

**Application for Kind Yoga Teacher Training – Registered Yoga Alliance Yoga School, 200 hr.**

Kind Yoga Teacher Training, 238 White Oak Trail, Centerville, MA 02632 [www.KindYoga.com](http://www.KindYoga.com) 508-776-1990  
Please print application (if received by email), complete and return page 1& 2 to above address with \$25 non-refundable application processing fee or \$1200 as first payment to register for class. Please write checks to “Café Prague, Inc., Kind Yoga”

**office use only**

- \_\_\_\_\_ Date received
- \_\_\_\_\_ Application completed and signed
- \_\_\_\_\_ \$25 fee received
- \_\_\_\_\_ Application approved
- \_\_\_\_\_ Date approved
- \_\_\_\_\_ SCHOOL PAYMENT PLAN (\$1200 WHEN APPLICATION APPROVED, \$500 X 3 PAYMENTS OVER NEXT 3 MONTHS)
- \_\_\_\_\_ Acceptance letter sent
- \_\_\_\_\_ Tuition Fee \$2700.00, **Deduct \$100 if paid in full prior to start Date**

NAME: ADDRESS:

TELEPHONE: EMAIL:

Emergency contact Phone number:

Current occupation: Application Fee 25\$: Included \_\_\_\_\_ (\$1200 at registration when accepted into KYTT)

Dates and Program Information: Next program begins Tuesday evening March 13, 2012 – June 22, 2012 200 “clock” hours, training includes one Tuesday evening per week, five weekends: Friday evening to Sunday, plus seven Friday evenings, and 3 Saturday afternoons in addition to the weekends. Location of Tuesday evening class: Centerville Yoga and Wellness. Weekends held at Kind Yoga office, Centerville, MA (a few dates and lecturers may be subject to change due to weather etc.) See dates on website [www.KindYoga.com](http://www.KindYoga.com)

PERIOD BEYOND WHICH LATE REGISTRATION WILL NOT BE ACCEPTED: AFTER 1<sup>ST</sup> WEEK OF CLASSES OR IF CLASS IS FILLED.

Please answer questions below – feel free to use back of application to continue answers.

**Kind Yoga School does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. The information in this application will be treated as confidential.**

- How did you find out about Kind Yoga Teacher Training? (if magazine or friend, please mention name) \_\_\_\_\_
- How long have you been practicing yoga? **If you are a newer student of yoga, a sincere willingness to learn is all that is required to apply.** \_\_\_\_\_
- Why do you want to be certified as a yoga teacher at this time in your life? \_\_\_\_\_
- What personal strengths do you bring to the Yoga Teacher Training? \_\_\_\_\_
- What does yoga mean in your life? \_\_\_\_\_
- Although much Yoga practiced in studios in the US often focuses on the physical postures as a form of exercise, are you aware of the other aspects of Yoga Study including meditation, philosophy, attitude, and breathing practices which this training will also be including? \_\_\_\_\_

◆ Please list other yoga teachers and styles that you may have studied with:  
Teacher’s name/ Yoga style/ Location and studio name/ Frequency of study

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Full disclosure and acceptance of terms**

*Please understand these agreements are necessary, hopefully none of these issues will ever apply.*

In order to make informed decisions, Kind Yoga School must be able to rely on the accuracy and completeness of information provided by applicants. Information provided is treated as confidential and disclosed only to those with a legitimate need to know in administering or delivering the training. By signing below, I affirm that the information provided in this application is, to the best of my knowledge, true and complete. I understand that providing inaccurate, incomplete, or misleading information is grounds for rejecting this application, being required to leave the program after I have commenced participation, or the revocation of my certification after completing the program. If I am forced to leave a program because of a health consideration, continuing in another session is at the discretion of the Director of Professional Trainings. *I have read this document in its entirety (5 pages), understand it, and agree to honor it. I also understand that by signing the Application, I am entering into an agreement that incorporates all aspects of this document.*

\*I have carefully read the **Criteria for Certification and Financial Information** and accept the requirements, conditions, and agreements expressed therein. I understand that not meeting the criteria will result in my not being certified. Please initial here \_\_\_\_\_

\*I have carefully read the **Responsibility Agreement** and understand that Kind Yoga School is not responsible for my physical and psychological safety during this training program, I am fully responsible for taking care of myself. Please initial here \_\_\_\_\_

\*I have carefully read the **Code of Conduct** and understand that any violation of this agreement during the training could result in my not being certified and that any future violation could result in the revocation of my certification. Please initial here \_\_\_\_\_

I understand the **Criteria for Certification, Responsibility Agreement, and Code of Conduct**. I will keep copies for my records.

