



SOUTH HILLS POWER YOGA

3045 West Liberty Ave.
Pittsburgh, PA 15216

T: 412-207-9535

www.southhillspoweryoga.com

SHPY Teacher Training Application - 2018

APPLICATION CHECKLIST:

Please place a checkmark next to each item to confirm that it is included with your application packet.

- ___ This completed application
- ___ Answers to required questions typed or neatly printed on a separate sheet of paper.
- ___ \$300.00 NON-REFUNDABLE application fee*. Check or money order only. Please make payable to "South Hills Power Yoga"
- ___ Current headshot (5x7 or 4x6). (No emailed photos accepted. This picture will be used by the SHPY Teacher Training Faculty for identification purposes only.)

** APPLICATION FEE IS WAIVED FOR ANYONE WHO ATTENDED THE DECEMBER 3rd, 2017 TT OPEN HOUSE. Please initial if this applies to you and we will verify with our records: ___*

Send completed application and materials to:

SOUTH HILLS POWER YOGA

Attn: Stacey Vespaziani

3045 West Liberty Ave.

Pittsburgh, PA 15216

**Mark the envelope "confidential". If you choose to drop off your application at the studio it must be in a sealed envelope and marked "Teacher Training - ATTN: Stacey Vespaziani". Please hand directly to the person working the front desk.*

PERSONAL INFORMATION:

Name: _____

Address: _____

Home Phone: _____

Cell: _____

Work Phone: _____

E-mail: _____

Date of Birth: _____

All applications are held in the highest of confidentiality and will only be read by the SHPY Teacher Training Faculty. You will be notified via email regarding the status of your acceptance into the program. Candidates must be 18 years or older at the commencement of the program.

REQUIRED QUESTIONS:

Please print out and answer the following questions in essay form on a separate piece of paper:

1. Give a brief history of your yoga practice. Include the styles practiced, how often and for how long, favorite teachers/styles/approaches.
2. How did you find yoga? What inspires you to continue practicing? What do you love about it?
3. What is motivating you to take this training? What are your personal goals for this teacher training?
4. Do you have a meditation practice?
5. Other than yoga, where does your energy go? (i.e. hobbies, family/friends, work)

EMERGENCY CONTACT INFORMATION:

Name: _____

Relationship: _____

Phone: _____

Email: _____

HEALTH HISTORY:

Do you have specific health concerns or injuries we should know about? Yes No
If yes, please explain.

Do you take any medications? Yes No
If yes, please explain.

Are you currently, or have you been in the last 6 months, under the care of a physician or mental health specialist for any reason? Yes No
If yes, please explain.

TRAINING TUITION POLICY:

Tuition balance (or payment plan* election, if applicable) is due within two weeks of acceptance to the program (or by 7pm on the first day of the 2018 Teacher Training if you apply on or after March 2nd, 2018). Failure to pay balance (or elect payment plan) within two weeks of acceptance into the program may forfeit your spot in the program. Once ac-

cepted, you will be sent payment instructions. (Balance can be paid by check, cash or credit card: Visa, MatserCard, Discover or American Express.)

***Payment Plan Option:**

Four monthly payments of \$645 can be made from January 2018 - April 2018.

Please note: If you choose the payment plan, your payments will reflect an additional \$80 processing fee. **Payment plan is only available for election during the month of January 2018** and the first payment of \$645 must be made by Noon on January 31st, 2018. (The three remaining payments of \$645 must be made by the last day of the remaining months: February, March, April, 2018).

Total Cost: \$2,800 (\$2,880 if electing the payment plan.)

Cost Breakdown:

\$300 Application Fee (Must be paid in full before application can be processed. Application Fee is waived for those who attended the FREE Open House on Sunday, December 13rd, 2018.)

\$2,500 Tuition

(\$80 Payment Plan Processing Fee, *if applicable*)

What's included:

- 6 months unlimited yoga at SHPY (for the duration of the Teacher Training Program, passes will be given out on the first day of training.)
- Orientation Session & 8 Intensive Weekends
- SHPY Teacher Training Workbook
- Opportunities to assist community classes
- At least one opportunity to teach a public class at SHPY
- SHPY Teacher Training Alumni Benefits - Includes future discounts on studio classes & in-house events

Participants are responsible to provide for themselves:

- All required reading materials (The complete list is available on the SHPY website.)
- Supplies needed for yoga practices (mat, block, yogitoes or towel, water bottle, etc.)
- A journal & pen
- Healthy meals & snacks for training days
- Any additional funds needed to attend yoga classes outside of the SHPY studio for required writing assignment

TEACHER TRAINING REFUND POLICY:

- The \$300.00 application fee is NON-REFUNDABLE
- All tuition payments become non-refundable on March 2nd, 2018 and thereafter.
- If South Hills Power Yoga cancels the teacher training, a full credit or refund will be issued.
- South Hills Power Yoga reserves the right to amend this policy at its sole discretion.
- No refund will be given for failure to attend or failure to complete the program.

By applying to/registering for the program, you agree to comply with these terms.