



300-Hour Advanced Teacher Training Application

Congratulations on your decision to apply to the ISHTA Yoga teacher training program!

Please take a few minutes to review all enrollment requirements before proceeding. By signing and submitting this application, you confirm that you understand and agree to all requirements listed here.

GENERAL: I have read and agreed to all requirements of the training, including attendance and practice requirements. I understand that should I miss or fail any aspect of the training, I may make up said aspect at additional cost, with the exception of a medical or personal emergency. I 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.

COST:

- Tuition for the program is \$3600 (\$3350 Early Bird rate)
- Trainees who have not completed the ISHTA 200-Hour program must enroll in the ISHTA Bridge Program, at an additional cost of \$400. Bridge students attend approximately 26 hours of lectures in the 200-Hour Program covering fundamental ISHTA material.
- A \$500 deposit is due upon acceptance to the program; no exceptions. I understand that this deposit is non-refundable 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.

PAYMENT TIMING: I understand that the balance of my tuition is due in full no later than two weeks prior to the start date of the training in order to ensure my place, unless I have arranged (in writing) an alternate payment plan with the Teacher Training Department. To receive the \$250 Early Bird discount, my \$500 deposit must be received by the discount deadline (approximately six weeks prior to training start date).

STUDIO DISCOUNTS & BENEFITS: Trainees receive a 10% discount on studio retail and workshops and unlimited classes for the duration of training.

PAYMENT & REFUND POLICIES:

- Cancellations more than four weeks before the training start date receive a full tuition refund, less the \$500 non-refundable deposit. Cancellations between two and four weeks before training start receive a 50% tuition refund, less the \$500 non-refundable deposit.
- In the two weeks prior to the start of training or after training begins, no refunds are available.
- Tuition is due in full two weeks prior to the training start date unless a payment plan is arranged.
- Payment plans can be arranged using the regular tuition rate only.
- 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 ensure 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.

TO SUBMIT AN APPLICATION:

- Mail or in person: ISHTA Yoga, attn: Teacher Training, 56 East 11th Street, New York, NY 10003.
- Email: Cindy Moss at cindy@ishtayoga.com.
- Those interested in the ITA (In-Training Assistant) position must have the schedule flexibility to include 2-5 hours per week in addition to the regular teacher training curriculum. To apply for the ITA work-study position, please email Amanda Brown separately at amanda@ishtayoga.com, and include a resume with all relevant office/administrative experience, as well as general hours of availability.

If you have questions about this application, please contact Cindy Moss at cindy@ishtayoga.com.

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

ISHTA YOGA

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CONTACT INFORMATION

Name:
Phone:
Address:
Email:
Date of birth (MM/DD/YYYY):

EMERGENCY CONTACT

Name:
Phone:
Relationship to me:

BILLING INFORMATION

- I have enclosed a 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 #:	
Expiration (MM/YY):	Security code:

PROGRAM CYCLE

I am applying to (circle appropriate year and program):

2013	2014	2015
Spring	Fall	

**You will be contacted upon acceptance to confirm payment details.
Tuition balance is due two weeks prior to the training program start date.**

ABOUT YOU

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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 200-Hour Yoga Alliance-certified teacher training course. Please submit a copy of your 200-Hour certification with this application and list your 200-Hour training institution here:

2. 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 style(s) have you studied, and with which teachers?

5. What "level" do you consider yourself at 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 (i.e. TM, Vipassana, etc.)

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

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

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 and your practice will make a positive contribution to your teaching?

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

Signature

Date

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