



INSPIRITUS[®]
— YOGA —
Wholistic Wellness & Training

200 Hour International Yoga Teacher Training Application

Thank you for your interest in our 200 Hour International Yoga Teacher Training. Please read the Information Packet which outlines the expectations of each module of the program before completing the application process. If you have any questions, feel free to email info@inspiritusyoga.com , or you may call 480-250-5867 in the US or 306-270-8638 in Canada.

Application process:

- Review the Information Packet, including module expectations and required homework.
- Complete this Application Form and submit via email to info@inspiritusyoga.com.
- Pay \$200 non-refundable application fee (will be applied toward tuition).
- Meet with Trainer to go over details of program – in-person, Skype, or Zoom preferred.
- Read and sign our Statement of Commitment and Waiver Release forms (will be provided following prior to start date).
- Submit payment at least one week prior to start date.

I am applying as a candidate for the following:

- Inspirational Yoga Teacher (CYT)
- Christ-Centered Yoga Teacher (CCYT)

Location preference for any in-person training:

- Phoenix, AZ
- Detroit, MI
- SK, Canada

Tuition:

The cost of tuition is \$500 for the Level 1 Workshop & Certification and \$1399 for the 200 Hour Yoga Teacher Training. A \$200 non-refundable fee is due with your application, and will be applied toward tuition. Payments can be broken up into two or three payments, as arranged with Training Division Leader.

An electronic version of the training manual is included in the cost of tuition. You may print training materials at your own expense. The cost of travel and meals (if applicable) the required reading materials are not included in the cost of tuition, and are the responsibility of the participant.

Please refer to the Statement of Commitment for payment information and cancellation/refund policy. If payment arrangements are needed, please email info@inspiritusyoga.com.

Application Form

Name

Preferred Name

Address

City, State, Zip

Email Address

Best Phone

Emergency Contact/Relationship

Emergency Contact Phone/Email

Please answer the following questions as completely as possible. You may attach a separate page if needed.

How did you find out about our program? _____

Your occupation: _____

How long have you practiced yoga? _____

What is the most rewarding aspect of your yoga practice? _____

What is the most challenging aspect of your yoga practice? _____

Describe yoga experience, styles practiced, and any previous training: _____

Describe any yoga or related teaching experience: _____

What do you plan to do with your certification? _____

Do you feel you have been called into a teaching or leadership role in your life? Please explain.

Do you have any concerns about participating in the program? _____

Have you experienced any of the following (check box if Yes)?

- High blood pressure
- Diabetes
- Heart conditions
- Respiratory conditions
- Bone or joint conditions
- Retna problems or Glaucoma
- Back pain or injury
- Communicable disease
- Addiction
- Diagnosed mental-health condition
- Seizures or strokes
- Physical disability
- Are you currently pregnant? Due date: _____
- Have you recently had a baby? Delivery date: _____
- If yes to either of the above, have you been cleared for physical activity?

Criminal Background:

- Have you ever been convicted of a felony?
- Have you ever been incarcerated?

If you checked "Yes" for any of the above, please explain:

Acknowledgement:

I certify that I am at least 18 years of age and am physically able to participate in a yoga teacher training program. I acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I acknowledge that I have read the information packet, admissions criteria, and cancellation/refund policy.

Signature (please type if electronic)

Date

Printed Name