



3841 SW Hall Blvd, Beaverton, OR 97005
503 644-1865 www.yogaheartsong.com

Teacher Training and Immersion Program Application

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell: _____ Work: _____

Email: _____

Number of years practicing yoga: _____ What style(s): _____

Are you currently teaching? _____ If so, how long? _____

How many classes/week? _____

How often do you attend yoga classes? _____

Where have you taken classes? _____

How often do you practice yoga on your own? _____

How long is each practice session? _____

What does a typical practice contain? _____

What are your personal practice goals right now? _____

Do you have any injuries/special needs? _____

What are your personal desires/intentions for this teacher training program? _____

Teacher Training Program Requirements, Fees and Policies

Application and acceptance into the teacher training program is a long term commitment. This commitment includes an initial retreat, a mid-term workshop and one weekend a month in an intensive yoga environment of philosophy study, technique practice, class discussions and practice teaching. Study time outside of class and written homework assignments are also a required part of the program. Students must complete all required components of the program to receive a certificate of completion and be eligible to register with Yoga Alliance.

Tuition and Fees

Tuition for 12-month program	\$ 2600 <i>(books & supplies not included)</i>
Guest Teacher Workshop	\$ 225
Total tuition	\$ 2825 <i>(plus additional fees below)</i>

Initial Retreat (meals & lodging)	\$ 160 – 260 <i>(depending on housing options)</i>
Application Fee (non-refundable)	\$ 25

Payment Schedule

- 1/3 Tuition due upon acceptance. Your place in the program is not guaranteed until this first payment is made. The lodging option for the initial retreat is also due at this time.
- 1/3 Tuition due October 15th.
- 1/3 Tuition due December 15th.
- Guest Teacher workshop fee due 60 days prior to workshop date.

A monthly payment plan is also available. \$500 + retreat lodging due on acceptance into program. \$200/month with signed agreement and auto payments set up on credit card for 11 months. Guest teacher workshop fee due in separate payment, 60 days prior to workshop.

Dropping from Program

We respectfully request that you consider applying to this year-long program only if you are 100% committed and are reasonably certain that you will be able to complete it. There are a limited number of trainees accepted into the program and no one is accepted mid-term. Thus, if you decide to drop from the program after it has started, you may be preventing someone else from participating.

Refund Policy

- If you drop from the program before the first session, you will receive a full refund of all payments made, minus a \$500 administrative fee.
- Once the program has started no refunds will be given and you are liable for the entire tuition, even the portions you have not yet paid.

Attendance Requirements

1. Every group session must be attended and all homework assignments must be completed to receive a certificate of completion and be eligible to register with Yoga Alliance.
2. In ***extreme and unavoidable circumstances***, where a trainee must miss a group session, it may be possible to arrange a makeup session. In this case, the trainee will be responsible for the additional expense, which may be considerable, of a private session to cover the missed material.
3. It may also be possible to wait until the missed subject is covered the next year. There is no guarantee, however, that it will be presented in the same order or in the same manner the following year and it will be the responsibility of the trainee to determine when the subject matter is being covered and to request temporary inclusion in the program.

Assessment Policy

All trainees are expected to attend and fully participate in all group sessions, as well as turning in all homework assignments on time. An ongoing assessment by the teachers will determine if trainees are performing appropriately and benefiting from the program.

The following are grounds for dismissal from the program:

- Missing 3 group sessions
- Being disruptive or non-participatory in group sessions
- Behaving in a manner that does not follow the ethical guidelines

Please check the attached 2009 – 2010 schedule of activities to verify dates and times of required sessions. Then sign this form to indicate that you understand the requirements outlined above and include it with your application and the non-refundable fee of \$25.

Please print full name

Signature

Date

Please make a copy of this document and keep for your records.

Heartsong Yoga 2009 – 2010 Teacher Training Program

Required 2009 Dates

Mon. Sep 05 3 hrs. orientation meeting
 Fri. Sep 11 5 hrs. initial weekend retreat
 Sat. Sep 12 8.5 hrs initial weekend retreat
 Sun Sep 13 6.5 hrs initial weekend retreat

Fri. Oct 09 3 hrs. weekend session
 Sat. Oct 10 7 hrs. weekend session
 Sun. Oct 11 3 hrs. yoga therapy clinic

Fri. Nov 13 3 hrs. weekend session
 Sat. Nov 14 7 hrs. weekend session
 Sun. Nov 15 3 hrs. yoga therapy clinic

Fri. Dec 11 3 hrs. weekend session
 Sat. Dec 12 7 hrs. weekend session
 Sun. Dec 13 3 hrs. yoga therapy clinic

Required 2010 Dates

Fri. Jan 08 3 hrs. weekend session
 Sat. Jan 09 7 hrs. weekend session
 Sun. Jan 10 3 hrs. yoga therapy clinic

Fri. Feb 12 3 hrs. weekend session
 Sat. Feb 13 7 hrs. weekend session
 Sun. Feb 14 3 hrs. yoga therapy clinic

Fri. Mar 12 3 hrs. weekend session
 Sat. Mar 13 7 hrs. weekend session
 Sun. Mar 14 3 hrs. yoga therapy clinic

Fri. Apr 09 3 hrs. weekend session
 Sat. Apr 10 7 hrs. weekend session
 Sun. Apr 11 3 hrs. yoga therapy clinic

Fri. Apr 30 7 hrs. guest teacher wkshop
 Sat. May 01 5 hrs. guest teacher wkshop

Fri. May 14 3 hrs. weekend session
 Sat. May 15 7 hrs. weekend session
 Sun. May 16 3 hrs. yoga therapy clinic

Fri. Jun 11 3 hrs. weekend session
 Sat. Jun 12 7 hrs. weekend session
 Sun. Jun 13 3 hrs. yoga therapy clinic

Fri. Jul 09 3 hrs. weekend session
 Sat. Jul 10 7 hrs. weekend session
 Sun. Jul 11 3 hrs. yoga therapy clinic

Fri. Aug 13 3 hrs. weekend session
 Sat. Aug 14 7 hrs. weekend session

Times for the regular weekend sessions are: Fridays, 6 – 9pm; Saturdays, 11am – 6pm; Sundays (yoga therapy clinic) 12 – 3 pm. Times for initial retreat and guest teacher workshop will be announced at a later date.