



## 200-Hour Teacher Training Application

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

***Please take a few minutes to review all enrollment requirements before proceeding. By signing and submitting this application, you confirm that you understand and agree to all regulations listed here.***

**GENERAL:** 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 up said aspect at additional cost, with the exception of a medical or personal emergency. I 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.

**COST:** Tuition for the programs is:

- Summer Intensive and Long Format Weekend Program: \$3,500 (\$3,100 Early Bird rate)
- A \$500 deposit is due upon acceptance to the program; no exceptions. I understand that this deposit is non-refundable and non-transferable, and have enclosed my check in the amount of \$500 OR 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.)
- Trainees will be notified of acceptance via email.

**PAYMENT TIMING:** I understand that the balance of my tuition is due in full no later than two weeks prior to the start date of the training in order to guarantee my place, unless I have arranged (in writing) an alternate payment plan with the Teacher Training department. To receive the \$400 Early Bird discount, my \$500 deposit must be received by the discount deadline (approximately six weeks prior to training start date).

**STUDIO DISCOUNTS & BENEFITS:** Trainees receive a 10% discount on studio retail and workshops and unlimited classes for the duration of training (Weekend Format) or from two weeks before training start to two weeks after training end (Intensive Format).

**PAYMENT & REFUND POLICIES:**

- Cancellations more than four weeks before the training start date receive a full tuition refund, less the \$500 non-refundable deposit. Cancellations between two and four weeks before training start receive a 50% tuition refund, less the \$500 non-refundable deposit.
- In the two weeks prior to the start of training or after training begins, no refunds are available.
- Tuition is due in full two weeks prior to the training start date unless a payment plan is arranged.
- Payment plans may be arranged using the regular tuition rate only.
- No credits are given for absences due to illness or family emergencies. Make-ups may be arranged based on our conflict policy (additional costs sometimes apply). In order to ensure the highest quality training, we book the highest qualified teacher and must pay for their time and travel in advance regardless of absent students.
- ISHTA Yoga reserves the right to cancel any session or program at any time with full refund.

**TO SUBMIT AN APPLICATION:**

- Mail or in person: ISHTA Yoga, attn: Teacher Training, 56 East 11th Street, New York, NY 10003.
- Email: [TT@ishtayoga.com](mailto:TT@ishtayoga.com) .
- Those interested in the ITA (In-Training Assistant) position must have the schedule flexibility to include 2-5 hours per week in addition to the regular teacher training curriculum. To apply for the ITA work-study position, please email [TT@ishtayoga.com](mailto:TT@ishtayoga.com) , and include a resume with all relevant office/administrative experience, as well as general hours of availability.

If you have questions about this application, please email [TT@ishtayoga.com](mailto:TT@ishtayoga.com).

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

# ISHTA YOGA

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### CONTACT INFORMATION

Name:
Phone:
Address:
Email:
Date of birth (MM/DD/YYYY):

### EMERGENCY CONTACT

Name:
Phone:
Relationship to me:

### BILLING INFORMATION

- I have enclosed a check in the amount of \$500 made out to ISHTA Yoga.
- Upon my acceptance, please bill my credit card in the amount of \$500.

Name on card:	
Billing address:	
Credit card #:	
Expiration (MM/YY):	Security code:

### PROGRAM CYCLE

I am applying to (circle appropriate year and program):

2018	2018
Summer Intensive	Fall Long Format

**You will be contacted upon acceptance to confirm payment details.  
Tuition balance is due two weeks prior to the training start date.**

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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, and any medications you are presently taking.

2. Describe your yoga background. How long have you been practicing yoga? What styles have you studied, and with which teachers? What "level" do 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 so, briefly describe the method/history 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 previously participated in any yoga teacher training courses or intensive studies? If so, list:

7. What is your professional background? You may attach a resume if desired.

8. Have you ever taken ISHTA 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 have you chosen ISHTA Yoga teacher training?
  - What are your expectations for the ISHTA Yoga teacher training?

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

Signature

Date

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