

Yoga Mandali
Bhakti Marg 200 Hour Teacher Training – Yoga Alliance Certified
Application 2024-2025

Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact Name & Phone:

Thank you for your interest in taking the 200-hour yoga teacher training program at our yoga studio in Saratoga Springs, NY. For us to get to know you better, please complete this application and return it to the studio either in person or via email at info@yogamandali.com. **One of the program's co-facilitators will contact you shortly after receiving your application to discuss your intentions and answer any questions you might have.**

We require at least one year of yoga experience. How long have you been practicing yoga? _____

Where do you currently practice yoga and how often do you practice yoga?

What style(s) of yoga have you practiced or studied (for example, vinyasa yoga, kundalini yoga, yin yoga, hatha yoga, other styles)?

Why are you interested in taking the 200-hour yoga teacher training?

Why are you interested in taking the training at Yoga Mandali?

What are your expectations in doing this teacher training program?

Outside of yoga, how do you most often spend your time (i.e., work you do, other hobbies)?

Medical History: Please list all physical impairments, injuries, surgeries, illnesses, or mental health conditions that you have or are currently experiencing. We ask for this information so that we may be aware of things that might impact a student's experience in the training program.

Parts of the training will involve working with other students in the training and having open group discussions. How would you describe your level of comfort in working with others and listening to other's feedback or opinions?

Please tell us about any personal struggles/concerns/growth areas that you feel may get in the way of your training and/or working with others:

Is there anything else that we should know about you that could impact your ability to participate in and complete the yoga teacher training program? If so, please describe.

Schedule and Statements of Commitment:

The 200-hour yoga teacher training program you are applying for is an 8-weekend intensive program scheduled over a period of six months. The full schedule and typical hours for each weekend are listed below.

Before committing to this training, please review the training schedule below and read through the following list of statements.

- I understand that I am agreeing to participate in an intensive training program that carries with it the potential for positive benefits and/or challenges that might be either physical or emotional.
- I understand that I may experience both expected and unexpected changes.
- I agree to practice self-care while I participate in this group. If I am feeling overwhelmed, I will compassionately slow down, or take a break and step away.
- I understand that I am free to participate to whatever degree is comfortable for me, and I will not push myself beyond that to meet any perceived expectations of myself or others. I also agree to reach out to the facilitator/s in between groups if I require extra support.
- I understand that if I decide that the training is not for me that I will reach out to the facilitator/s to discuss this ahead of time and I understand that no

refunds can be offered as I am securing my spot in the training and am committing to this at this time.

- I understand that yoga/yoga teacher-training is not considered to be, nor is a substitute or alternative for the support and growth received from professional medical care or mental health services, and that I am free to participate and am encouraged to participate in my own professional (psychotherapy, medical care, other holistic body treatments) support during, or after this training program.

The typical weekend schedule (subject to change at times, but this is very typical) is Friday 5:30PM to 9:00 PM, Saturday 7:30 AM to 5:00 PM and Sunday 7:30 AM to 4PM. The **2024-2025 dates** are as follows:

- **SEP 13-15:** *Intro to Bhakti Yoga & Yoga Teaching*
- **SEP 27-29:** *The Ritual of Teaching & Sequencing*
- **OCT 11-14:** *The Arc Structure of A Class & Sequencing, con't*
- **NOV 8-11:** *The Beauty of Sound & Chakras*
- **DEC 6-8:** *Meditation, Mindfulness/Teacher Boundaries, Integration*
- **JAN 3-5:** *Yoga Philosophy (Yoga Sutras/Radiant Sutras)*
- **JAN 24-26:** *Putting It All Together - Graduation Weekend*

During the training, you will also be expected to spend time between sessions reading assigned texts, integrating the lessons of prior weekends through self-study and written assignment, observing 2-3 yoga classes of other instructors (over the course of the training), and practicing yoga according to your own schedule. The facilitators and faculty of the training program will be available to you for support and assistance.

Are you able to commit to the expectations of this training program? YES NO

Please briefly describe any known conflicts or challenges you foresee in meeting the program's expectations.

Certification Criteria

- 100 percent attendance (allowances may be made on a case-by-case basis)
- Active class participation
- Teaching competency and proficiency
- Maintain safe space for teaching and practicing yoga
- At-home assignments completed on time
- Professional behavior and ethical conduct
- Tuition paid in full (see below)

Self-Investment:

Early Bird – \$3,050 (paid in full prior to August 1, 2024)

Regular – \$3,250 (with a nonrefundable \$500 deposit due by August 31, 2024)

Tuition can either be paid in full or in multiple installments. Please contact the studio to set up a payment plan.

**Please include either the full payment or your first installment with your application. Training must be paid in full prior to receiving certification.*

Cancellation Policy:

A \$500 nonrefundable deposit is due by August 31, 2024 to secure your spot. No refunds will be made after the first weekend of training.

Signature: _____

Date: _____

Please feel free to email your completed application to yogasaratoga@gmail.com. If you have any questions or concerns, please email or call us at 518-584-0807. Thank you and Namaste!