



250-hour Teacher Training

360 Highway 7 East, Unit 1, Richmond Hill, L4B 3Y7 Tel: 905.882.9642

1416 Centre St, Unit 9, Thornhill, L4J 8A1 Tel: 905.882,8733

140 Spadina Ave, Unit 201, Toronto, M5V 2L4 Tel: 416.603.9642

Email: Jason@yogatree.ca

Teacher Training Course Application

Application Requirements:

1. Please submit application form and application fee together to any Yoga Tree studio– email Jason@yogatree.ca once this has been submitted.
2. Remit \$500 application fee as deposit (this is part of your tuition and will be deducted from the rest of your tuition payment)
3. Jason will contact you to schedule a short interview once application has been processed

Name _____ Age _____ Sex (M/F) _____

Address _____

Email _____

City _____ Zip Code _____

Home Telephone _____ Mobile _____

Occupation _____

Briefly explain your yoga background (length of study, schools, style practiced and teachers/mentors)

What are your expectations or What do you hope to achieve from the training?



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Medical Background:

Any Illnesses or Injuries _____

Prescribed Medications _____

Emergency Contact Information:

Name _____

Address _____

Telephone _____

Email _____

Program Prerequisites:

- You must be at least 18 years of age
- The desire to deepen your knowledge and love of Yoga
- Have been practicing yoga for at least 6 months
- Complete application for admission. Application to the program does not guarantee acceptance. Candidates are schedule for a brief review with faculty and are evaluated for academic and physical ability, personal character, motivation and ability to manage time and meet financial obligations for tuition

Program Requirements for Certification

- Attend all modules in addition to personal practice hours as specified on program outline
- Complete all required readings
- Successful complete and pass final exam; written and practical

Full Disclosure and Acceptance of Terms:

Yoga Tree must be able to rely on the accuracy and completeness of information provided by the applicant. Information provided is treated as confidential and disclosed only to those with a legitimate need to know in administering or delivering the training. Therefore, all applicants are required to answer all questions fully and in truth. By signing below, I affirm that the information provided in this application is to the best of my knowledge true and complete. I understand that providing inaccurate, incomplete or misleading information will be grounds for rejection of my application, being asked to leave the program before completion, or revocation of my certification after completion of the program.

If I am forced to leave the program because of a health consideration, continuing in another session is at the discretion of Jason Lu, the owner of Yoga Tree.

I understand that my failure to meet the criteria of this teacher training program will result in my not being certified.



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Yoga Tree Teacher Training School ~ Code of Ethics

I will strive to live in accordance with the principles of yoga, conducting myself with integrity during my interactions with students and instructors. I will be honest and truthful and accurately represent my education, training, and experience (satya; truth). I will share the teachings with humility and respect. I will continue to study, teach, and promote the art, science and philosophy of yoga, both for my personal growth and to be a good example to my students. I will welcome all students regardless of race, gender, religion, national origin, sexual preference, or physical disability (skill level of teacher permitting). I agree to create a safe and sacred space by maintaining clear personal and professional boundaries. I agree that my purpose is to serve students' personal exploration. I agree to avoid any activity or influence that is in conflict with the best interests of students or that is solely for my own personal gain or gratification. I will avoid intimate relationships with students (ahimsa; non-violence, and aparigraha; non-coveting) and avoid abuse of drugs and alcohol (saucha; purity). I will avoid imposing my beliefs on others, although I may express them when it is appropriate to do so within the context of a yoga class. I will make only realistic statements regarding the benefits of yoga. I will treat all communications from students with professional confidence.

By signing below, I acknowledge that the information printed in this application is accurate and I show that I accept all requirements, conditions and agreements expressed within the Full Disclosure and Acceptance of Terms and Code of Ethics.

Signature _____ **Date:** _____

Refund Policy:

No refunds will be issued for sessions postponed for inclement weather and every effort will be made to reschedule such sessions.

