



# Shanti Shanti Yoga School

## 200hr Teacher Training Application

Shanti Shanti Yoga School is excited to host 200hr Yoga Teacher Training Programs for the future teachers and serious yoga students of North Orange County. This training will lay the foundation for teachers of beginning Vinyasa Flow yoga classes. As experienced yoga teachers and trainers, Alexis Kemp and Samantha Gallo will guide you through a comprehensive breakdown of basic postures, pose anatomy, class structure and philosophies.

### Prerequisites

At least 1 year experience in Hatha Yoga or Vinyasa Flow classes

Attend class, workshop, or Info Session with Shanti Shanti Yoga School faculty members.

### Contact Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birthday: \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### Yoga Experience and Training Interest

1. How long have you been practicing yoga and/or meditation?
2. Do you have experience with teaching yoga or other forms of teaching? Explain.
3. Where are you practicing, with whom, how often (hours per week), and what style?

4. Do you currently have any injuries or physical limitations or medical conditions (diabetes, epilepsy, pregnancy)? Please describe.
  
5. What are your goals and intentions for this teacher training?
  
6. Why have you chosen to receive your training with Shanti Shanti Yoga School?
  
7. Is there anything else that you think that we should know?

### **Payment Information**

\$200 non-refundable deposit/application fee is due upon acceptance into the training.

Training Tuition: \$2000 (includes deposit)

Training Tuition with retreat: \$2700 (includes deposit and full payment of retreat for required hours)

If paying by check, please mail application and check to:

Shanti Shanti Yoga School  
505 Princeton Circle W  
Fullerton, CA 92831

If paying by credit card, please access our link via [www.shantishantiyoga.com](http://www.shantishantiyoga.com) for Paypal payment.

## Agreement

I understand that if I fulfill all the requirements of the Shanti Shanti Yoga School Teacher Training Program, including meeting hours, internship, homework, final exams, retreat hours and payment, I will receive a certificate 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.

I understand that Shanti Shanti Yoga School reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or Shanti Shanti Yoga School ethical guidelines. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel 3 days prior to the start of the training, my deposit and other balances will be refunded upon receipt of written and signed withdrawal letter. If I cancel within 3 days of the start of the training or after program commencement, I will forfeit my \$200 deposit but my remaining balance will be refunded according to percentage of meeting hours attempted. I understand that all Shanti Shanti Yoga School Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

### I have read and accept the above terms and requirements

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

### Application Checklist:

Attended class/workshop with Shanti Shanti Yoga School faculty \_\_\_\_\_

Reviewed Teacher Training Program FAQ or attended info session \_\_\_\_\_

Application form filled out and agreement signed \_\_\_\_\_

\$200 deposit sent or included \_\_\_\_\_

We will contact you regarding the orientation and the first meeting. At that time, you will receive your folder with the lecture and practice day materials. We suggest you purchase the reading materials prior to the orientation.

Feel free to contact us if you have any questions or concerns regarding the application process or the training. We look forward to guiding you on this journey!

Namasté