



ALKALINE. REDEFINE. ANTI-INFLAME.

200 HOUR YOGA TEACHER TRAINING APPLICATION

PERSONAL INFORMATION

Name _____

Address Line 1 _____

Address Line 2 _____

City _____ State _____ Zip Code _____

Phone (h) _____ (w) _____ (c) _____

Email _____ Occupation _____

Emergency Contact Name/Relationship _____ Ph # _____

How did you hear about us (i.e., on line, Google, community platform, friend, etc.)? _____

How would you evaluate your current health (please circle)? Excellent, Good, Fair, Challenging

If you answered "challenging" above, or you have any medical conditions or injuries that may affect your ability to fully participate in the training and/or surgeries in the past year, please explain.

Have you ever done yoga (please circle)? Yes, No

If you answered "yes" above, please tell us a little bit more (feel free to use back of page if more room is needed).

How long have you been practicing yoga, and what styles? _____

Do you have a home and/or studio practice? _____

Do you practice any of the following (please circle all that apply): meditation, pranayama, sun salutations, inversions, Chaturanga Dandasana?

What are your goals and expectations regarding ARA Hot Yoga Teacher Training? Do you plan to seek employment in the yoga industry afterwards?

ARA Hot Yoga reserves the right to, at anytime, ask you to leave the training if it appears that your health or physical practice are not at the level to fully participate. Under such circumstances, you will be given a prorated refund based on the amount of time you have attended the training (less the deposit).

_____ Please initial.

You may be asked to leave the training if: you miss more than 30 hours; you are habitually tardy or leave early regularly; behavior is disruptive, inappropriate, unethical or negatively impacts other students or violates Yoga Alliance guidelines. Under these circumstances, you will be given a non-passing status and you will not be eligible for a refund (additional attendance and YA guidelines are in the training manual you will receive on the first day and upon acceptance to the program).

_____ Please initial.

You will have homework beginning the first day of class and will already need to have the required reading materials below.

The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar

The Concise Book of Muscles, Second Edition by Chris Jarmey

_____ Please initial.

You will need to bring a yoga mat, towel and materials for note taking to class every session. Break periods will not exceed 20 minutes and we advise that you also bring snacks and lots of water

_____ Please initial.



ALKALINE. REDEFINE. ANTI-INFLAME.

ASSUMPTION OF RISK, HEALTH WARRANTY, RELEASE & WAIVER OF LIABILITY

I acknowledge that participation in ARA Hot Yoga Teacher Training (ARA HYTT) program naturally involves certain risk(s) 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 any necessary current medical approval to engage in physical exercise and yoga instructional classes and teacher training. I further represent that I have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequence as a result of engaging in physical exercise and yoga instructional classes and teacher training. I acknowledge that ARA Hot Yoga is relying on this representation.

This release and waiver of liability is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me while at ARA HY, whether using equipment, yoga props, participating in active or passive exercise, or not. I understand that this Release is intended to be as broad and inclusive as is permitted by the laws of jurisdiction applicable to our location. If any portion of this Release is held invalid, I agree that the balance of the Release should continue as valid and in full force and effect. In consideration of my participation at ARA HY, I agree not to sue and hereby agree to defend, indemnify, release and hold harmless the facility, respective shareholders, owners, officers, directors, 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 any damage to me or my guests and relatives. I understand that ARA HY reserves the right to ask me to leave the studio or any of its programs if I am found plagiarizing, have disruptive or inappropriate behavior that negatively impacts other students learning or is unethical; or otherwise violates the Yoga Alliance guidelines. I further understand that, under said circumstances, I am not entitled to any refund(s).

I understand that all ARA HY materials and documents are under copyright protection and cannot be reproduced by me without permission. Failure to comply may result in legal action.

I acknowledge that my participation at ARA HY, and participation in its programs, naturally may involve certain risks, up to and including discomfort (from detoxing) or injury. I further acknowledge that specific risks include injuries resulting from my own over-exertion, physical adjustment, improper or negligent use of equipment and props, failure to follow instructions or injuries resulting from participation in an inappropriate level of physical exercise. As such, I voluntarily accept these risks.

Date: _____

Print Name _____

Signature _____