- If a student withdraws from the training the following refund terms apply:
 - If the student withdraws **30 days** or more prior to first day of training the student will receive a full refund of all monies paid minus an administration/cancellation fee of \$300.
 - If the student withdraws **15-30 days** prior to the first day of training the student will receive 50% of all monies paid.
 - If the student withdraws **1-14 days** prior to first day of training or withdraws after the training starts the student will receive **NO** refund.
 - **No refund will be given in the case of withdrawal or inability to complete teacher training program because of health related illness, sickness or other health considerations after the training has started.**
 - **No refunds** will be made for no-shows, late arrivals or early departures.
- Yoga Tree reserves the right to amend this policy at its sole discretion.

Please initial here: _____



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Agreement of Release and Waiver of Liability

I, _____, hereby agree to the following:

1. That I am participating in the Teacher Training (the Program) offered by Yoga Tree Inc. which will be held at Yoga Tree in Richmond Hill, ON during which I will receive information and instruction about Yoga and health. I recognize that this requires physical exertion which may be strenuous and may cause physical injury and/or side effects from injury and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician regarding my participation in the program, prior to the 15th of January 2010. I should continue to keep Yoga Tree fully informed of any physical condition and/or disability which would prevent or limit my participation in the program.

3. In consideration of being permitted to participate in any activity during the Program, I AGREE TO , AND ASSUME FULL RESPONSIBILITY FOR ALL RISKS, INJURIES OR DAMAGES, KNOWN OR UNKNOWN, WHICH I MIGHT INCUR AS A RESULT OF PARTICIPATING IN ANY SUCH ACTIVITY.

4. In consideration of being permitted to participate in the Program that I sign up for, I hereby fully and forever release and hold harmless Yoga Tree, and their respective employees, owners, and agents (collectively called the Releasees from and against any and all liability to me, my heirs, executors, personal representatives, administrators and/or assigns, for any and all claims, demands, causes of action, losses and damages of any kind whatsoever on account of any injury including loss, injury, death or damage to my person and/or any property or to any other person and/or their property, caused or alleged to be caused by any action inaction, gross negligence or negligence of any of the Releasees. I hereby waive any right to sue any of the Releasees for any injuries or damages I may incur whether known or unknown resulting from my participation in any part of the Program.

5. I understand and agree this document is to be binding on myself, my heirs, personal representatives, executors, administrators and assigns.

6. I AGREE TO DISCUSS ANY HEALTH RESTRICTIONS, QUESTIONS OR CONCERNS WITH THE INSTRUCTOR PRIOR TO THE TEACHER TRAINING PROGRAM WEEKEND.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.



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Self-Responsibility Agreement

I am responsible for my experience in the Yoga Tree Yoga Teacher Training Program. I understand that the study and practice of yoga encompasses the physical, mental and emotional bodies, and that through the practice of yoga, I may experience alternate states of awareness. I understand that the program instructors and/or staff cannot be held responsible for knowing what it is that I need. I will articulate my concerns as they come up.

I understand that the curriculum has been designed to create the optimal yoga education for the majority of students and that each specific experience may not work for me as an individual.

During this program, I alone can monitor what feels safe to me. I acknowledge that I can stop my participation at any time; although my attendance is required in each session for me to become a certified yoga teacher, my participation is never required if I feel unsafe in any way. I know that it is my responsibility to speak up and/or take myself out of an experience if I feel unsafe. I promise that I will listen to my body first and I will not hold Yoga Tree responsible for my physical or emotional well-being.

I understand that during this demanding educational program, I will be challenged both physically and psychologically and encouraged to take personal risks. I acknowledge that only I know my boundaries; it is up to me to respect and honor my own limits. I understand that practicing yoga is often about exploring more than just our physical bodies, and being open to shifting states of awareness.

I understand that in this program, I will be exposed to different belief systems, which may be different from my own. I understand that Yoga Tree does not expect me to change my beliefs, and that the opinions expressed do not necessarily reflect those of Yoga Tree.

Applicant's Name: _____

Signature: _____ Date: _____