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| True Freedom Recovery Yoga200 hour Teacher Training Application |  |

## Contact Information

|  |  |
| --- | --- |
| Name |  |
| Street Address |  |
| City ST ZIP Code |  |
| Home Phone |  |
| Work Phone |  |
| E-Mail Address |  |

## Experience in yoga

### How often do you practice or do you practice?

|  |  |
| --- | --- |
| Daily | Once in a while |
| Weekly | Never |
| Monthly |  |

## Interests

### Tell us in which areas you are interested in

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| --- |
| Understanding Asana (poses) |
| Spiritual Aspects of yoga |
| Karma Yoga (helping others) |
| Teaching others |
| Deepening your knowledge of yoga |
| Finding a new way of doing recovery |
| Fitness Aspect of yoga |
| Meditation |

## Special Skills or Qualifications

### Summarize special skills and qualifications you have acquired from employment, previous volunteer work, or through other activities, including hobbies or sports.

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## Recovery Experience

### Say what you know about the recovery process (you do not need to be in recovery to do the training)

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|  |
| Medical History List any medical conditions that you have that might be a factor in this training |

## Person to Notify in Case of Emergency

|  |  |
| --- | --- |
| Name |  |
| Street Address |  |
| City ST ZIP Code |  |
| Home Phone |  |
| Work Phone |  |
| E-Mail Address |  |

## Agreement and Signature

### By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that by signing this form I am saying that I will not hold Jeff Emerson, the True Freedom Recovery Yoga School or affiliates responsible for any injury of any kind that I may have while in this training.

|  |  |
| --- | --- |
| Name (printed) |  |
| Signature |  |
| Date |  |

## Our Policy

### It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

It is the policy of this school that no physical or mental abuse of another is tolerated and will be a reason for termination without refund of any monies given to the school.

By signing this form you are saying that you are wanting and willing to be a participant and will act accordingly. The fee for this training is $1,500 to be paid in full at the time of training unless arrangements have been made. We ask that you make a deposit and pay regularly of amount of $150 per session if you quit you will not get refund but will not be charged for any weekends not taken.

### Thank you for completing this application form and for your interest in doing recovery yoga training

To get your certificate at the end of the training you must be present 90% of the time for class. You must pay in full by graduation. You must take 30 yoga classes during the training with at least 15 of those with Jeff or Joy. In Addition you must do 20 hours of mysore/sadana or self-lead classes. Also there will be some homework to do and 10 hours of karma yoga to complete with 1 of those hours being at the studio.