

## Eastside Yoga Studio Teacher Training Program 200 Hour Yoga Teacher Training Application

Thank you for your interest in the Eastside Yoga Teacher Training Program. The information provided in this application is used to make informed decisions about your capacity to fully participate in, benefit from, and successfully complete all aspects of the Eastside Yoga Teacher Training program. Please answer the questions honestly and completely. Providing inaccurate or incomplete information may result in non-acceptance to the program.

Please review information on our teacher training program. Please pay special attention to training dates, costs, faculty, curriculum, and general information on our website at [www.windsoryogateachertraining.com](http://www.windsoryogateachertraining.com).

Complete the attached program application in its entirety, including the short-answer questions. After your application is completed and submitted, an interview will be scheduled with the program director.

***All information provided in this application is for school use only and will be used to determine eligibility for Eastside Yoga's Teacher training program. All information will be held in the strictest confidence and will be shared with no one.***

A \$100 application fee is required and applied to the tuition. Prospective students are to contact program director Dianne Bondy, E-RYT (519) 478 0087/Dianne@eastside-yoga.com to set up an interview and submit the application form. If a face to face interview is not possible, one will be conducted over the phone and the application form may be mailed in.

Applications for the September 2011 session are now being accepted.

### **REFUNDS**

All tuition and fees paid by the applicant shall be refunded if the applicant is not accepted by the school before enrolment. An applicant fee of \$50 shall be retained by the school if the applicant is denied.

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Refunds for withdrawal of the application by the student are granted in full, less the \$50 application fee up until the first day of the program.

***Once the program begins, no refunds will be granted for any reason. There will be no exceptions. (Please initial)***

**Signature:**

**Date:**

**Admissions Criteria**

- You must be at least 18 years of age to participate in our training.
- Physical, mental, and emotional preparedness- The 200-Hour Certification program meets every Sunday for approximately 6 hours. The curriculum can be physically, mentally, and emotionally demanding. To be admitted, you must be ready to fully participate in the program. An applicant must be able to support the group learning process. Applicants must be on time and be prepared to fully participate in the teachings.
- Yoga experience: At a minimum, you must have been practicing for one year at home or in a studio. In the Eastside Yoga teacher training you will be expected to practice every day (even if it is just for 10 minutes a day).
- There is a minimum of 2 hours of homework per week, which includes meditation journals, written assignments, food journals and physical practice.

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**Application**

Name: preferred name

Address

City: province:  
postal code:

E-mail:

Cell phone:

Day phone: evening phone:

Best way to contact you:

Date of birth: gender:

Emergency contact

Name: relationship to you

Address

City: Province:  
postal code:

E-mail: cell phone:

Day phone: evening phone:

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How did you learn about Eastside Yoga Teacher Training?

How long have you been practicing yoga? < 6 months/ 6 months–1 year/ 1–2 years /2+ years

If you have practiced yoga for more than 2 years, please indicate how many years you have been practicing: \_\_\_\_\_

How long have you had a consistent practice (practicing yoga 4–7 times per week)? < 6 months/ 6 months–1 year/ 1–2 years 2+ years

Within the past year how many times, on average, do you practice per week? < 2 times per week/ 2–3 times per week/ 4–7 times per week

On average how long is your practice? < 1/2 hour / 1/2 hour–1 hour/ 1+ hours

What style(s) of yoga do you primarily practice?

\_\_\_\_\_

**Education**

Have you received a high school diploma or equivalent Yes No

Please list schools attended, dates, and degrees obtained:

Please list any body-centered training you have completed (e.g., massage therapy, dance, Pilates):

**Work History**

Current occupation \_\_\_\_\_

Number of years \_\_\_\_\_

Previous occupation \_\_\_\_\_

Number of years \_\_\_\_\_

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Is there any other occupation information you wish to provide?

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**Short answer**

Please answer the following questions regarding your relationship to yoga and becoming a Yoga teacher.

1. Please provide a description of your typical yoga practice, including examples of postures you practice during a typical session.
  
2. Besides yoga, please list any other type of physical activity you typically engage in, including how often you engage in them per week (e.g., running—3 times per week; dancing—once per week).
  
3. Why do you want to be certified as a yoga teacher at this time in your life?
  
4. How do you wish to apply your yoga teaching skills in your life and work?
  
5. What skills do you feel you currently possess that would support your future work as a yoga teacher?

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**Health Information (please indicate yes or no)**

Are you under medical treatment for any physical condition?

Are you currently pregnant or trying to get pregnant?

Do you have any chronic pain, physical limitations, or disabilities?

Have you had a serious illness or major surgery within the last five years?

Do you have a communicable disease?

Are you under medical treatment for any psychiatric condition?

Have you ever been hospitalized for a psychiatric condition?

Are you in recovery from an addiction?

Have you ever been in a treatment program for alcohol or substance abuse?

Do you currently have or have you had any of the following conditions in your lifetime?

Environmental or food allergies

Respiratory conditions

Heart conditions

Diagnosed mental-health conditions

Seizures or strokes

Chemical sensitivities

Diabetes

High blood pressure

If you checked yes for any of the above questions, or if you have any other health condition that could impact your full participation in the program, please describe fully (if you need more space to answer this question, please attach additional sheets of paper):

Please list any symptoms/conditions being treated:

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### Eastside Yoga School Contract/Requirements for Completion

**In order to receive a certificate of completion from Eastside Yoga School the following requirements MUST be fulfilled:**

- A basic understanding of the principles underlying the yoga system, as well as the specific philosophies, teachings, techniques, and methodology of Hatha Yoga.
- Competency in the full range of practical skills required to safely teach Yoga to others.
- A level of emotional maturity, mental stability, and personal integrity sufficient to create and maintain a safe and sacred environment that allows the personal transformation of students to occur.
- The ability to be a yoga teacher, including the good judgement required to interact with students in a professional manner that safely and effectively brings them the benefits of Yoga, as reflected in the student's conduct inside and outside of class during the course of the training.
- Full attendance and in class participation is required. This means arriving on time and staying for the duration of the class.
- Any classes missed must be made up at your own expense.
- All homework assignments must be completed and submitted to the director.
- You must complete all tutorials and homework assignments.
- You are required to teach 10 hours of karma yoga in the community (volunteer yoga).
- You are required to work with a mentor and observe 15 classes.
- You will be required to teach yoga to and with your peers during the training program.
- You will be required to teach a minimum 30 minute flow during yoga school (shala) to your fellow students.

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- At the completion of this course all observations journals and notes will be handed in and retained on file for our records.(please make copies of any observations you wish to keep)

Please initial each point.

I acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I acknowledge that I have read the certification criteria listed above, and, should I be accepted to attend the Eastside Yoga School Teacher Training, I understand I will be evaluated using these criteria.

Signature

Date

Print name