



## 300 Hour Advanced Training and In-depth Studies Application

**Applicant Name:**

**Date:**

**Contact information (address, email, phone):**

**Are you applying for the entire training or for specific module(s)?**

**How did you hear about this program?**

Please answer the following in as much detail as necessary and submit to Lauren Toolin, Program Director, either via email: [ltoolin@gmail.com](mailto:ltoolin@gmail.com), or via post 199 2nd St Troy, NY 12180

1. Personal Yoga History: describe (personal practice, primary teachers, practices)
  
2. Do you have a personal practice? Please describe honestly. If you do not have a personal practice, please explain why not.
  
3. Yoga or related Trainings, Courses, Certifications-include dates.
  
4. Do you currently teach yoga? To whom and in what capacity?
  
5. Do you work privately with students? If so, in what capacity? Do you mostly do asana coaching, for instance?
  
6. Motivations for taking the course:

7. Strengths/weaknesses: What are you interested in overcoming and/or improving upon personally through this course?
  
8. Specific areas of content that you might like to have covered in this course?
  
9. Have you ever had private yoga? Why? What did it do for you? Were you disappointed in any way by the session?

Please include any other information that you may wish to share or will think is valuable as we consider both your application, and the content of the course.

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**Important: Please Read and Attest to your understanding and agreement to terms and conditions by signing below:**

Dates: 2016: April 9-10, May 14-15, June 18-19, July 30-31, Oct 1-2, Oct 22-23, Nov 12-13, Dec 10-11,  
2017: Jan 7-8, Feb 4-5, Mar 11-12, April 22-23, May 5-7 (retreat weekend at the Himalayan Institute)

Tuition: \$3,900 if paid in full prior to Feb 15, 2016. \$4,200 thereafter. A \$700 deposit reserves your space in the program and is due upon application approval. Payment plans are available. All modules except the therapeutics course may be taken individually. Please inquire with Lauren

I understand that, by completing this application, and if I am accepted into the Yoga Vidya program, that I am expected to attend all sessions and complete all course work satisfactorily in order to receive a certificate of completion. Tuition is not refundable for any reason.

Signature of Applicant (electronic facsimile is acceptable):