Grounded by Yoga Studios &
Yoga Teacher Training Center LLC: Application

This is an application for our 200Hour Teacher Training Program that commences:_____

This application requires $500 deposit and $150 non refundable application fee.

Application date: _____

Full Legal Name: _____Phone_____

Full Legal Address: _____Town_____Zip_____

Email:_____D.O.B._____

If employed please provide your Employer / Profession:_____

Medical/ /Physical Concerns GBY should be aware of:

_____

Emergency Contact: _____Relation:_____

What name do you like to be called?_____Current Yoga Certifications? _____

How did you first hear about this training? Student here? An Alumni? Google? Ad?_____

Tuition is as posted on GBY's Website. If you are going to require a payment plan, please know that $1250 must be paid by 45 days prior to commencement date unless written exception is made by Director.. Monthly payments are agreed upon and 100% is paid by 60 days prior graduation weekend (last weekend). All payment plans have a $12 monthly statement fee. Payment plans require copy of your Driver's License, back up credit card and need to be signed within 2 weeks of acceptance into program. Please answer the following.

- How much would you like to pay per month_____
- What day of the month will GBY be receiving payment?_____
- Will you be paying cash, check or money order? _____
- I understand if I **do not need a payment plan** that GBY will receive payment from me in full within 10 days of acceptance application or deposit will be forfeited_____(initial)

For office only.

Approval Date_____

Payment plan _____

Tell me about you! (This application is *only reviewed by* the Lead Director, Saraja and completely confidential. Application is password protected if submitted online)

1. How long have you been practicing the yogic lifestyle? What lineages (if a lineage)? Perhaps you have lived a spiritual life without specific yogic practices, that's perfect! Just share a bit about it

   _____
   _____
   _____

2. Has there been a specific yogic sage (ex: Swami or Sri etc) that has influenced your yogic path?

   _____

3. Where / who is your current teacher? _____

4. Yoga is the practice of removing obstacles to peace and returning to our true nature, Self. Is this something you feel you are prepared to do? _____

5. What is your understanding of yogic philosophy do they teach it at your current studio? It's ok if you don't have any background! "None" is perfectly acceptable!

   _____
   _____
   _____

6. Is there a place in your life you feel stuck? Or a particular item you are working through? (ex: grief, feeling guilt, stress etc)

   _____
   _____
   _____

7. What is your general lifestyle like? What are your food choices (example I like Hiking and am Gluten Free, Vegan, also let us know if you have any food allergies)_____

   _____
   _____

8. What to you hope to come away with at the completion of this program and how to you plan to apply yourself?(or maybe you are here seeking knowledge and self transformation – that's fine!)

   _____
   _____
   _____

9. Why did you choose Grounded by Yoga?_____
   _____

10. Briefly in ONE sentence only: What IS Yoga? **(no wrong answer here!)**_____

11. Briefly in ONE sentence only: What is yoga NOT? **(no wrong answer here)**_____

12. This being an educational program there will be homework assignments, reading, quizzes. You will also need a **reliable computer and printer**. Are you ok with this? **YES NO**

13. Communication is required via email throughout this program. Will you be able to access your emails **at least once per week?** **YES NO**

14. Do you feel this is a time in your life you have room for new things, such as learning **YES NO**

15. Do you have any cognitive, learning disabilities, mental illness concerns that night interfere with reading, assignments, or general information retention? Its ok, we just need to know how to provide the best experience for you. **YES NO**

16. Your practices should continue, and need to be **in person classes** (you will be offered a discount at GBY but your practice can be at any studio of choice as long as the teachers are certified) Are you ok with this? **YES NO**

17. Do you understand that there are extra costs such as workshops (approx. $18-$30 total), Books (getting them used – our student averages about $125 to $175), Wall Certificate ($45), Trainee Insurance due approx. 45 days after official start (approx. $70) **YES NO**

18. Studios have a **no cellphone policy, computer watches etc –** are you ok with this? **YES NO**

You may submit this application plus $500 deposit and $150 app fee in cash, check, charge. GBY cannot save your space until deposit and application are submitted. Send to: Sandy Hicks 8901 Belcher Road Bloomfield NY 14469

Training Insurance can be obtained through BeYogi or wherever you decide and due 45 days after official start date. You shall list the following as Additional Insured: ***Grounded by Yoga LLC 8901 Belcher Road Bloomfield NY 14469*** and forward to GBY BY due date or you may need to forfeit your space/tuition.

