themselves in an ethical manner and act in accordance to the mission of Sacred Space Yoga. Students who fail to demonstrate competency in yoga teaching or who are not able to finish the 200hr Yoga Teacher Training requirements WILL NOT receive a certificate of completion.

*****Please review waiver before signing*****

Sacred Space Yoga Waiver

I, the undersigned, do hereby consent and agree to the following provisions as are set out in this waiver and release of liability and assumption of risk agreement (hereinafter the Agreement):

1. I intend to and shall participate in a Sacred Space Yoga class, workshop, retreat, teacher training, continued education program and/or other yoga-related teaching program or events (hereinafter Teaching Program) offered by Jade Skinner during which course I shall receive instruction concerning yoga exercises and I shall practice yoga exercises.
2. I understand that yoga in general and Sacred Space Yoga in particular involves strenuous physical activity, which may require balance, flexibility, muscle strength, aerobic fitness, mental concentration and other physical and mental abilities. I understand that yoga classes and the practice of yoga may be physically and mentally stressful and tiring, and that such classes and practice can result in new injuries or in re-injuring old injuries, including muscle soreness, strains, sprains, pulls, or tears, cuts or bruises, illnesses, or other unforeseeable risks which cannot be specified in advance. I have previously taken yoga classes or have otherwise conducted sufficient research into the practice of yoga to fully appreciate the type of activities taking place in yoga classes.
3. In consideration of the foregoing, I hereby represent and warrant that I am in good physical condition and do not suffer from any disability, illness, impairment, disease, infirmity or condition which would limit or prevent my full participation in this Teaching Program. I further represent and warrant that:
 - either I have had a physical examination and have been given my physician's permission to participate in this yoga program, or
 - I have, after careful consideration of my physical and mental condition at present, decided to participate in this Teaching Program without the approval of my physician, and
 - in either event, I do hereby voluntarily assume all responsibility for my participation and activities in this Teaching Program and for any risks, injuries or damages which I might incur as a participant in the Teaching Program, including without limitation, traveling to or from and entering or leaving the location or premises at which the Teaching Program is held and making use of its facilities, participating in the Teaching Program itself, practicing or training for participation in the Teaching Program and any and all components of the curriculum offered under the Teaching Program, performing on my own the exercises, routines and yoga postures I have learned at the Teaching Program (either before, during or after the Teaching Program), and being instructed by paid or volunteer yoga instructors in at the Teaching Program.
4. Notwithstanding the foregoing, if I do have any physical injuries or conditions, which might hamper my yoga practice, lead to pain or injuries when practicing yoga, or affect my participation in the Teaching Program in any other way, I shall promptly inform Jade Skinner in writing of those injuries or conditions at any point in time as such conditions may arise.
5. **I agree to remain fully aware of my physical and mental conditions and limitations and I assume full responsibility for my physical and mental conditions and limitations while participating in this Teaching Program. I understand that I am at all times responsible for using sound judgment to ensure that I practice yoga at a pace and level of effort that feels safe and appropriate to me and my physical and mental conditions. I further agree to follow all rules and instructions of the persons teaching or assisting in this Teaching Program. I further agree that I shall not commit any actions that might impair my physical and/or mental condition and functioning, which might result in my being in a physically and/or mentally impaired state during any part of the Teaching Program, for example: using alcohol, illegal drugs, pharmaceuticals, cigarettes or other harming substances.**

6. In consideration of my admittance to participate in this Teaching Program, I, for myself, as well as for my heirs, guardians, executors, administrators, successors and assignees, hereby release (forever and irrevocably) Jade Skinner and any teachers or assistants involved in any way in the offering or the provision of this Teaching Program, the sponsors, host and facility providers of this Teaching Program, the directors, officers, shareholders, employees, agents and attorneys of each of the foregoing, the licensees, successors and assigns of the foregoing, and any other parties acting in concert with any of the foregoing (with all the foregoing parties being hereinafter collectively referred to as the Released Parties), from any duties, agreements, claims, counter-claims, debts, obligations, costs, expenses, loss of services, actions, risks, injuries, damages, accidents, liabilities, claims, demands, judgments, losses, costs and causes of action of any kind whatsoever arising or resulting from or relating in any way (in whole or in part) to my participation in this Teaching Program or any other yoga program with any of the Released Parties in the future, regardless of whether any such claims, injuries, etc. result from my own actions, inaction or negligence, the actions, inaction or negligence of other participants to the same or future Teaching Programs, the alleged actions, inaction or negligence of any of the Released Parties or any combination of the foregoing. No representations of any kind have been made to me by any of the Released Parties to induce me to sign this release form; I am signing this form because I wish to attend Sacred Space Yoga 200hr Yoga Teacher Training Program.

