

Yoga Mandali
200 Hour Teacher Training Application 2022-2023

Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact Name & Phone:

Thank you for your interest in taking the 200-hour yoga teacher training program at our yoga studio here in Saratoga Springs, NY. For us to get to know you better, please complete this application and return it to the studio either in person or via email at info@yogamandali.com. One of the program's co-facilitators will contact you shortly after receiving your application to discuss your intentions and answer any questions you might have.

How long have you been practicing yoga?

Where do you currently practice yoga?

What style(s) of yoga have you studied, if any?

Why are you interested in taking the 200-hour yoga teacher training?

Why are you interested in taking the training at Yoga Mandali?

What are your expectations in doing this teacher training program?

Outside of yoga, how do you most often spend your time (i.e., work you do, other hobbies)?

Medical History: Please list all health impairments, injuries, surgeries or illnesses.

Is there anything else that we should know about you that could impact your ability to participate in and complete the yoga teacher training program? If so, please describe.

Schedule/Commitment: The 200-hour yoga teacher training program you are applying for is an 8-weekend intensive program scheduled over a period of six months. The typical weekend schedule (subject to change at times, but this is very typical) is Friday 5:30 PM to 9PM, Saturday 7:30 AM to 5 PM and Sunday 7:30 AM to 4 PM. Dates are as follows:

September 16-18, 2022

September 30 - October 2, 2022

October 14-16, 2022

November 11-13, 2022

December 2-4, 2022

January 6-8, 2023

January 20-22, 2023

February 9-11, 2023

You will also be expected to spend time between sessions reading assigned texts, integrating the lessons of prior weekends through self-study, observing 2-3 yoga classes (over the 6 months) of other instructors, and practicing yoga according to your own schedule. The facilitators and faculty of the training program will be available to you for support and assistance.

Are you able to commit to the expectations of this training program? YES NO

Please briefly describe any known conflicts or challenges you foresee in meeting the program's expectations.

Self-Investment:

Early Bird – \$3,050 (paid in full prior to July 1, 2022)

Regular – \$3,250 (with a nonrefundable \$500 deposit due by August 31, 2022)

Tuition can either be paid in full or in multiple installments. Please contact the studio to set up a payment plan.

**Please include either the full payment or your first installment with your application. Training must be paid in full prior to receiving certification.*

Cancellation Policy:

A \$500 nonrefundable deposit is due by August 31, 2022 to secure your spot. No refunds will be made after the first weekend of training.

Signature: _____

Date: _____

If you have any questions or concerns, please contact Yoga Mandali at 518-584-0807 or info@yogamandali.com. Thank you and Namaste!