

Yoga Mandali
200 Hour Teacher Training Application
2016-2017

Name: _____

Address: _____

Phone: _____ Email: _____

1. Yoga History: How long have you been practicing yoga? How often do you practice each week? Do you have a home practice?

2. What styles of yoga have you studied? (If you have taken any intensive training with other teachers, please list trainings and teacher names here.)

3. Please list any yoga books and related yoga material that you have studied or read.

4. Medical history: please list all health impairments, injuries, surgeries or illnesses.

5. What other, if any, spiritual practices do you engage in (meditation, prayer, etc.)?

6. How has yoga impacted your life?

7. What are your expectations in doing this teacher training program?

Please note the following information:

SCHEDULE

Training includes seven long weekends, Friday – Sunday. The dates are as follows:

- October 21-23, 2016
- November 18-20, 2016
- December 2-4, 2016
- January 6-8, 2017
- February 17-19, 2017
- March 3-5, 2017 (*Finals weekend*)
- March 31 – April 2, 2017 (*Optional weekend training with Edwin Bryant*)

SELF-INVESTMENT

Early Bird – \$3,050 (must be paid in full by August 31st)

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

This price for this training can either be paid in full or in multiple installments. If you choose to pay in installments, the total balance must be paid on this schedule:

- Installment 1 – \$500 by August 31st
- Installment 2 – \$1000 by October 21st
- Installment 3 – \$1000 by December 2nd
- Installment 4 – \$750 by January 14th

Please include either the full payment or your first installment with your application. If you choose to pay in installments, please fill out the additional Credit Card Information page of this application. If we do not receive your payment by the date it is due, we will charge your credit card for the amount owed.

CANCELLATION POLICY

A \$500 nonrefundable deposit is due by August 31, 2016 to secure your spot. No refunds will be made after the first weekend of training.

**If you have any questions or concerns, please contact Yoga Mandali
at 518-584-0807 or info@yogamandali.com.**

Thank you! Namaste.

CREDIT CARD INFORMATION

Name on card: _____

Card Number: _____

Expiration Date: _____

READING LIST (for Yoga Mandali 200hr. Teacher Training)

Yoga for Wellness by Gary Kraftsow

The Heart of Yoga by DKV Desikachar

The Key Poses of Yoga: Scientific Keys, Volume II by Ray Long

Ayurveda and Marma Points; Therapy Energy Points in Yoga Healing
by David Frawley & Subash Ranade

Light on Yoga by BKS Iyengar

The Journey Within by Radhanath Swami

Bhagavad-Gita As It Is by A. C. Bhaktivedanta Swami Prabhupada

*All of these books are available at the Yoga Mandali Studio Store!