

YTT APPLICATION

Harmoni Yoga Teacher Training (Sept 2008- Apr 2009)

Please fill in this application completely

PERSONAL INFORMATION

Name: _____ Age: _____

Address: _____

City: _____ Postal Code: _____

Tel. Home: _____ Cell: _____ Work: _____

E-mail: _____

How did you find out about the Harmoni YTT program? _____

YOGA EXPERIENCE

How long have you been practicing yoga? _____

Which style(s)? _____

How often do you practice per week? _____

List any training or workshops you have taken which are relevant (with # of hours):

Why do you want to become a yoga teacher? What are your goals and expectations?

Why do you practice yoga? _____

What qualities do you look for in a good yoga teacher?

Do you take any medications or have any medical conditions or injuries that we should know about? (if yes, please provide details)

Deposit _____ Payment: _____

1. Full attendance of the Harmoni YTT program. (If you miss class time for any reason, you will be expected to make arrangements with the teacher at your additional expense.)
2. Presence and full participation in the program, a positive yogic attitude and successful completion of homework and reading assignments.
3. A 20-session pass is included in your training – you are expected to use it to keep your own practice strong by attending both Marie and Sabine’s classes, as well as other teachers’ classes at Harmoni.
4. Participants will be expected to meet once a week outside of course time for a group review session –
(1 ½ hours - to be scheduled with participants)
5. Final Evaluations: You will be required to:
 - observe 10 yoga classes and hand in a short write-up of each
 - submit a written plan for a full 1 ½ hour yoga class
 - teach a ½ hour yoga class as your final practical exam. Passing grade for both is 80%.
6. In order to successfully complete this certification, you must demonstrate excellent teaching skills and good leadership qualities. Full details of expected criteria will be given in class. The granting of a Harmoni Certificate is at the discretion of the teachers.
7. Tuition must be fully paid and it includes the following:
 - 160 classroom hours
 - 20-class Harmoni Studio Pass
 - Full-day Breathwork Seminar (6hrs) w/ Denis Ouellette (international breathwork presenter)
 - Final Weekend in the Laurentians –Yoga, Meditation, room & organic vegetarian cuisine
 - Harmoni YTT manual and all handouts
 - Meditation Companion CD

Payment OPTIONS (\$2800. includes all taxes)

- 1) Full payment at time of Registration: \$2700. (\$100. Discount)
- 2) \$500. deposit at time of Registration + choose one of the following options:
 - A. 3 Installments: \$775. due 1st day of Nov/08, Feb/09, Apr/09
 - B. 5 Installments: \$470. due 1st day of Nov, Dec, Feb, Mar, Apr
 - C. 7 Installments: \$340. due 1st day of Oct,Nov,Dec,Jan,Feb,Mar,Apr

We accept Cash, Cheques, Interac, Mastercard or Visa

Upon successful completion of this program, you will receive a Harmoni Yoga Teacher Training Certificate (200-hrs) which will entitle you to join the Canadian Yoga Alliance and enable you to apply for Yoga Teacher insurance.

CANCELLATION POLICY

Registration will be completed when your application form has been approved by the Harmoni faculty, and all payments (cash, post-dated cheques, Visa/Mastercard) have been received or agreed upon. If you cancel before Sept. 5, a \$200 non-refundable and non-transferable fee will be forfeited. If you cancel after Sept.5, 2008, your tuition will be refunded, (minus \$200), *if we can fill your spot from our waiting list*, otherwise two thirds of your tuition will be refunded. Should cancellation occur between Sept.5 up to the completion of the first weekend (Sept.21), two thirds of your tuition will be refunded.

As in the case of any physical activity, I understand that the risk of injury, even serious or disabling is always present and cannot be entirely eliminated. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Harmoni Health Center or any Instructors presenting during this course.

I agree that the material presented in this course is general information about Yoga. It does not enable me to diagnose or treat any specific conditions.

Please sign and date below to show that you understand and completely agree with all of the above.
Namasté

NAME _____

DATE _____

SIGNATURE _____