

**YOGA EAST - APPLICATION FOR ADMISSION TO TEACHER TRAINING**

I AM APPLYING TO THE (check one)    200 hour    300 Hour

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Current Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

E-Mail \_\_\_\_\_

All information is confidential. Attach an extra sheet if you need more answer space.

Attach a  
recent  
passport  
size photo  
**Required**

**Personal Background**

Current Occupation \_\_\_\_\_

Name and address of employer \_\_\_\_\_

How long employed? \_\_\_\_\_

Employment History \_\_\_\_\_

Marital status \_\_\_\_\_ Name of spouse \_\_\_\_\_

Names and ages of minor children: \_\_\_\_\_

Ever convicted of a crime? Provide date, place of conviction and details \_\_\_\_\_

**Educational Background**

High School \_\_\_\_\_ City \_\_\_\_\_ Graduation Date \_\_\_\_\_

College or other educational experience, please provide dates of attendance and degrees obtained, if any.  
Name and location \_\_\_\_\_ Date of attendance/Degree received \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

## Yoga Experience

How long have you studied yoga?

Name of your regular yoga teacher:

Address:

Phone:

How long have you studied with this teacher?

What style of yoga do you practice?

Have you maintained a regular yoga practice for the past two years?

Do you have any current limitations or injuries that affect your practice?

Are you now teaching yoga? Locations and number of classes per week:

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Other yoga-related skills or experience:

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What are your specific goals and expectations in taking this course? It would be helpful to tell us what type of classes or style of yoga you are interested in teaching, whether you want to teach special populations, such as the elderly, low-income or disabled individuals, people with MS, at risk children, etc., or whether you are taking the course to deepen your personal practice and understanding of yoga.

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Please indicate your experience with the following asanas (yoga postures):

Sarvangasana (shoulderstand): Do you practice this pose?

How many times per week?

How long do you regularly hold Sarvangasana?

Shirshasana (headstand): Do you practice this pose?

Can you hold headstand away from a wall for 2 minutes?

Urdhva Dhanurasana (full back bend pushing up from the floor): Do you practice this pose?

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Urdhva mukha vrksasana (handstand, at the wall is ok): Do you practice this pose?

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Padmasana (full lotus): Do you practice the full, classic version of this pose?

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What is the length and frequency of your regular yoga asana practice?

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Do you have a regular sitting meditation practice?

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Do you have a regular pranayama practice?

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## READ BEFORE SUBMITTING YOUR APPLICATION

### Refunds, Withdrawal and Dismissal Policy:

Before submitting your application, carefully consider whether this is the appropriate teacher training course for you, and whether you have the ability to complete the course of study. Teacher Training is a significant commitment of time, finances and energy. The course is challenging. Make sure you are determined to complete the course before enrolling. You should postpone the training if you are pregnant or plan to become pregnant, if you are starting a new business, or if you are enrolled in college or graduate school, as all of these circumstances in the past have caused students to have to withdraw from the training. Any of the following circumstances may adversely impact your ability to fully participate in the course, complete the course, or become a successful yoga teacher: inadequate yoga experience, inadequate prior experience in Yoga East classes, medical restrictions, chronic medical conditions, severe injuries, recent surgery or serious illness, depression, a history of substance abuse or addiction, eating disorders, bi-polar disorders, any untreated mental health disorder, family responsibilities such as caring for young children or elderly parents, job responsibilities, or financial difficulties. If any of these circumstances apply to you, you should consider postponing teacher training.

No refunds will be given for parts of the course you have attended or commenced. No refunds will be given for book or materials purchased from Yoga East.

Pro-rata refunds are allowed in the event of withdrawal for extraordinary reasons such as a medical or family emergency or job transfer out-of-state.

#### Refunds:

*Before the Course begins:* full refund. \$100 administrative fee will be charged for deposit refunds.

*After the Course begins:* \$250 administrative fee will be charged for refunds. No refund will be given after two months from the start of the course (60 days).

Yoga East, Inc. reserves the right to dismiss any student from the training if we determine that the student's continued participation is inappropriate or disruptive to the other students. Reasons for such dismissal include but are not limited to: misconduct, failure to pay the fees, failure to participate in the program, failure to attend classes, or if we discover a material misrepresentation on your application.

### Certification Policy:

Completing the Course does not guarantee certification. Certification decisions are made by the faculty based on the student's performance in the Course as a whole and the results of three exams:

1. Asana Exam A: the student's personal practice  
Asana Exam B: demonstrating postures and use of props for beginners.
2. Teaching Methodology Exam: teaching students at all levels with and without props.
3. Written exam.

We have been training teachers since 1995, and many of our teachers are successfully pursuing a career teaching yoga. Our experience has shown that applicants who studied yoga in Yoga East classes for at least two years before entering teacher training are most likely to receive certification. If you have not had two years of Yoga East class experience we recommend you to consider postponing your training until you have more experience. Yoga East currently has three levels of Certification. In order to receive certification students must satisfactorily complete the Course and pass the exams. The asana exam determines your certification level. Students who wish to upgrade to the next level may re-take the asana exam.

### **Gentle Yoga Teacher**

A Certified Gentle Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Gentle level and demonstrated the ability to safely teach gentle yoga students including seniors and other adults with limited mobility.

### **Beginning Yoga Teacher**

A Certified Beginning Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Levels G-1 and demonstrated the ability to safely teach Beginning yoga students including students who have back, joint and other musculo-skeletal injuries or conditions.

### **Hatha Yoga Teacher**

A Certified Hatha Yoga Teacher has satisfactorily completed the Course and has shown proficiency in the asana exam for Levels G-2 and demonstrated the ability to safely teach students at all levels.

***I hereby certify that I have read the Refunds, Withdrawal and Dismissal Policy and the Certification Policy, and that the information given in this application is true and correct to the best of my knowledge. I understand that Yoga East, Inc., has the right to change or reverse any admission or certification decision made on the basis of incomplete or incorrect information.***

**Signature of Applicant** \_\_\_\_\_ **Date** \_\_\_\_\_

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**Additional Requirements for students who are not regular students of Laura Spaulding:**

If you are applying to the 300 hour and you did not obtain your 200 Hour Certificate from Yoga East, attach a copy of your 200 Hour Certificate and provide your Yoga Alliance Registry # \_\_\_\_\_.

**Forms for two letters of reference are attached - one is for your current yoga teacher and the other is for a person who knows you personally or professionally.**

Give these to your references with a stamped envelope addressed to Yoga East, Inc., Laura Spaulding, 1232 E Broadway, Louisville, KY 40204. Mail your completed application to the same address.

### **Notice of Nondiscriminatory Policy as to Students**

Yoga East, Inc. is a 501(c)(3) nonprofit educational organization and admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational/admissions policies, scholarships, and other school-administered programs.

## Yoga East Application for Teacher Training - Teacher Recommendation Form

**Applicant - please fill out the top part and give the form to your reference along with a stamped envelope addressed to: Laura Spaulding, Director of Teacher Training, Yoga East, Inc. 1232 E. Broadway, Louisville, KY 40204.**

***By signing this Form I hereby waive the right to see this recommendation form for admission and waive any legal right I may have to sue based on the contents of this form.***

**Applicant's Signature** \_\_\_\_\_  
**Date** \_\_\_\_\_.

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell/work phone \_\_\_\_\_

Email: \_\_\_\_\_

Dates of study with recommending teacher: \_\_\_\_\_

Average number of classes per week: \_\_\_\_\_

Recommending Teacher: Please complete this part of the application and mail in the envelope provided to you by the applicant. Write legibly in ink. The purpose of this recommendation is to make sure that you know the applicant, are familiar with the applicant's yoga practice and can give an objective appraisal regarding the applicant's readiness for teacher training.

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell/work phone \_\_\_\_\_

Email: \_\_\_\_\_

Your certification level \_\_\_\_\_ Year certified \_\_\_\_\_ How long teaching \_\_\_\_\_

Rate the applicant's ability and knowledge of yoga asanas with a check mark in the box.

Asana	Poor or has no knowledge	Inaccurate alignment	Correct performance	Mature, able to self-correct
Standing poses				
Seated poses/forward bends				
Inversions (shoulderstand, headstand)				
Backbends				
Balance poses				
Seated poses, twists				

Based on your observation of the applicant in your classes, please rate the following characteristics:

	Never	Sometimes	Frequently	Always
Applicant is considerate of other students, the teacher, and the studio				
Applicant arrives promptly to class and is ready to begin on time.				
Applicant is mindful during class.				
Applicant dresses appropriately, is clean and well-groomed.				
Applicant's class comments and questions are pertinent to the situation.				
Applicant has good manners and a pleasant disposition.				
Applicant is annoyed, irritated or offended by criticism.				
Applicant is argumentative with the instructor or other students.				
Applicant is moody, impulsive or overly sensitive.				
Applicant misses classes.				
Applicant has inappropriate behavior, such as: disrupts class, meddles with other students, attempts to inappropriately make corrections to other students, or attempts to adjust other students when not appropriate or welcomed by the other student.				

**Check only one:**

Recommended     
  Recommended with reservation (explain)     
  Not Recommended

Additional comments:

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Reference's Signature \_\_\_\_\_ Date \_\_\_\_\_

## Yoga East Application for Teacher Training - Letter of Reference

**Applicant - please fill out the top part and give the form to your reference along with a stamped envelope addressed to: Laura Spaulding, Director of Teacher Training, Yoga East, Inc. 1232 E. Broadway, Louisville, KY 40204.**

***By signing this Form I hereby waive the right to see this recommendation form for admission and waive any legal right I may have to sue based on the contents of this form.***

**Applicant's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_.

Name:

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Address

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City

State

Zip

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Home phone:

Cell/work phone

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Email:

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Dear Reference: Please complete this part of the form. Write legibly in ink. The purpose of this reference is to make sure that you know the applicant personally or professionally and can give an objective appraisal regarding the applicant's readiness to participate in a 10 month training program that requires commitment, good health and the ability to engage in focused academic study.

Name:

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Address

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City

State

Zip

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Home phone:

Cell/work phone

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Email:

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How long have you known the applicant?

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In what capacity do you know the applicant (such as friend, co-worker, supervisor, clergy, teacher, etc...)

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**Please circle your rating for each characteristic. If you do not know or have no opinion, circle NA:**

	Low	Average	Excellent	NA
<b>Reading ability</b>	1	2	3	0
<b>Language skills</b>	1	2	3	0
<b>Interpersonal skills</b>	1	2	3	0
<b>Ability to benefit from criticism</b>	1	2	3	0
<b>Dependability</b>	1	2	3	0
<b>Motivation and initiative</b>	1	2	3	0

	Low	Average	Excellent	NA
<b>Maturity and stability</b>	1	2	3	0
<b>Ability to work independently</b>	1	2	3	0
<b>Ability to work in a group</b>	1	2	3	0
<b>Professional integrity</b>	1	2	3	0
<b>Writing ability</b>	1	2	3	0
<b>Learns from experience</b>	1	2	3	0
<b>Ability to think critically and logically</b>	1	2	3	0

**Please describe any particular strengths of the applicant:**

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**Please describe any weaknesses or areas in which the applicant needs work or help:**

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**Check only one:**

- Recommended
  Recommended with reservation (explain)
  Not Recommended

**Additional comments:**

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Reference's Signature \_\_\_\_\_ Date \_\_\_\_\_