

the
light within
yoga studio



200 Hour Yoga Teacher Training Application, 2022

Name:

Mailing Address:

Phone Number:

Email Address:

How long have you been practicing yoga?

What styles of yoga do you/have you practiced?

Tell me about your home practice. What does that look like?

What are your intentions for participating in our 200 hour Yoga Teacher Training Program? (use another sheet of paper if you need to)

Our program runs from January 3rd through June 4th. We will meet every Tuesday evening from 6:00 – 8:30 pm. Some of these meetings will be through the Zoom platform and some of them will be in person. In addition, we will meet for eight (8) weekend intensives. These intensives consist of Friday evening Zoom sessions from 6:00 – 8:30 pm, Saturday morning class observations from 8:00 – 10:30 am and then in -studio instruction from 11:30 am – 4:30 pm, and Sunday from 10:30 am – 4:30 pm. In addition, you will be required to attend 20 classes in the studio for observation and reflection.

Tuition for our program is \$2500. We require a \$350 non-refundable deposit to hold your spot. We offer interest -free payment plans. If you pay in full on/or before January 3rd, we offer a \$200 discount (\$1950 due after deposit). If that's not your preference, you can pay the balance (\$2150 total due after deposit) in two (\$1075 each, due the first and fifth intensives), four (\$537.50 each, due the 1st, 3rd, 5th, and 7th intensives), or eight (\$268.75 each, due each intensive) installments.

Included in your tuition are the following:

- Text for the program
- Light on Life by BKS Iyengar (2nd main text)
- Notebook for journaling, reflections, and observations
- 30 classes @ The Light Within (20 required, 10 for “fun”)

Not included in your tuition:

- Yoga Toolbox for Teachers and Students by Joseph Le Page and Lilian Aboim***this may not be available-we will choose another one if that’s the case
- Yoga Anatomy Coloring Book, VOLUME 1 by Kelly Solloway
- The Path of the Yoga Sutras by Nicolai Bachman
- Any additional yoga props you prefer
- Yoga mat or practice rug

I, _____ am submitting my completed application, along with a signed liability waiver, to participation in the 200 Hour Teacher training Program at The Light Within Yoga Studio. I have enclosed a check in the amount of \$350 to secure my space in the program.

Signed: _____

Date: _____

Please mail your completed application and \$350 deposit (made payable to The Light Within Yoga Studio) to

**The Light Within Yoga Studio
Attention: Lynn Slocomb
116 Partridge Way
Landenberg, PA 19350**

Liability Waiver

By signing below I agree that The Light Within Yoga Studio and its representatives are in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that classes at times may be physically strenuous and I voluntarily participate in them with full knowledge that they may be injurious to my health. Having such knowledge, I hereby release The Light Within Yoga Studio and its instructors from liability for accidental injury or illness which I may incur as a result of participating in said physical activities. I agree to disclose any physical limitations, disabilities, ailments, or impairments which may limit my ability to participate in said activity. I hereby assume all risks connected with participating in said activities. I agree that neither I, my heirs, or legal representatives will sue or make any other claims of any kind whatsoever against The Light Within Yoga Studio or its members for any personal injury, property damage/loss, or wrongful death, whether caused by or accidental circumstances, negligence, or otherwise.

In addition, I acknowledge that novel coronavirus (COVID-19) infections have been confirmed throughout the United States, including several cases throughout PA and Chester County. In accordance with the most recent guidance from the World Health Organization (WHO), the Center for Disease Control (CDC), and PA.GOV, I agree I will not attend classes in person for a minimum of five (5) days after (i) returning from areas with increased Covid cases and hospitalizations, and a minimum of ten (10) days after (i) exposure to any person who has suspected or confirmed case of COVID-19, or (ii) am experiencing any COVID-19 symptoms as indicated and outlined on the CDC website

<https://www.cdc.gov/coronavirus/2019-ncov/>

I understand that The Light Within Yoga Studio has taken certain steps to implement procedures and protocols recommended by the aforementioned public health agencies for slowing the transmission of COVID-19. I fully understand and appreciate the known and potential risk of practicing within the

studio space, including, but not limited to, potential exposure to COVID-19, and hereby acknowledge my participation is COMPLETELY VOLUNTARY AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE LIGHT WITHIN YOGA STUDIO, ITS INSTRUCTORS, AND AFFILIATES FROM LOSS, LIABILITY, DAMAGES, OR COSTS I MAY INCUR, WHETHER CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR OTHERWISE WHILE PARTICIPATING IN CLASSES OR ANY OTHER TLW ACTIVITIES. I ALSO ASSUME FULL RESPONSIBILITY FOR, AND RISK OF ILLNESS, BODILY INJURY, DEATH OR PROPERTY DAMAGE.

Signed: _____

Printed Name: _____

Date: _____