

# **Rahini Yoga 200-Hour Teacher Training Application**

## **I. Personal Information**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: M      F

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Business Phone \_\_\_\_\_ Email \_\_\_\_\_

Occupation \_\_\_\_\_

Emergency Contact Info: Name \_\_\_\_\_ Phone \_\_\_\_\_

***Photos: Please Attach 2 Recent Passport Size Photos of Yourself***

## **II. Yoga Related Information**

1. How long have you been practicing yoga?
2. Describe your current yoga practice. Include style & how often you practice or take classes.
3. What yoga classes and workshops have you attended in the past two years?
4. List any previous yoga *teacher training* experience & certifications
5. Why would you like to become a certified yoga teacher?

## **III. Health and Medical Information**

1. Briefly summarize your health history. Include any physical or mental health conditions that might affect your study and practice of yoga (yoga postures; range of motion; balance; movement), pranayama (breathing & breathing exercises), and meditation (concentration & focus).
2. Please list and describe any injuries, limitations, disabilities, illnesses, or ailments that you feel we need to know about.

3. Please list any medication(s) you are presently taking. List: names / frequencies / dosages of each.

4. If you are presently under a doctor's care, please provide us with his / her name and phone number.

#### IV. Tuition (Cost of Program)

Cost: \$2430.00. Included in the cost are: Rahini Yoga Teacher Training Manuals, Code of Ethics' Booklet, Rahini Yoga Charts, and hand-outs that are distributed throughout the duration of the program

- Early Bird Discounts Available: Contact Naomi Miller at (631) 486-3843
- Payment Plans Available: Contact Naomi Miller at (631) 486-3843

Additional incurred expenses:

1. \$99 - for 10 Rahini Yoga Classes (this is a discounted price; classes to be taken at "True Living Yoga")
2. \$60 - for 3 Meditation Classes (\$20.00 / class; classes are given once a month at "True Living Yoga")
3. \$50 - for one-day Yoga Workshop (taught by Guest Teachers or Healers from India that visit "True Living Yoga" to give spiritual teachings / healing to students, their family & friends; open to the public)

***The yoga and meditation classes and workshop are a necessary and required part of the program***

#### V. Payment Method

Enclosed is \$ \_\_\_\_\_ for the \_\_\_\_\_ (write month) \_\_\_\_\_  
(write year) Rahini Yoga Teacher Training Program

**Check:** Payable to "True Living Yoga".

Mail to: True Living Yoga, 268 Larkfield Road, East Northport, NY 11731

**Credit Card #** \_\_\_\_\_ **Expiration Date** \_\_\_\_\_

#### VI. Agreement

I understand that submission of this application does not necessarily mean that I have been accepted into the *200-hour Rahini Yoga Teacher Training Program*. I also understand the admission decision is at the sole discretion of "**True Living Yoga, Inc.**" and is based upon satisfactory completion of the applicable requirements, and review of my yoga experience and qualifications to teach yoga.

Signature \_\_\_\_\_ Date \_\_\_\_\_

- Refund / Cancellation Policy: For more information, please contact Naomi Miller at (631) 486-3843
- Allow at least two weeks to process your application. You will be notified by phone or email of your admission to the Rahini Yoga 200-Hour Teacher Training Program
- Yoga props are a required part of the program and are available for purchase at True Living Yoga