200-Hour Yoga Teacher Training Application

Training Location: **Omega Institute- Rhinebeck, NY**
Training Dates: **May 30, 2104 - September 26, 2014**
Training Format: **Five Weekends (Friday, Saturday, and Sunday) plus Final 5-Day Intensive**

Training Weekends:

Weekend 1: May 30-June 1
Weekend 2: June 20-22
Weekend 3: July 25-27
Weekend 4: August 22-24
Weekend 5: September 5–7

Final Intensive:

September 21-26 (five-day)

Application Guidelines:

- **Download and type your answer to each question. You may use an additional sheet of paper as necessary. Please keep answers brief. All answers will be kept confidential.**
- **Read, sign, and return: 1) Pranotthan Program and Liability Agreement, 2) Pranotthan Ethics Agreement, and 3) Criteria for PYTT Certification Agreement along with your Application.**
- **Include $25.00 non-refundable application fee with your application and submit all materials to Omega Institute:**

Mail:
Omega Institute for Holistic Studies, Inc
Attn: Registration Dept
150 Lake Drive
Rhinebeck, NY 12572

Or scan and email:

classapplications@eOmega.org

- **An acceptance notification will be emailed to each applicant within 14 days.**
- **Please note certification is not guaranteed and is dependent upon satisfactory completion of all requirements.**
- **No refunds once training begins.**
- **Contact Omega Institute at (800) 944-1001 or by email at registration@eOmega.org with questions or for more information.**

200-Hour Yoga Teacher Training Application

Name_____

(Please Print or Type)

Mailing Address _____

_____

(City) **(State)** **(Zip)**

Email: _____ **Date of Birth:** _____

Phone: _____ **Alternate Phone:** _____

Emergency Contact:_____

Contact Relationship:_____ **Contact Phone:** _____

1. **Training Pre-requisite: One (1) year of a regular yoga practice. Please confirm that you meet this requirement:**

   _____ **Yes, I have had at least 1 year of regular yoga practice and currently have an on-going yoga practice.**

   _____ **No, I have not had at least 1 year of regular yoga practice.**

2. **Please describe your experience with yoga.**
   a. **How long have you been practicing?**

b. **How often do you practice?**
c. **What does your yoga practice consist of?**

3. **How has your yoga practice personally affected your life?**

4. **Why have you chosen to become a yoga teacher at this time in your life?**

5. **What personal experiences have you had and/or qualities do you possess that would support your success as a yoga teacher?**

6. **Do you have experience with other movement and/or meditation forms? If so, which?**

7. **What is your educational and professional background outside of yoga?**

8. **How would you rate your overall physical health? Please include information about any relevant current or past medical conditions.**

9. **How would you rate your overall mental health? Please include information about any relevant current or past medical conditions.**

10. **Describe the population and style of yoga you envision gaining the skills to teach?**

11. **Write a short paragraph describing your most influential teachers and their qualities.**

200-Hour Yoga Teacher Training Agreements

Please read the following agreements carefully. Submit your signed Pranotthan Program and Liability Agreement and Pranotthan Ethics Agreement with your application.

Program and Liability Agreement

I take full responsibility for my experience in the Pranotthan Yoga Teacher Training at Omega Institute. I understand that Pranotthan Yoga Teacher Training (PYTT), 200-Hour Certification Program,

may be challenging for me physically, emotionally and spiritually. I agree to take care of myself at every level. I agree to contribute to a learning environment that is safe, respectful, and constructive for myself, and everyone involved in this training.

I acknowledge the practice of yoga often involves exploring my personal edges and limits. PYTT is not responsible for any physical or psychological challenges I choose to explore throughout my educational process. PYTT and Omega will not pay, or reimburse me, for any physical or psychological treatment during or after this program.

I recognize PYTT staff cannot be responsible for attending to, or managing, every student's individual needs. This program intends to meet the needs of the majority and therefore, at times, may not apply or align with my personal limitations or beliefs.