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Signature

Date

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Signature Director of Training

Date

## **Kind Yoga School Criteria for Certification:**

This program is intended to result in your certification as a 200-hour Hatha Yoga Teacher. Certified Yoga teachers must possess the skills and abilities necessary to safely and competently teach Hatha Yoga, and a certain level of emotional and mental stability. Full participation in and completion of all course components is mandatory for certification.

### **Attendance / Make ups**

We require 100 percent attendance, **make ups are acceptable**, make-up for missed classes can be done through meeting with teacher, and / or written paper of work missed. You are responsible for marking the attendance roster each day of class. To be considered present, please arrive on time and stay for the duration of the session or talk to staff before leaving a session. If you need to miss any sessions please speak to a teacher prior to the session. You are responsible for any course material missed and we will work with you within reason to help you make up missed work.

### **Professional behavior and ethical conduct**

All students in the training program are required to adhere to the program guidelines as stated in this agreement, the Code of Conduct, and the Responsibility Agreement. These requirements are designed to create safety while maintaining a professional atmosphere.

### **Take-home assignments**

Students may be given assignments to complete between segments. (example: you may be asked to practice a short set of postures, or a breathing practice or to share that practice with a friend) Final project will include study outside of class, your choice of topic, estimated 5 hours.

### **Program guidelines - We request that you:**

Complete the reading assignments given during the program, and develop or continue your own personal yoga practice.

Dress appropriately during training sessions

Refrain from wearing scented products out of respect for those with sensitivities

**Course fees – Financial information provided on page 4**

All program and administrative fees must be paid in full prior to receiving certification. Certification will be given when all payments have been fully received by Kind Yoga School.

### **Use of the name “Kind Yoga”**

The name “Kind Yoga” is a registered trademark of Kind Yoga School, an educational organization, and subsidiary of Café Prague, Inc. Kind Yoga School has the legal right and responsibility to control the use of the name “Kind Yoga” to ensure the integrity of its teachings. Upon successfully completing the 200-hour course, you are granted a certificate to promote yourself as a certified Hatha Yoga Teacher and to use the term “**Kind Yoga**” “**Hatha Yoga**” and **Certified Hatha Yoga Teacher** to describe your in-person yoga classes. In addition, as a certified teacher, you may refer to Kind Yoga School as the source of your yoga training in promotional pieces.

### **Kind Yoga School Responsibility Agreement:**

I am responsible for my experience at Kind Yoga School. (Hereafter, Kind Yoga School, the program instructors and staff, and the program curriculum will be referred to collectively as "Kind Yoga School"). I understand that the Kind Yoga Teacher Training Certification is a yoga immersion program and may be intensive on some levels. I understand that the study and practice of yoga is designed to integrate unresolved physical and psychological issues. I understand the practice of yoga sometimes produces non-ordinary states of awareness. Kind Yoga School, the program instructors, and the staff cannot possibly know every student's personal needs. In addition, I understand the curriculum has been designed to create the optimal yoga education for the majority of students and that some specific experiences may have content that does not work for me. During this program, I am responsible for monitoring what is safe to me. Although my attendance is required in each session for me to become certified as a yoga teacher, my participation is never required if I feel unsafe. I do not expect Kind Yoga School to take care of my needs. I do not, and will not, hold Kind Yoga School responsible for my physical and psychological well-being. Kind Yoga School will not pay for, or reimburse me for, physical or psychological care during or after this program. I acknowledge that only I can know what my boundaries and limits are, and it is up to me to uphold these boundaries for myself. I understand that practicing yoga is often about exploring new boundaries and limitations and that Kind Yoga School is not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry. I understand that the study of yoga involves exploring and discussing different belief systems. These belief systems may be different from my own. I understand that Kind Yoga School is not requiring me to change my beliefs in any way.

**I understand that Kind Yoga School offers the following suggestions to support my physical and psychological well-being.** Time is provided in some sessions to share relevant thoughts, questions, feelings, and insights.

Please realize there may be time limitations set by the session leader out of respect for the overall process.

The regular practice of yoga asana and the philosophical principles of yoga are designed to stimulate profound growth on every level. These experiences and the ability to integrate them are the foundation for yoga teacher education.

Maintain contact with loved ones and health-care providers during this program. Do not change or discontinue any prescribed medication without your physician's consent. Kind Yoga teachers offer experiential, educational yoga classes and programs. We recognize that the nature of yoga is to promote physical and psychological growth through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred, safe environment to allow transformation to happen. It is important for you to possess a high degree of emotional maturity and personal integrity in order to serve and empower your students.