TERMS OF AGREEMENT/REFUND POLICY for any Teacher Training Enrollment at Grounded by Yoga Studios & Yoga Teacher Training Center LLC (GBY)

Additional Terms of Agreement listed on Payment Plan Agreement if Payment Plan is needed.

REFUND POLICY

- Refunds will not be granted 3 days after first payment is received or 45 days before the official start of our session, whichever comes first. Official start is the initial study called Flex Time. Student is liable for complete tuition payment and court fees, collections, etc, if needed. GBY is not responsible for acts of God, pandemics or natural disasters, and etc. Should GBY's program become interrupted, GBY promises to continue the program once it can be resumed.
- If student encounters something they view as an obstacle (injury, loss, etc). GBY strongly encourages you to continue your sessions. The knowledge delivered will lend itself to these stresses. Student need not be physical and may absorb the knowledge by observing. Future internship or makeup session(s) can assist in teaching certificate once the student is ready. (An addendum to this shall be written and signed by both parties regarding internship/makeup sessions and will include additional costs per contact hour and for preparation. Rates below).
- For our 200Hour Program, timely refunds are subject to a $525 admin fee and for a CEU program there is a $150 admin fee. Remaining credit, if any, can be used towards a future 200Hour training within 2 years of this application date. Credit not used on a timely basis will be forfeited. GBY cannot promise there will be a subsequent training, or a training of the same material.
- Books, Public Classes, Insurance, Wall Certificate or any Workshop fees are at the cost of the student. See website for up-to-date estimates of the aforementioned. GBY does its absolute best in keeping these costs as low as possible for the student. GBY supplies some books for you throughout the program.
- GBY reserves the right to cancel this training if there are not enough attendees. Student would then be given 100% monetary refund. (note: this has yet to happen).and has the right to cancel this training or reschedule weekends should there be a studio emergency (ex: no heat, fire etc) or weather-related concerns whereas other businesses are generally closed. (note: this has yet to happen), or if the lead instructor has a health emergency or immediately family passing.
- If Student changes their address, phone number or email this needs to be supplied to GBY

COMPLETION REQUIREMENTS

- 100% of attendance is required by the World Yoga Federation and Grounded by Yoga. Should you need to miss any time, please notify the director immediately via phone call to 585-229-9369. Make up sessions are at the discounted cost of $95 per hour Tuesdays, Wednesdays, Thursdays afternoon/evenings and $115 per hour Fridays or Sundays. Makeups are required before next session of training. Be sure the schedule works for you.
- Poor attendance or attitude and/or lack of efforts can result in expelling of student. Full tuition satisfaction shall still be your obligation. GBY Director will first speak to you to see where improvement can be made. (Due to the nature of this program -we cannot allow a student to "come as they please"). If makeups are not completed by next session, you will be submitted as incomplete and will need to re-enter a future teacher training program.
- Tardiness is not allowed. However, we understand winter weather and unexpected delays.
- All assignments must be completed on their due dates.
- Completion of tuition payments are required before a signed certificate will be provided. Tuition is generally needing to be paid in full 2 months (60 days) from graduation date of this program unless a written agreement for other terms are provided and signed by both parties.
- An average of 80% or higher is required for graduation. You can do it! We are here to see that you do. GBY has never "failed" anyone.
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Signed_____

Printed_____ Dated: _____