

**LIVING YOGA TEACHER TRAINING
at Mandala Yoga Community
Bend OR**

Application Instructions

- 1. Fill out Application including: Personal Information, Medical History, About You section, and Essay Questions.**
- 2. Submit application with \$108 non-refundable application fee.**
- 3. Make full payment.**

***The total cost for the program is \$1296 + a \$108 application fee. However, if a full commitment (meaning full tuition payment) is made by July 30, 2011, your tuition will be discounted to \$1080 and the application fee will be waved.*

Please submit your application by one of the following options:

1. in person to the studio:

between the hours 9-12am and 3-6pm Mon-Thurs
you can also leave your application in an envelope on the desk.

2. email: mandalayogabend@mac.com
subject: YTT

3. mail: Mandala Yoga Community
attn: YTT
c/o Kat Seltzer
1314 NW Federal St.
Bend OR 97701

mandala

cultivating the practice of yoga & the joy of community daily **yoga community**
55 nw minnesota st. | downtown bend | 541 678 5183 | mandalayogabend.com

Personal Information

Date: _____

Name: _____

Address: _____ State ___ zip _____

Phone: _____

Email: _____

Emergency Contact

Name: _____ Phone: _____

Relationship: _____

Medical History

1. What is your current state of health?

Excellent _____

Good _____

Fair _____

2. What are your current physical challenges, if any? _____

3. Do you have Epilepsy, Diabetes, or are Pregnant? _____

4. List current medications. _____

5. Is there anything should we know about your medical history? Please list.

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About You

1. How long have been practicing yoga? _____
2. How many day per week do you practice? What style? _____
3. Where do you practice, normally? _____
4. Do you have a personal (non-studio) practice? _____
5. Who have been your primary teachers? where? _____

6. Do you practice meditation, pranayama? _____
7. What area of Yoga challenges you the most? _____

8. Are you currently teaching? Where? _____

Essay Questions

1. What qualities do a good yoga teacher embody? Why?

2. Why do you want to take this program?

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3. What are your expectations and what do you hope to accomplish during this program?

4. What do you hope to do (in the world) with this training?

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Payment Information

6 month program: \$1296

Spring Immersion: \$1080 + retreat cost: \$1400 (hotel) or \$1140 (yurt) per person double occupancy, all meals included)

Fall Immersin: \$1080

Application fee: \$108* due with application

Materials fee: \$48

*(*for all programs, application fee is waved if full payment is made 1 month in advance of program commencement. Full payment is due two weeks before day 1.*

I am paying by check. Please mail to Mandala Yoga Community Living Yoga Teacher Training c/o 1314 NW Federal st., Bend OR 97701. Please makes check payable to "Mandala."

I am paying by credit card. Visa/Mastercard only please.

Credit Card # _____ exp _____

Name as it appears on the card: _____

Billing Address: _____ State _____ Zip _____

I, _____, hereby authorize the payment of \$ _____ Initial: _____

I understand that if I fulfill all the requirements of Living Yoga Teacher Training at Mandala Yoga Community, including all in-class hours, homework, tests, and exams, I will receive a certification of completion which will need to be submitted to Yoga Alliance to receive Registered Yoga Teacher (RYT) status at the 200 hour level. I understand that MYC reserves the right to ask me to leave the program if my behavior is "unbecoming a teacher" - inappropriate, unethical or violates Yoga Alliance's ethical guidelines. If this is the case, I understand that my tuition will not be refunded. I understand that if I cancel 14 days prior to the start of this training, my deposit may be transferred to a future YTT program. If I cancel with in 14 days, my tuition deposit will not be refunded, but the remaining balance will. No refunds or transfers will be issued once the program begins. I understand that in this program, my full participation is required. I will respect the guidelines asked of me by my teacher(s).

I have read and accept the above terms. Yes No Initial _____

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NOTES

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