

the Ashtanga



## Welcome and Thank-you for wanting to be a part of the Yoga Teacher Apprenticeship Training Program at the Yoga Shala!

The following are some questions for you to ponder and reply to over the next little while. Your responses to the questions will help us to define areas of focus. We hope to create a safe, warm, supportive group to enhance your learning experience. It will be a great pleasure to get to know you better. Please answer these questions and feel free to write more if necessary.

1. First, outline your yoga background including:
  - a. How long have you been practicing yoga?
  - b. Styles of yoga studied.
  - c. Teachers and/or studios you've attended, reference email and or phone number if you are not a Yoga Shala Student.
2. Please share as well any other relevant trainings (i.e. sports medicine, massage, philosophy, alternative healing modalities)
3. Health information (confidential):  
List all and any injuries going back 5 years, (and major injuries from childhood). Are you currently taking any prescription medication?
4. Is there any challenge you are going through that may affect your time in YTT (this is confidentially kept within the core faculty of the YTT)?
5. During the duration of the YTT program:
  - a. Will you be working or attending school? (We suggest part-time work or studies, and very supportive employers/instructors.)
  - b. Is your community (partner, family, roommates etc) supportive of the time commitment needed to develop into a yoga teacher?
6. Why are you choosing to attend this Teacher Apprenticeship Program and what are your objectives and expectations from the course?
7. PLEASE INCLUDE a photo of yourself in your favorite yoga posture and write why this is your favorite posture?
8. Write out what is your most challenging posture or portion of a Yoga class.

Please answer these questions to apply and send or drop-off your posture photo & cheque for registration fee (\$50.00).

Thank-you and see you on your mat!



## Yoga Teacher Training Payment Form

[ ] **Module 1: Yoga Practice Intensive and Posture Development**  
Course Fee: \$1000 + g.s.t.  
Course Deposit: \$100.00

[ ] **Module 2: Teacher Training Methodology and Practicum**  
Course Fee: \$1000.00 +g.s.t.  
Course Deposit: \$100.00

**Four Month studio Membership and supply fee: \$250**  
**Total fees modules 1 & 2, plus membership and supply fee:**  
**\$2250.00 plus g.s.t. \$112.50=\$ 2362.50**

**Total Deposit Amount \$200 Balance owing \$2162.50**

**Payment schedule of postdated cheques:**

**Four Payments of \$540.63, six payments of \$360.42**

**Refund Policy:**

- The \$50 application fee is non-refundable.
- Two weeks prior to course start date, there will no longer be refunds on the deposit.
- Please note that tuition & membership supply fee is non-refundable after course start date without medical documentation.

Cheque # \_\_\_\_\_ Date: \_\_\_\_\_ September 2009

Cheque# \_\_\_\_\_ Date: \_\_\_\_\_ October 2009

Cheque# \_\_\_\_\_ Date: \_\_\_\_\_ November 2009

Cheque # \_\_\_\_\_ Date: \_\_\_\_\_ December 2009

Cheque # \_\_\_\_\_ Date: \_\_\_\_\_ January 2010

Cheque # \_\_\_\_\_ Date: \_\_\_\_\_ February 2010

Date: \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_.  
(DD) (MM) (YY)

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

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

Phone: day & evening \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Emergency contact & number/email: