



Birchwood Center Advanced Yoga Teacher Training Application  
300-Hour Advanced Yoga Teacher Training  
September 6, 2017 – April 28, 2018

Name	<input type="text"/>
Address	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Date of Birth	<input type="text"/>
Occupation	<input type="text"/>

**Emergency Contact**

Name	<input type="text"/>
Phone Number	<input type="text"/>
Relationship	<input type="text"/>

Where did you receive your 200-hour yoga teacher certification? When? Describe the main focus of the program.

Describe your yoga experience. Please provide teacher names, dates, method/style, and locations.

What does your current practice consist of?

Do you take classes at Birchwood Center? What level? Which teacher(s)?

Do you take classes elsewhere? Where? What level? Teacher's name?

Why did you choose Birchwood Center for teacher training?

Where have you taught, and where are you currently teaching? Please list dates, location, and level.

Describe the style of your teaching and general goals for your students.

What are your strengths as a teacher and conversely, what do you perceive as your weaknesses?

What do you hope to achieve through this training?

Describe any body/mind or spiritual practices other than yoga that you have been involved with.

Please explain any injuries, illnesses, or disabilities that we should be aware of. What are you doing to address these issues (i.e. medical, alternative treatments, medication, etc.)?

I certify that the above information is true and accurate.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Birchwood Center does not discriminate on the basis of race, color, gender, religion, national origin, age, marital status, disability, or sexual preference. The information on this application will be kept confidential.

# Agreements and Policies

## Application Requirements

You are eligible to apply for Birchwood Center's 300-Hour Advanced Yoga Teacher Training if you are a 200-hour Certified Yoga Teacher.

I agree

## Attendance Policy

Students are required to attend all Wednesday night, Friday night and Saturday sessions. In case of emergency if a session must be missed, with advanced notice that session can be made available to you by video tape. Some material cannot be learned via tape. Those sessions will need to be made up privately with a primary teacher at additional cost to the trainee.

I agree

## Unlimited Yoga Classes

During the length of the training (September 6, 2017 – April 28, 2018) you are free to take as many yoga classes on the regular schedule as you choose. Mandatory yoga classes with the Primary Teachers that are required for graduation must be attended during this time. Any mandatory classes with the Primary Teachers that are not completed by graduation and are taken after April 28, 2018 will be at the cost of the trainee.

I agree

## Additional Requirements

The following requirements are due by April 28, 2018 (graduation day) in order to receive your 300-hour certification:

- Any and all written homework must be handed in
- 56 Mandatory Classes with Primary Teachers must be completed
  - 48 technique classes (includes a minimum of 4 YSC classes)
  - 5 Observations
  - 3 In-class assists
- Electives and outside of program hours must be completed
  - Specialization Project
  - Practice teaching
  - Community Yoga Class
  - Yoga Study Circle Project
  - 2 Outside workshops
- Written Test and Practical Exam must be passed.

Upon graduation, students will receive a certificate acknowledging completion of the 300-Hour Advanced Teacher Training at Birchwood Center.

I agree

Approximately 5-10 hours per week is needed for readings, homework, preparation for programs, and practice teaching.

I agree

### **Program Fees**

- There is no Application Fee
- \$4500 tuition includes unlimited yoga classes for the duration of the program at Birchwood Center.
- \$1000 deposit is due upon application to the program. The remaining \$3500 is due the first night of training, September 6, 2017.
- Payment plans can be arranged if finances are prohibitive.
- Books are an additional fee of approximately \$100.
- Early Bird Discounts: \$4,100 if paid in full by July 17, 2017 or \$4,300 if paid in full by August 15, 2017

I agree

### **Tuition Refund Policy**

- Birchwood Center will refund the entire amount less a \$200 administration fee if written notice of cancellation is made before the start of the training on September 6th, 2017.
- Cancellation up until October 15th, 2017: 50% of tuition will be refunded.
- Cancellation after October 15, 2017: There will be no refunds.

I agree

### **Liability Agreement**

I acknowledge that Yoga, Pilates, Creative Core Conditioning, and movement/Yoga Workshops are physical activities that involve certain risks. I assume the risks of participation in Birchwood Center activities and hereby irrevocably release Birchwood Center and its employees, agents, officers, directors, shareholders, and successors from any and all liability of any type of nature arising out of participation in classes or activities or from following instructions of Birchwood Center employees or agents. I agree to take full responsibility for not exceeding my physical limits in the practice of Yoga, Pilates, Creative Core Conditioning, and movement/Yoga Workshops, and for any injury I might suffer in my practice at Birchwood Center.

I agree

### **Confidentiality Agreement**

During and after the Birchwood Center 300-Hour Yoga Teacher Training, I agree to respect the confidentiality of Birchwood Center. All information relating to Birchwood's teacher training including the manual and its contents, homework papers, emails, and handouts shall be confidential and proprietary to Birchwood Center. Materials may be shared with other teacher trainees.

I agree