### **Finances and Administration – Kind Yoga School**

**A.** Kind Yoga 200 Hour Teacher Training – cost \$2700, complete payment may be made before start of course (if you choose full payment option, **please deduct \$100 for full payment made prior to start of course, total \$2600**)

**B.** Or you may choose payment plan– first payment/deposit at least one week prior to start date – Deposit of \$1200 is due upon registration. Each subsequent payment of \$500 is due prior to first day of each month in training. \$15 late fee applies if payment is made later than 10 days past due date. **Students with a payment plan must be current in payments to continue attending classes.** Required Reading is extra, books may be purchased at student's cost on line or at local bookstores. Estimated cost of Books: \$200

**Required Reading:** *Yoga as Medicine*, Timothy McCall, MD; *Teaching Yoga*, Mark Stevens, *Yoga Sutras*, Mukunda Stiles; *Yoga Anatomy*, Leslie Kaminoff; and *Yoga Teachers Toolbox*, Joseph LePage, which may be purchased at [www.integrativeyogatherapy.com](http://www.integrativeyogatherapy.com)

**Suggested Reading:** *Essential Yoga*, Olivia H. Miller; *Bhagavad Gita*, Stephen Mitchell; *Yoga*, BKS Iyengar

Kind Yoga Teacher Training has a policy that students must be current in their payments in order to attend classes. Students not in compliance with the fee timetable for any course will not be permitted to attend courses until they have brought the payments current. Students who miss a portion of the course because they were late in their payments will be able to make up those hours in subsequent trainings once they have completed an application for extension, and become current in payments.

**Acceptable Methods of Payment:** Cash, Credit Card MC or Visa, Check, Money Order

**Homework:** In order to graduate, students must complete all homework, assignments, and all assigned readings by the end of the training. Students who have not fulfilled any aspect of the training by the end of the training must apply for extension, which grants them up to one year to complete the missing portion(s) of the training. By doing so, they agree to pay a \$30 per month fee which is run automatically by Credit Card until their assigned work is done. If specific class work is chosen by student to be completed with a teacher from Kind Yoga School, payment to be made through Kind Yoga at \$75 per makeup hour with a mentor/teacher.

**Kind Yoga Cancellation and Refund Policies** Should a participant cancel less than a week in advance, be absent or leave early for any reason, program credit or refunds will be pro-rated based on the percentage of unattended classes from date of notice of withdrawal, minus \$50 processing fee. Kind Yoga reserves the right to cancel any program, in this event; participants will be given a complete refund.

### **REFUND POLICY (AS PER M.G.L. CHAPTER 255, SECTION 13K):**

1. You may terminate this agreement at any time.
2. If you terminate this agreement within five days you will receive a refund of all monies paid, provided that you have not commenced the program.
3. If you subsequently terminate this agreement prior to the commencement of the program, you will receive a refund of all monies paid, less the actual reasonable administrative costs described in paragraph 7.
4. If you terminate this agreement during the first quarter of the program, you will receive a refund of at least seventy-five percent of the tuition, less the actual reasonable administrative costs described in paragraph 7.
5. If you terminate this agreement during the second quarter of the program, you will receive a refund of at least fifty per cent of the tuition, less the actual reasonable administrative costs described in paragraph 7.
6. If you terminate this agreement during the third quarter of the program, you will receive a refund of at least twenty-five percent of the tuition, less the actual reasonable administrative costs described in paragraph 7.
7. If you terminate this agreement after the initial five day period, you will be responsible for actual reasonable administrative costs incurred by the school to enroll you and to process your application, which administrative costs shall not exceed fifty dollars or five percent of the contract price, whichever is less. A list of such administrative costs is attached hereto and made a part of this agreement.
8. If you wish to terminate this agreement, you must inform the school in writing of your termination, which will become effective on the day, such writing is mailed.
9. The school is not obligated to provide any refund if you terminate this agreement during the fourth quarter of the program.  
Administrative Costs Equal: \$50.00

**Additional Refund Information:** All refunds will be payable by check. A deduction of 5% will be taken from all credit card refund payments. All disputes, differences and disagreements arising between parties shall be settled by arbitration in Barnstable, MA, under the rules of the American Arbitration Association.

### **I. Code of Ethics: NATIONAL YOGA ALLIANCE CODE OF CONDUCT**

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behavior by which all Registered Yoga Teachers (RYT) and Registered Yoga Schools (RYS) agree to conduct the teaching and business of Yoga. The Code is not intended to supersede the Code of Conduct/Ethics of any school or tradition, but is intended to be a basis for yoga ethics.

#### **Code of Conduct**

As a Registrant of Yoga Alliance and as a Registered Yoga Teacher (RYT) or representative of a Registered Yoga School (RYS), I agree to uphold the ethical goals set forth in the following Code of Conduct:

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. Follow all local government and national laws that pertain to my yoga teaching and business.

**Code of conduct: *Copyright National Yoga Alliance*** <http://www.yogaalliance.org/>