

# ISHTA YOGA

## 300hr Advanced Teacher Training Application

Presented by 

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### 2010/2011 300hour Module I & Module II

***Congratulations on your decision to apply to the 300hr Teacher Training program!***

*In signing and submitting this application, I confirm that I understand all the regulations listed here.*

- I have read and agree to all the requirements of the training, including the attendance and practice requirements. I understand that should I miss or fail any aspect of the training I may make this up at additional cost, with the exception of a medical or personal emergency. I further understand that this program is a serious commitment of time and energy, and ISHTA Yoga reserves the right to dismiss any student from the training for irresponsible or unprofessional behavior. Such circumstances may or may not warrant a refund of unused tuition.

Tuition for the 300hour program is as follows:

- **Module 1:** \$2025 / \$1825 Earlybird Discount (TBA)
- **Module 2:** \$2175 / \$1975 Earlybird Discount by July 15, 2010.
  - \$500 deposit with application is due July 15, 2010.
- Trainees who have not completed the ISHTA 200hour program will be assessed an additional **\$599** to cover the cost of auditing the required 200hr ISHTA material (the “**Bridge**” program.)
- A **\$500 deposit** is due upon acceptance to the program (NO EXCEPTIONS). ***I understand this deposit is nonrefundable and nontransferable*** and have enclosed my check in the amount of \$500 / included my credit card information for billing upon my acceptance. (If I am not accepted, my check will be returned to me / my card will not be charged.) Acceptance notices are issued via email.
  - I understand the balance of **my tuition is due in full by no later than three weeks prior to the training start date.**
  - In order to confirm my place in the training. To receive the \$200 Earlybird Discount, tuition must be paid in full by the Earlybird Discount Deadline.
  - Trainees receive **a 10% discount on studio retail and workshops** and **unlimited classes for the duration of training** once tuition is paid in full. If students have a current class series at Thrive, the series will “freeze” for the duration of the Teacher Training Program.
  - I understand the following payment and refund policies:
    - Cancellations *more than three weeks* before the training start date receive a full tuition refund, less my \$500 nonrefundable deposit. Cancellations *less than three weeks* before training start receive a 50% tuition refund less my \$500 nonrefundable deposit.
    - After training begins, no refunds are available; however, I may become an Extension Student and complete my training in a later training session for a \$250 fee.
    - The Bridge Program is nonrefundable.
    - Tuition is due in full unless a payment plan is arranged. For more information on the payment plan email [Susan@thriveyoga.com](mailto:Susan@thriveyoga.com).
    - No credits are given for absences due to illness or family emergencies. Makeups may be arranged at cost based on our conflict policy. In order to assure you the highest quality training, we book the highest qualified teachers and must pay for their time and travel in advance regardless of absent students.



1321 Rockville Pike, Rockville, MD 20852. 301-294-9642. [www.thriveyoga.com](http://www.thriveyoga.com)

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- ISHTA Yoga reserves the right to cancel any session or program at any time with full refund.

Your application may be submitted:

- In person or via mail to: Thrive Yoga, attn: Teacher Training, 1321B Rockville Pike, Rockville, MD 20852
- Via fax to: Attn: Teacher Training, 301-294-3596.
- Via email to: Thrive Teacher Training Director Susan Bowen, [susan@thriveyoga.com](mailto:susan@thriveyoga.com)
- If you have questions about this application, please contact Susan at: [susan@thriveyoga.com](mailto:susan@thriveyoga.com) / (301) 294-9642.

***Thank you for applying! We look forward to reviewing your application.***

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### Contact Information

Name: \_\_\_\_\_ Phone::Day: \_\_\_\_\_ Mobile: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Emergency Contact Person:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to me: \_\_\_\_\_

### Billing Information

Module I OR  Module II

I have enclosed my check in the amount of \$500 (nonrefundable deposit) made out to Thrive Yoga.

Upon my acceptance, please bill my credit card in the amount of \$500.

I am an earlybirder & will pay tuition in full by EB deadline  Bill my credit card.  I will submit a check.

#### IF NOT ALREADY ON FILE AT THRIVE:

Name on card: \_\_\_\_\_

Billing address: \_\_\_\_\_

Credit card number: \_\_\_\_\_ Expiration (MM/YY): \_\_\_\_ / \_\_\_\_

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*You will be contacted upon acceptance to confirm the payment details for the balance of your tuition.*

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**About You** *(If you have already submitted a detailed application for Module I, you can skip the questions below unless the answers have changed! All applicants must sign and date the application below)*

**Please answer all questions honestly and completely. You may attach additional paper if needed.**

1. All 300-hour applicants must demonstrate successful completion of a previous 200-hr Yoga Alliance-certified teacher training course. Please submit a copy of your 200-hr certification with this application.

**My 200-hour training was with:** ISHTA Yoga      **Other:** \_\_\_\_\_

2. Please list all previous yoga teacher training courses or intensive studies.

3. Are you currently teaching or have you ever taught yoga? If yes: where and for how long have you been teaching? If no: do you wish to teach in the future? Where?

4. How long have you been practicing yoga? What styles have you studied? With which teachers?

5. What "level" would you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?

6. Where do you currently practice yoga?

7. If your previous training does not include ISHTA Yoga, please tell us how you discovered our school and why you have chosen to apply to our advanced program.

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8. Briefly describe the history and method(s) of your meditation practice (ie. TM, Vipassana, etc).
  
9. Please list any past or current injuries, surgeries, major illnesses, any medications you are presently taking.
  
10. What is your professional background? You may attach a resume.
  
11. Write a brief essay answering the following questions:
  - What led you to apply to a 300-hour yoga teacher training program? What makes it an important program for an aspiring yoga teacher?
  - What are your personal goals and expectations for this program?
  - What makes a good yoga teacher?
  - What qualities about you / your practice will make a positive contribution to your teaching?

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*I have read and understood the terms of this application and have answered all questions honestly, completely and to the best of my knowledge.*

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Signature

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Date