



## APPLICATION INSTRUCTIONS

### Application Deadlines

To apply for the Basic Yoga Teacher Training we strongly encourage you to apply before the early registration deadline, one month before the training begins. Last minute applications will be accepted if there is space in the program.

### Application Instructions

Complete all required information in the application below. Submit the application, required materials and the non-refundable \$450 application fee/deposit.

Submit the completed application by emailing it to [mindy@greenmtnyoga.com](mailto:mindy@greenmtnyoga.com) with the subject: Application for Basic Yoga Teacher Training or mailing it to:

Green Mountain School of Yoga  
Attention: Teacher Training Department  
8565 Five Parks Drive, Suite 200  
Arvada, CO 80005

### 230 Hour Basic Yoga Teacher Training application requirements

- 230 Hour Basic Yoga Teacher Training Application
- Payment Information & Program Participation Agreement

Once your application and deposit are received your package will be closely reviewed. The director of the School, Mindy Arbuckle, will contact you for an in-person or telephone interview before full acceptance to the program.

### Tuition

Cost summary for the Green Mountain School of Yoga 230 Hour Basic Yoga Teacher Training Program:

Tuition	\$2,545
Application/Registration Fee	\$ 450 (this deposit is non-refundable)
Books/Supplies (provided)	<u>\$ 300</u> (Non-refundable once received & Subject to cost change)
Total Cost of Program	<u>\$3,295</u>

\*A \$300 discount is available for early bird registration. All applications and fees must be received one month before the start date of your training to receive this discount.

**The Application/Registration fee of \$450 is a non-refundable fee once a student has been accepted into the program. Students not accepted to the school are entitled to all moneys paid.**

Tuition includes 200 classroom hours, required reading materials, homework, additional yoga classes required throughout training and a free unlimited yoga class package. Enrolled students are extended a 10% discount on all boutique purchases made at Green Mountain Yoga for the duration of enrollment in the program.

Green Mountain School of Yoga educational programs are a serious commitment for participants and teachers. Space is limited and your Application/Registration Fee is required to hold your space for the program session. To reserve your place in the training you must submit your application along with your Application Fee.



Green Mountain School of Yoga
230 Hour Basic Yoga Teacher Training Registration Form

Applications received one month prior to the program start date will receive a discount of \$300 off the course tuition as outline above.

The director of the program, Mindy Arbuckle, will carefully review this form. Mindy will contact you for a personal or phone interview before full acceptance into the program.

Thank you!

BASIC YOGA TEACHER TRAINING APPLICATION

Personal Information

Name Today's Date
Date of Birth

Address

Home Phone Cell Phone
Email Address Occupation

Emergency Contact

Name Relationship
Phone

Check here if you are currently on a monthly auto renew and need it to be placed on hold for the duration of your unlimited pass throughout the training.

Program Information

Which program are you applying for:

- July 2010
January 2011
July/August 2011



**How did you first learn about the Green Mountain School of Yoga Basic Teacher Training Program?**

I practice at Green Mountain Yoga

Internet search

My yoga teacher recommended it.

Friend \_\_\_\_\_

Teacher's Name \_\_\_\_\_

Other: \_\_\_\_\_

**About You**

**1. How long have you been practicing yoga?**

**2. Are you studying a particular style of yoga? If so, which?**

**3. How many days a week do you practice the following? Please add details to your practices.**

**Yoga Asana**

**Pranayama**

**Meditation**

**Other practices, please describe**

**4. Do you have a home practice? If so, please describe.**



**5. Have you taken any previous yoga trainings? If so, what did you study, when and with whom?**

**6. Please share any other comments about your training or personal practice:**

**7. Why are you interested in the Green Mountain School of Yoga Basic Teacher Training Program?**

**8. What do you expect to learn in this yoga teacher training? What do you hope to achieve at the completion of the program?**

**9. Please describe yourself and the impact yoga has had on your life.**



**10. Are you ready and committed to pursue the practice of yoga beyond the physical postures?**

- Yes  
 No

**11. Because yoga is ultimately a journey of learning about yourself and understanding we are all one, are you open to accept what you may learn about yourself?**

- Yes  
 No

Comments on the last two questions:



## Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

**1. How would you evaluate your current health?**

- Excellent
- Good
- Fair
- Some challenges (briefly describe) \_\_\_\_\_

**2. Do you suffer from any of the conditions below?**

- Diabetes
- Pregnant, plan to become pregnant during the course of the training
- Joint replacements, if so please specify \_\_\_\_\_
- Epilepsy
- Heart Disease, please elaborate \_\_\_\_\_
- High Blood Pressure
- Surgeries \_\_\_\_\_

**3. Please list medications prescribed by a health care professional you are taking and the condition for which you taking them.**

**4. Please list any injuries you are currently working with.**

**5. Is there anything else we should know about your medical history?**



**PAYMENT INFORMATION**

A \$450 non-refundable application fee/deposit is due with your application. This payment will be held until acceptance into the program. Full payment is required by the completion of the program. Your deposit must be paid by the early registration date in order to receive the early bird discount. You will agree make all future payments during the program, which will be outlined in the enrollment form signed upon acceptance into the program.

- I am paying by cash.**
- I am paying by check.** Please mail the check with your application to the address listed on the Application Instruction page.
- I am paying by credit card.**  MasterCard  Visa  American Express  Discover

Credit Card Number \_\_\_\_\_  
 Expiration \_\_\_\_\_ CVV # \_\_\_\_\_  
 Name as it appears on the card: \_\_\_\_\_

Is your billing information the same as your mailing address?

- Yes
- No. My billing address is:

\_\_\_\_\_  
 \_\_\_\_\_

I hereby authorize the above payment of \$ \_\_\_\_\_ . Please initial: \_\_\_\_\_

\_\_\_\_\_  
**Complete Signature**

Please email your application to [mindy@greenmtnyoga.com](mailto:mindy@greenmtnyoga.com), mail to Green Mountain School of Yoga, 8565 Five Parks Drive, Arvada, CO 80005, or leave your application at the front desk at the studio.



**PROGRAM PARTICIPATION AGREEMENT**

I understand that if I fulfill all the requirements of the Green Mountain School of Yoga Basic Teacher Training program, including in-class hours, homework, etc, I will receive a letter of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200 hour yoga teacher training program.

I have reviewed the most recent GMSY Course Catalog and understand the commitment I am making. I agree to follow the guidelines and requirements established for the program.

I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future Basic Teacher Training Program and will be refunded my remaining balance. If I cancel within 14 days of the training, I will forfeit my \$450 deposit but my remaining balance will be refunded. Once the program begins, the tuition is refundable according to the portion of the training completed.

I understand that all Green Mountain School of Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements:     Yes     No

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Signature

Date