7. Without prejudice to any considerations herein, I agree not to sue or bring any legal claim, proceeding or action against any of the Released Parties (and I hereby knowingly, voluntarily and expressly waive any right to bring any such action) for any action or inaction (including any action or inaction constituting negligence) of the Released Parties resulting in personal injury, defamation, libel, invasion of privacy or any other similar harm as a result of my participation in this Teaching Program, irrespective of whether the cause, nature or existence of any such claim is known or unknown to me at this time. I understand that some of the potential injuries I might suffer in yoga classes are foreseeable, and that others are unforeseeable and that any such injury, which I do suffer, may be known or unknown to me for any given length of time. To the extent permitted by law, I hereby waive and relinquish all rights and benefits I might have now or in the future under any federal or state statutes or common law provisions that either (i) do not extend to claims which I do not know or suspect to exist to be in my favor at the time of executing this release that, which if known, would or might have materially affected my agreement to the provisions of this Agreement or (ii) otherwise prevent or hamper the enforceability of releases or waivers of claims under this Agreement.

8. Should any part of this Agreement be found invalid or not enforceable by law, I understand and agree that the remaining provisions of this Agreement shall remain to be in force and continue to be enforceable to the greatest possible extent. Any modifications to this Agreement must be in writing agreed by both parties. This Agreement inures to the benefit of myself, Sacred Space Yoga, The Adiyaya Yoga Sanctuary, and the Released Parties involved in offering this Teaching Program and represents the entire agreement between concerning such Teaching Program and the subject matter hereof.

I hereby represent and warrant that either:

- I am at least eighteen (18) years of age and am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document. By clicking the box below I certify that I have read and understood every part of this Agreement and I agree to comply with all of its terms and conditions; OR
- I am the parent / legal guardian of the applicant (the Applicant). I understand that I assume full responsibility for the Applicant while he or she is participating in the Teaching Program. By clicking the box below I certify that I have read and understood every part of this Agreement and I agree to the terms and conditions thereto on behalf of and for the Participant. I represent and warrant that I am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document.

Signature

I am the individual given above. I confirm that all information provided herein is true, accurate and up to date. Further, I agree that to the extent that there are any changes to the information provided above that may affect my ability to attend the Teacher Training, I shall inform Jade Skinner of Sacred Space Yoga as soon as possible hereof. I understand and agree that any and all information I submit via this Online Application Form will be sent to the host studio, Sacred Space Yoga. I will make a photocopy for myself for the purposes of registration and application for the training in question. In addition, I confirm that I have read, understood and agreed to the payment and refund terms.

Sign: _____ Date: ____/____/_____
 Print: _____

Required Reading (students must provide)...keep this list for your records

- The Bhagavad Gita - Eknath Easwaran
- The Yoga Sutras of Patanjali's - Swami Satchitananda
- Yoga Mala - Sri K. Pattabhi Jois
- Ashtanga Yoga The Practice Manual - David Swenson
- The Key Muscles of Yoga - Ray Long
- The Key Poses of Yoga - Ray Long

Additional Reading Material (optional)...more will be added along the way

- Guruji - Guy Donahaye & Eddie Stern
- The Heart of Yoga - T.K.V. Desikachar
- Ashtanga Yoga Practice & Philosophy - Gregor Maehle
- Astanga Yoga As It Is - Matthew Sweeney
- The Power of Ashtanga Yoga - Kino MacGregor
- Hatha Yoga Pradipika - Swami Muktibodhananda
- Light on the Yoga Sutras of Patanjali - B.K.S. Iyengar
- Moola Bandha The Master Key - Swami Buddhananda
- Light on Yoga - B.K.S. Iyengar
- Yoga Sequencing - Mark Stevens
- The Yamas & Niyamas - Deborah Adele
- Yoga Anatomy - Leslie Kaminoff
- Anatomy of Hatha Yoga - H. David Coulter
- Yoga as Medicine - Timothy McCall
- Meditations from the Mat - Rolf Gates
- Being Peace - Thich Nhat Hanh
- Ayurveda - Dr. Vasant Lad
- Mudras, Yoga in your Hands - Gertrud Hirschi
- The Wisdom of Yoga - Stephen Cope
- Yoga Bitch - Suzanne Morrison
- Autobiography of a Yogi - Paramahansa Yogananda
- The Great Oom - Robert Love
- The Four Agreements - Don Miguel Ruiz
- The Dali Lama's Cat - David Michie
- Any other book that you find interesting to add to your yoga library :)