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**Thrive ISHTA Yoga**  
**200-hr Teacher Training Program Application for Enrollment**  
**Fall 2010-Spring 2011**

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

**Fridays, 6:00-9:00pm**  
**Saturdays, 9:00-5:00pm**  
**Sundays, 8:00-5:00pm**

**Dates:**  
**Sept 10-12    Oct 1-3    Oct 22-24**  
**Nov 12-14    Dec 3-5    Jan 7-9**  
**Jan 28-30    Feb 18-20    Mar 11-13**  
**April 1-3**

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

- I have read and agreed to all requirements of the training, including 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 understand this program is a serious commitment of time and energy, and Thrive 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 2010/2011 program is as follows:
  - \$3200/\$2900 Earlybird Discount (July 15, 2010). Paid in Full.
  - Payment plan is also available as follows:
    - \$500 deposit by July 15, 2010
    - 4 payments of \$690: Aug 31; Sept 30; Oct 31; Nov 30
  - A \$500 deposit is due upon acceptance to the program (NO EXCEPTIONS). I understand this deposit is nonrefundable & non-transferable. I have included my credit card information for billing upon my acceptance. (If I am not accepted, my card will not be charged.) Trainees will be notified of acceptance via email.
- Unless I have opted for the payment plan, I understand the balance of my tuition is due in full by no later than August 15, 2010 in order to confirm my place in the training. Thrive Yoga will charge my credit card the balance due on August 15, 2010 unless other payment arrangements are specified. To receive the \$300 early bird discount, tuition must be paid in full by July 15
- Trainees receive **a 10% discount on studio retail and workshops** and an option for **unlimited classes during the training** months (8-months) at the discounted rate of **\$49/month or \$392 paid in advance by Sept 1, 2010**. Trainees are encouraged to practice in-studio regularly.
- I understand the following refund policy:
  - Refunds ONLY for cancellations 45 days prior to the start date of the program less the \$500 nonrefundable deposit.
  - Program credit toward a future Teacher Training Program will be considered if the cancellation is in writing via email to [susan@thriveyoga.com](mailto:susan@thriveyoga.com) 45 days prior to the start date.

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- No credits are given for absences due to illness or family emergencies. Make-ups 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.
  - THRIVE Yoga reserves the right to cancel any session and students will be given a full refund.
  - THRIVE Yoga reserves the right to cancel the program at any time.

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Your application may be submitted:

- In person or via mail to: Thrive Yoga 1321B Rockville Pike Rockville, MD 20852 ATTN: Susan Bowen, Director Teacher Training Programs
- Via email to: Teacher Training Director, Susan Bowen [susan@thriveyoga.com](mailto:susan@thriveyoga.com)

*If you are applying for the **ITA (In-Training Assistant)** work-study position, please mention this in your essay, and include a resume with all relevant office / administrative experience.*

If you have questions about this application, please contact Susan Bowen 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: \_\_\_\_\_ Night: \_\_\_\_\_

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

\_\_\_\_\_

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

### Emergency Contact Person:

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

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

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## Billing Information (check all that apply)

Contact me to arrange the payment plan

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

Early bird: Bill my credit card for the balance by July 15, 2010 (\$2400)

Bill my credit card for the balance on August 15, 2010 (\$2700)

Enroll me in the unlimited yoga for trainees and charge my credit card \$392 on September 1, 2010

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

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

\_\_\_\_\_

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



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## About You

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

1. Please list any past or current injuries, surgeries, major illnesses, any medications you are presently taking:
2. Describe your yoga background: How long have you been practicing yoga? What styles have you studied? With which teachers? What "level" would you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?
3. Where do you currently practice yoga?
4. Do you meditate? If yes, briefly describe length and method of your meditation practice (ie. TM, Vipassana, etc).
5. Do you currently teach or have you ever taught yoga? If so, where and for how long have you been teaching?
6. Have you participated in any previous yoga teacher training courses or intensive studies? If so, list:
7. What is your professional background? You may attach a resume.
8. Have you ever taken ISHTA classes or workshops? Have you ever taken Thrive Yoga classes or workshops?
9. How did you find out about this training?

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10. Write a brief essay (approximately 250 words) answering the following questions:

- What led you to decide to do a yoga teacher training program?
- Why the Thrive ISHTA Yoga Teacher Training specifically?
- What are your expectations for the Thrive ISHTA Yoga Teacher Training?

***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

