



HIGH PEAKS HOT VINYASA TEACHER TRAINING SUMMER 2015

APPLICATION

Thank you for your interest in the High Peaks 200 hour Hot Vinyasa Teacher Training Program! Below you will find detailed instructions on how to properly apply. Due to the fact that this 200 hour TT includes two vigorous classes a day in the hot studio room and is being offered in a three week intensive format, it is strongly recommended that applicants have at least one year of consistent asana practice, with at least the last two months consisting of some hot asana training as well. If your yoga practice does not meet the above criteria, please provide an explanation on a separate sheet of paper.

How to apply:

To reserve a place in the training, applicants must submit a completed application along with a deposit, payment as follows:

- **EARLY BIRD DISCOUNT:** \$2600 (\$500, \$200 of which is non-refundable, is due by March 1 and remainder due by first day of TT)
- **PRE-REGISTRATION DISCOUNT:** \$2750 (\$500 due by June 1 and remainder due by first day of TT)
- **FULL PRICE:** \$2900 (\$500 due by July 1 and remainder due by first day of TT)

Early Bird applications who cancel their reservation within 15 days of the training will receive a full refund except for the \$200 non-refundable early bird fee. Pre-registration and full price applicants who cancel their reservation within 15 days of the training will receive a full refund.

Applicants canceling their reservation less than 15 days before the training will forfeit a \$200 penalty.

A complete application consists of the following:

- Primary application, pages 2-5
- Assumption of Risk, Health Warranty, Release and Waiver of Liability



Name: _____ Today's Date: _____

Address Line 1: _____

Address Line 2: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____

Email Address: _____

Occupation: _____

Emergency Contact:

Name	Phone	Relationship
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Medical history:

Please be sure to complete the medical history section below so that we can be sure to respond to any emergencies should they arise during the Teacher Training. Please include a second sheet if necessary. Based on your specific history we may schedule a follow up interview before accepting you into the program. Please note that safety is very important to us and this will be a physically challenging training so honesty and detail are greatly encouraged. Please note that at any time your trainer(s) may ask you to leave if you are not at the physical and/or health level to full and safely participate, or if you are affecting the safety and learning of others in the program.

1. How would you evaluate your current health (please check one)?

- ____ Excellent
- ____ Good
- ____ Fair
- ____ Some challenges (briefly describe)

2. Please let us know if you have any injuries that may affect your ability to fully participate in the training.

3. Please list any medical conditions that may affect your ability to fully participate in the training.

4. Have you had any surgeries in the last year? If the answer is yes, explain.

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

About you:

To better serve you, it is important that we have a general picture of your yoga practice and history. Please be as honest and as clear as possible.

1. How long have you been practicing yoga? _____
2. How many days per week do you practice yoga? _____
3. What style(s) of yoga do you usually practice? _____

4. At which studios do you currently practice? _____

5. Who have been your primary teachers, past & present?

6. Do you have a home practice? _____

7. Do you practice meditation and/or pranayama?

8. Do you practice inversions?

9. Do you have any yoga or related certifications? If yes, what are they and when did you receive them?

10. Are you currently teaching yoga?

11. What areas of yoga challenge you the most?

12. Why do you want to take a 200 hour Teacher Training program?

13. What are your expectations for this Teacher Training and what do you hope to achieve at the completion of the program?

14. Please use the following space to share something about yourself that we might not otherwise know that you think will give us insight to who you are on and off the mat.

PROGRAM PARTICIPANT AGREEMENT

I understand that if I am paid in full and fulfill all the requirements of the High Peaks Hot Vinyasa 200 Hour Teacher Training, including in-class hours, homework, tests, and final teaching exam, 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 Teacher Training program. Paying for the program and completing the hours alone does not mean I will pass the program.

I understand that High Peaks Hot Vinyasa 200 Hour Teacher Training reserves the right to ask me to leave the program if I plagiarize; if my behavior is disruptive, inappropriate, or negatively impacting other students learning; and/or any actions during training are unethical or violate the High Peaks Hot Vinyasa 200 Hour Teacher Training Ethical Guidelines (Page 6). Under such circumstances, I understand I will not be refunded my tuition.

I understand that High Peaks Hot Vinyasa 200 Hour Teacher Training reserves the right to ask me to leave the training at any time if it appears that my health or physical practice are not at the level to fully participate in the training. Under such circumstances, I understand I will be given a prorated refund, based on the amount of time I attended the training.

I understand that if I miss over 40 hours I will receive a non-passing status and will be asked to leave the training. Under such circumstances, I understand I will be given the opportunity to retake the program at a 50% off discounted rate, subject to availability.

I understand that if I am habitually tardy I will not receive credit for the days I am tardy. If I am 15 minutes late more than twice (without prior permission), the third time I will be asked to leave and will be required to make up the day according to the make-up policy. If I leave 15 minutes early more than twice (without prior permission), the third time I will be asked to leave and will be required to make up the day according to the make-up policy.

