

# THE ART OF YOGA 200-hour YOGA TEACHER TRAINING

## Ethical Guidelines / Moral Responsibilities

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

\* taken from [yogaalliance.org](http://yogaalliance.org)

# INSPIRE YOGA APPLICATION for

## “THE ART OF YOGA” TEACHER TRAINING PROGRAM 200-HOUR YA CERTIFICATION

Your application must be submitted and approved before you pay your AED 500.00 Non-refundable Application Fee. Please complete and return this application to register for the teacher training program to:

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### PERSONAL INFORMATION:

NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
NATIONALITY \_\_\_\_\_ GENDER (Female / Male) \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
CELL \_\_\_\_\_ EMAIL \_\_\_\_\_  
OCCUPATION \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
MARITAL STATUS \_\_\_\_\_

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### PAYMENT DETAILS (I choose to pay in the following order):

- AED 500.00** Application Fee (non-refundable)
- FULL TT (total 200-HOUR TRAINING)**
- AED 11,000** Early Bird (Paid in Full by May 31st, 2018)
- AED 12,000** (Paid in Full by September 20th, 2018)
- AED 13,000** Financed (AED 3,400 deposit, 12 monthly payments of AED 800,00)

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### ONLY LEVEL 1 (only 100-HOUR TRAINING in LEVEL 1)

- AED 6,000** Early Bird (Paid in Full by May 31st, 2018)
- AED 7,000** (Paid in Full by September 20th, 2018)
- AED 8,000** Financed (AED 2,000 deposit, 6 monthly payments of AED 1000,00)

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### PROGRAM INFORMATION:

HOW DID YOU HEAR ABOUT THE INSPIRE YOGA TEACHER TRAINING PROGRAM?

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### PREREQUISITE INFORMATION:

WHAT IS YOUR PREVIOUS EXPERIENCE WITH YOGA?

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HOW LONG HAVE YOU BEEN PRACTICING YOGA AND WHAT STYLE(S)?

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

DO YOU HAVE A DAILY PRACTICE?

\_\_\_\_\_

HAVE YOU TAKEN CLASS AT INSPIRE YOGA?

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HAVE YOU TAKEN CLASSES FROM A CERTIFIED YOGA TEACHER FOR AT LEAST 6 MONTHS?

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**YOGA TEACHING EXPERIENCE:**

ARE YOU CURRENTLY TEACHING YOGA?

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HOW LONG HAVE YOU BEEN TEACHING?

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WHAT TRADITION / STYLE DO YOU TEACH?

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**HEALTH INFORMATION:**

DO YOU HAVE ANY PHYSICAL LIMITATIONS, INJURIES, OR OTHER CONDITIONS THAT MAY PREVENT YOU FROM PARTICIPATING FULLY IN THE PROGRAM? IF YES, PLEASE DESCRIBE:

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HAVE YOU HAD ANY RECENT SURGERY THAT MIGHT PREVENT YOU FROM PARTICIPATING?

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**PLEASE ANSWER THE FOLLOWING QUESTIONS FULLY ON SEPARATE PAGES:**

1. Please describe your daily yoga practice. Which postures do you typically do? Do you have a meditation practice? Do you read the sutras?
2. What does yoga mean to you? How have your feelings about yoga developed over time?
3. What do you enjoy most about yoga?
4. Why do you want to become a certified yoga teacher?

I understand that the process of teacher training is rigorous and demanding of my time and effort. I understand the practice of yoga is about exploring new boundaries and limits. The study of yoga may involve exploring and discussing different belief systems, which may be different from my own. I understand that this is simply a presentation, not an expectation of any belief system. I understand that there will be time during each session to speak relevant thoughts, questions, feelings and insights. There will be co-listening and conscious communication which provides an opportunity for bonding with other students, nonjudgmental listening, and learning to develop rapport with others. A yoga practice is part of the curriculum for growth. I will monitor what is safe and right for me, and I will commit myself, to the best of my ability, to the teacher training program.

Candidate's Signature: \_\_\_\_\_

Date: \_\_\_\_\_