My attendance is mandatory in every session for me to become certified as a 200-hr PYTT yoga teacher. I commit to my full participation in this program. I am aware it is my responsibility to alter, adjust or discontinue any experience that does not feel safe or appropriate to me. If I feel unsafe, I will communicate my discomfort with maturity and clarity and ask for assistance. I will not assume the PYTT staff is aware of my individual experience and will automatically take care of my needs.

Acceptance of Risk

I will not hold PYTT liable for ANY psychological or physical injury occurring before, during, or after this program. I am of sound mind and body, capable of participating safely in this program. I fully recognize and accept any risk that I undertake in this program. If I have any concerns I will consult with my health care providers for approval.

Substance Use

The use or abuse of alcohol or other recreational drugs is prohibited during the training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program with no refunds.

PYTT Promotional Efforts

At times PYTT staff may take photographs and make audio/video recordings of the training to promote the benefits of participating in its programs and activities. During any photography or recording, I can tell a PYTT staff that I do not wish to participate. I can move to a place in the room that is not being photographed or recorded. I hereby consent to being the subject of any photographs or audio/video recordings made during my training. I grant permission for these to be published or posted in ways that promote PYTT.

Social Media and Posting of Photographs and Videos

Any use of the Pranotthan name or logo requires our expressed permission. I understand that I am solely responsible and potentially liable for any images posted creating harm or damage to anyone caused by my online activity related to PYTT. Discretion is required for posting any photographs. Permission is required for posting any videos or recordings.

Refund and cancellation policy

If I am asked to leave the program because my progress or participation is not in alignment with the PYTT standards, my tuition refund will be prorated. If I choose to leave the program, no tuition refund is available. All financial agreements must be discussed with PYTT Directors.

Release of Liability

After being informed of the above risks and responsibilities, I generally release Pranotthan Yoga Teacher Training, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise during my training or from my later use of information or instruction at home.

By signing this agreement, I will abide by the terms of this PYTT 200-hr Yoga Certification Program and Liability Agreement and accept PYTT' s policies and enter into a legally binding general release of liability.

Signature_____

Name (Please Print)_____

Date_____

Ethics Agreement

A Pranotthan Yoga Teacher is expected to uphold a standard of ethics throughout this training and into all future endeavors as a PY Teacher.

As a Pranotthan Yoga Teacher Training Student and Teacher I agree to:

Refrain under all circumstances from initiating or engaging in any sexual conduct sexual activities, or sexualizing behavior involving a student even if the student attempts to sexualize the relationship.

Refrain from recommending treatment, diagnosing a condition, or suggesting a student disregard medical advice.

Acknowledge the limits and scope of yoga and refer students to the appropriate health care professionals.

Conduct my business and profession fairly and honestly.

Respect student' s privacy with information they may share.

Provide competent confident touch when yoga assistance that involves physical contact is necessary.

Create a safe and sacred learning environment for my students.

Signature_____

Name (Please Print)_____

Date_____

Criteria for PYTT Certification Agreement

I acknowledge that my being accepted, paying tuition, and participating fully in the PYTT DOES NOT guarantee my certification.

In order to be certified I must demonstrate a basic understanding and integration of the material presented in this training in order to teach yoga with safety and clarity. I must possess a level of body awareness, mental stability, emotional maturity, communication skills and personal integrity necessary to create and sustain the safe educational environment that supports the personal transformation of students.

I will be evaluated by the PYTT staff on the following criteria:

- Ability to embody postures
- 100% attendance and participation in all sessions
- Timely completion of all homework assignments
- Demonstrating my learning through Practice Teaching
- A 70%, or higher, grade on the final exam
- Use of the Conscious Communication skills provided
- Professional and ethical conduct in, and out of, the classroom
- Integration of Inquiry-Based learning and Kosha-Based methodology
- Ability to place attention on students in order to respond to student needs
- Ability to provide competent confident touch while assisting.

The PYTT staff will encourage and support your learning, integration and demonstration of these skills throughout the training. We will communicate with you regarding any areas of your learning we feel

may require some level of improvement, providing you with ample opportunity for you to address these areas and become proficient and certified.

Signature_____

Name (Please Print)_____

Date_____