I understand that if I cancel more than 15 or more days before the start of the training, I will receive a full refund. If I cancel within 15 days before the start of the training, I will forfeit \$250 dollars of my deposit, and my remaining balance will be refunded. This forfeited \$250 is non-refundable and non-transferable. Once the program begins, tuition is non-refundable.

I HAVE READ AND ACCEPT THE ABOVE TERMS AND REQUIREMENTS
(please initial one)

YES

NO

ETHICAL GUIDELINES FOR YOGA TEACHERS

Yoga is an integrated way of life, which includes moral and ethical standards. Some of these standards are encoded in the first two limbs of the Ashtanga yoga eight-limb path, as well as other yoga scriptures. As a profession, many of these same virtues have been codified into studio and teacher training policies. Thus, it is reasonable to expect contemporary yoga instructors to conduct their lives in consonance with these same moral and ethical guidelines or principles. As a Teacher Training, we expect no less of our teacher trainees. We take these ethics seriously and expect our graduates to not only represent High Peaks Hot Vinyasa 200 Hour Teacher Training, but Yoga as a whole. Therefore, it is with great seriousness that we espouse the following moral code to live, teach and practice Yoga by:

1. We are committed to practicing Yoga as a way of life.
2. We are committed to maintaining impeccable standards of professional competence and integrity.
3. We dedicate ourselves to a through and continuing study and practice of Yoga.
4. We are committed to avoiding substance abuse and, if for some reason, we succumb to chemical dependency, we will stop teaching until we are free again from drug and/or alcohol abuse.
5. We will accurately represent our education, training and experience relevant to our teaching of Yoga.
6. We are committed to promoting the physical, mental and spiritual well-being of our students.

7. We will abstain from giving medical advice, or advice that could be interpreted as such, unless we have the necessary medical qualifications.
8. We particularly embrace the ideal of truthfulness in dealing with students and others.
9. We are willing to accept students with physical disabilities, providing we have the skill to teach those students properly.
10. We are willing to instruct all students irrespective of their race, nationality, gender, sexual orientation and/or socio-economic status.
11. We will treat all students with respect.
12. We will never force our own opinions on students but appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs. At the same time, however, we must communicate to our students that Yoga seeks to achieve a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then we are free to refuse to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.
13. We will avoid any forms of sexual harassment of students.
14. We will seek immediate counsel of peers before ever entering a consensual sexual relationship with a present or former student.
15. We will make every effort to avoid exploiting the trust and potential dependency of students and instead encourage them to find greater inner freedom.
16. We strive to practice tolerance toward other Yoga instructors, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts.

**ASSUMPTION OF RISK, HEALTH WARRANTY,
RELEASE AND WAIVER OF LIABILITY**

I, _____ acknowledge that participation in the High Peaks Hot Vinyasa 200 Hour Teacher Training Program naturally involves the risk of injury to me. I further acknowledge that specific risks include injuries resulting from over-exertion, physical adjustment, improper or negligent use of equipment, failure to follow trainer instructions, or injuries resulting from participation in an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks.

I represent that I am in good health, at least 18 years of age, have the necessary current medical approval to engage in physical exercise and yoga instructional classes and teacher training and have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequences as a result of engaging in physical exercise and yoga instructional classes and teacher training. I acknowledge that neither Bluegrass Yoga, LLC nor Lake Placid Hot Yoga, LLC are relying on this representation and I understand that neither Bluegrass Yoga, LLC nor Lake Placid Hot Yoga, LLC will investigate or certify my health or my fitness to participate in physical exercise and yoga instructional classes and teacher training prior to the teacher training.

RELEASE AND WAIVER OF LIABILITY: In consideration of and as an inducement to enroll as a student of the High Peaks Hot Vinyasa 200 Hour Teacher Training ("TT"), the undersigned,

in full recognition and appreciation of the dangers and risks inherent in such physical activity, does hereby waive and release any and all claims against Bluegrass Yoga, LLC and Lake Placid Hot Yoga, LLC for any and all damages to my person or property resulting from my enrollment and participation in the TT, and will not hold Bluegrass Yoga, LLC or Lake Placid Hot Yoga, LLC responsible for same. I understand and admit that my participation in the TT is voluntary. I recognize and understand that the activities may be physically strenuous, that my participation is solely at my own risk, and that I assume full responsibility for any resulting injuries and damages. In consideration for my participation in the TT, I, individually, and on behalf of my relatives, legal representatives, and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless the facilities where I am taking my teacher training and Lake Placid Hot Yoga, LLC and each of their respective owners, members, employees, contractors and agents, from all actions, claims, demands, suits, losses, liabilities, charges, expenses (including without limitation attorneys' fees), and costs of any nature whatsoever which may arise out of, relate to, or result from, any injury, economic loss or damage to me, my guests or my relatives resulting from my participation in the TT. I acknowledge that I have read and understand this entire Release and Waiver of Liability. I further acknowledge that I have had the opportunity to review the Release and Waiver of Liability with an attorney of my choosing if I so desire. In light of the foregoing, I agree to be legally bound by this Release and Waiver of Liability. I also understand and acknowledge that this Release and Waiver of Liability also binds my heirs, executors, administrators, and assigns.

DATED: _____
Signature _____