

BINDU



YOGA STUDIO

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West Palm Beach, FL 33405
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200 Hour RYT Teacher Training Course Application Form

Teacher Training Dates: _____

Applicant Information

Name _____ Home Phone _____

Address _____ Mobile Phone _____

_____ Date of Birth _____

Email _____

Bindu Yoga Studio's teacher training is an intensive physical, emotional, and mental experience. All applicants must have prior yoga experience with a minimum of one years asana practice. Total commitment to this program is a must and should not be taken lightly. Applicants must be physically and mentally stable to attend this program, determination of this will be at the discretion of the program director. Acceptance, graduation, and certification are subject to the approval of the course director. Upon receipt of this completed application Bindu Yoga Studio will review the application and respond to the applicant within seven days. On approval, applicant has 10 days to submit a \$500 course deposit to secure admission. Please sign below to confirm that you have read and are in agreement with the above terms.

Signature _____ Date _____

Applicant Questionnaire

(Please use separate sheet if necessary)

Applicant Name _____

Emergency Contacts:

Name _____ Tel _____

Name _____ Tel _____

Current Occupation _____

How did you hear about Bindu Yoga Studio?

What are you expecting to learn from this teacher training course?

What are you planning to do with this certification?

Education:

High school _____

College _____

Please list any other relevant training and certifications _____

Please describe your emotional health and history (depression, mental illness, etc.) Do you think this will affect your participation in this program?

Please describe current dietary preferences and restrictions.

Are you currently taking any medications?

What other types of physical activities do you enjoy?

Please provide details of any past, recent, or reoccurring injuries or physical limitations which may effect your participation in this training.

Please attach the following:

1. Your Yoga History. Tell us about yourself in a one-page typed summary including the history of your yoga practice and meditation, how and when you started, styles you have practiced and frequency, and the impact yoga has had on you life. Also, describe your current regular practice, what is your reason for this certification, and what do you foresee to be your greatest challenge or obstacle, if any.
2. A letter of recommendation? this may be from a current or past teacher or a personal acquaintance familiar with your yoga practice and its integration into your daily life.
3. Included agreement and liability form.

Agreement & Liability Release

ACKNOWLEDGMENT

I acknowledge that I am participating in yoga classes, workshops, events, and/or activities during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation in the yoga classes. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities.

RELEASE

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Angelina Lucia and Bindu Yoga Studio, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity.

I knowingly, voluntarily, and expressively waive any claim I may have against Bindu Yoga Studio for injury, damages, or loss that I may sustain as a result of participating in any program. I, my heirs and legal representatives' forever release, waive, discharge and covenant not to sue to hold responsible Bindu Yoga Studio and any of its affiliates for any injury, loss or death cause by their negligence or other acts. I also give permission to have my picture taken, reproduced, and used for promotion and advertising.

I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Bindu Yoga Studio and all such hosts, instructors, organizers, and participants.

Signature _____ Date _____

Printed Name _____