

**SamsaraSukha School of Yoga**  
**200-Hour Yoga Teacher Training Program Application**

First Name			
Last Name			
Date of Birth			
Street			
City, State, Zip			
Contact Numbers	Home	Work	Cell
Emergency Contact			
Emergency Phone Nos.	Home	Work	Cell
Current Occupation			

**PREREQUISITE INFORMATION**

Please use separate paper for more space if needed.

1. How long have you been practicing asana?
2. Do you have a home practice?
3. How often do you practice?
4. How long do you practice?
5. What is your typical practice like?
6. Which styles of yoga do you primarily practice?
7. Have you studied with a certified teacher for at least six months?
8. Who is/are your teacher(s)?

**YOGA TEACHING EXPERIENCE**

1. Are you currently teaching yoga? If yes, how long and how often?
2. What tradition or style do you teach?

## HEALTH INFORMATION

If your answer is yes to any of the following question, please describe in detail on a separate page.

1. Are you under medical treatment for any physical or psychological condition?
2. Are you currently pregnant or trying to get pregnant?
3. Have you ever been hospitalized for a psychiatric condition?
4. Do you have any chronic pain, physical limitations, or disabilities?
5. Have you had a serious illness or major surgery within the last five years or that affects you presently?
6. Do you have any communicable diseases?
7. Are you in recovery from an addiction? If yes, please provide how long.
8. Are you taking prescription medications (other than birth control or cosmetic prescriptions)? Please list dosage and frequency of intake.
9. Describe your weekly alcohol or substance consumption.

## ESSAY QUESTIONS

Please answer the following questions on a separate sheet of paper.

1. What does yoga mean to you? How have you grown in the practice?
2. Why do you want to become a yoga teacher at this time in your life?
3. How do you plan to apply your training?
4. What are your expectations for this program?

## ACKNOWLEDGEMENT

By signing below, you affirm that all information provided herein is true and accurate. Your signature also confirms acknowledgement, receipt, and acceptance of the attached "Policies and Requirements".

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Signature

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Date

## POLICIES AND REQUIREMENTS

### ATTENDANCE

100% attendance is required. Completion of all hours, contact and non-contact, must be completed prior to graduation. All hours must be documented and approved. If contact hours must be made-up privately, student will be assessed \$45 per hour.

### APPLICATION AND ENROLLMENT

1. You must be at least 18 years of age or older.
2. You must have studied and/or practiced yoga for at least one year prior to enrolling in teacher training program.
3. Complete application in its entirety and submit with \$100 non-refundable application fee.
4. Complete admission interview.

Application does not guarantee acceptance. Students are evaluated for academic and physical ability, personal character, motivation and ability to manage time, and ability to meet financial obligations for tuition.

### READING REQUIREMENTS/RECOMMENDATIONS

You will be required to read *Yoga Sutras of Patanjali* (translated by Sri Swami Satchidananda) and *The Key Muscles of Hatha Yoga* by Ray Long, MD, FRCSC. It is recommended that you read *Light on Yoga* (BKS Iyengar), *Anatomy of Hatha Yoga* (H. David Coulter), *Bhagavad Gita* (Stephen Mitchell), *Illustrated Essentials of Musculoskeletal Anatomy* (Sieg and Adams), *Upanishads* (Eknath Easwaran).

### CANCELLATION AND REFUND

The application fee is non-refundable.

Full refund, less application fee, if cancellation is made within one week of program start date.

Pro-rated refund for withdrawals made prior to the end of the fourth weekend module.

No refunds will be given for withdrawals made after the end of the fourth weekend module.

### PROFESSIONAL BEHAVIOR AND ETHICAL CONDUCT

As a yoga teacher, it is paramount to provide a safe and comfortable environment for students to grow and transform. It is of the utmost importance to maintain a high degree of emotional maturity and personal integrity in order to serve and empower students.

By accepting the Code of Ethics, you agree to the following:

1. An essential part of teaching yoga is to develop and maintain a professional student/teacher relationship. You agree to create and maintain a mutually safe and trusting environment between student and teacher;
2. To offer a compassionate and professional touch when administering hands-on assists;
3. To refrain from engaging in sexual conduct with a student, even if the student attempts to sexualize the relationship;
4. To commit to provide the highest quality care possible to those who seek it;
5. To represent yourself honestly and refrain from offering additional services or recommendations other than what you are qualified offer;
6. To acknowledge and respect the limitations and contraindications of yoga to students;
7. To strive for excellence and integrity in educational training;
8. To acknowledge strengths and weaknesses as a teacher and continue to train, educate, and improve;
9. To be honest and professional in business affairs;
10. To refuse to unjustly discriminate against anyone;
11. To avoid any interests or activities that would negatively affect being a yoga teacher;
12. To respect the boundaries of others;
13. To respect the needs of others.