

ISHTA YOGA

300hr Advanced Teacher Training Application

Congratulations on your decision to apply to the ISHTA  YOGA Teacher Training program!

In signing and submitting this application, I confirm that I understand all the regulations listed here.

- I have read and agree to all the requirements of the training, including the attendance and practice requirements. I understand that should I miss or fail any aspect of the training I may make this up at additional cost, with the exception of a medical or personal emergency. I further understand that this program is a serious commitment of time and energy, and ISHTA Yoga reserves the right to dismiss any student from the training for irresponsible or unprofessional behavior. Such circumstances may or may not warrant a refund of unused tuition.
- Tuition for the 300-hour program is as follows:
 - \$3600 / \$3350 Earlybird Discount
 - Trainees who have not completed the ISHTA 200-hour program will be assessed an additional \$350 to cover the cost of auditing the required 200-hour ISHTA material (the "Bridge" program.)
 - A \$500 deposit is due upon acceptance to the program (NO EXCEPTIONS). ***I understand this deposit is nonrefundable and non-transferable*** and have enclosed my check in the amount of \$500 OR included my credit card information for billing upon my acceptance. (If I am not accepted, my check will be returned to me / my card will not be charged.) Trainees will be notified of acceptance via email.
- I understand the balance of my tuition is due in full by no later than ***start date*** of the training in order to confirm my place, unless I have arranged with Sarah or Simone to do an alternate payment plan. To receive the \$250 Earlybird Discount, my \$500 deposit must be received by the Earlybird Discount Deadline (6 weeks prior to training start date).
- Trainees receive a ***10% discount on studio retail and workshops*** and ***unlimited classes for the duration of training.***
- I understand the following payment and refund policies:
 - Cancellations more than two weeks before the training start date receive a full tuition refund, less \$500 nonrefundable deposit. Cancellations less than two weeks before training start receive a 50% tuition refund, less my \$500 non-refundable deposit.
 - After training begins, no refunds are available; however, I may become an Extension Student and complete my training in a later training session for a \$500 fee.
 - Tuition is due in full unless a payment plan is arranged.
 - No credits are given for absences due to illness or family emergencies. Make-ups may be arranged based on our conflict policy (additional costs sometimes apply). In order to assure you the highest quality training, we book the highest qualified teacher and must pay for their time and travel in advance regardless of absent students.
 - ISHTA Yoga reserves the right to cancel any session or program at any time with full refund.

Your application may be submitted:

- In person or via mail to: ISHTA Yoga, attn: Teacher Training, 56 East 11th Street, New York, NY 10003
- Via email to: Teacher Training Director Sarah Platt, sarah@ishtayoga.com, or Julia Haramis, haramis@ishtayoga.com.
- If you are applying for the **ITA (In-Training Assistant)** work-study position, please mention this in your essay, and include a resume with all relevant office/administrative experience.

If you have questions about this application, please contact Sarah or Julia at: sarah@ishtayoga.com or haramis@ishtayoga.com / (212) 598-4800 x15.

Thank you for applying! We look forward to reviewing your application.

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Contact Information

Name: _____

Phone: _____

• Day: _____ Night: _____

Address: _____

Email: _____ DOB: ____ / ____ / ____

Emergency Contact Person:

Name: _____ Phone: _____

Relationship to me: _____

Billing Information

___ I have enclosed my check in the amount of \$500 made out to ISHTA YOGA.

___ Upon my acceptance, please bill my credit card in the amount of \$500:

Name on card: _____

Billing address: _____

Credit card number: _____ Expiration (MM/YY): ____ / ____

You will be contacted upon acceptance to confirm the payment details for the balance of your tuition.

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About You

Please answer all questions honestly and completely. You may attach additional paper if needed.

1. All 300-hour applicants must demonstrate successful completion of a previous 200-hr Yoga Alliance-certified teacher training course. Please submit a copy of your 200-hr certification with this application.

My 200-hour training was with: ISHTA Yoga Other: _____

2. Please list all previous yoga teacher training courses or intensive studies.

3. Are you currently teaching or have you ever taught yoga? If yes: where and for how long have you been teaching? If no: do you wish to teach in the future? Where?

4. How long have you been practicing yoga? What styles have you studied? With which teachers?

5. What "level" would you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?

6. Where do you currently practice yoga?

7. If your previous training does not include ISHTA Yoga, please tell us how you discovered our school and why you have chosen to apply to our advanced program.

8. Briefly describe the history and method(s) of your meditation practice (ie. TM, Vipassana, etc).

9. Please list any past or current injuries, surgeries, major illnesses, any medications you are presently taking.

10. What is your professional background? You may attach a resume.

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11. Write a brief essay answering the following questions:

- What led you to apply to a 300-hour yoga teacher training program? What makes it an important program for an aspiring yoga teacher?
- What are your personal goals and expectations for this program?
- What makes a good yoga teacher?
- What qualities about you / your practice will make a positive contribution to your teaching?

I have read and understood the terms of this application and have answered all questions honestly, completely and to the best of my knowledge.

Signature

Date