



## Program Application 2016-17

**Lauren Toolin, E-RYT 500  
Program Director**

Held at Heartspace Yoga | Albany, NY

Date: \_\_\_\_\_ Applicant Name: \_\_\_\_\_

Contact Info (Address, Phone, Email):  
\_\_\_\_\_

To which Program are you applying? Weekend \_\_\_\_\_ Weekday \_\_\_\_\_ (see program dates on addendum)

Please describe your history with Yoga and your personal practice. How long have you been practicing? How Often? With whom? Where? (feel free to add as much pertinent detail as you'd like...)

Do you currently teach Yoga? Where and to whom?

Is there a teacher, style or lineage of Yoga that particularly inspires you?

Why do you want to take this training? What do your hope to achieve through this program?

**Do you have any physical restrictions of which we should be aware? Are there any other circumstances or issues that might present obstacles for you during the course of this program?**

**Describe your home life/lifestyle to the degree that you feel comfortable sharing.**

**Who do you think your prospective students will be?**

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

**Are you able to commit to a regular home practice?**

**Please attach a photo of yourself to the application.**

# Yoga Vidya Teacher Training Program Application Addendum

## 2016-17 Program Dates:

**Weekend program:** 2016: Sept 10-11, Oct 8-9, Nov 5-6, Nov 19-20, Dec 17-18, 2017: Jan 21-22, Feb 11-12, March 4-5, April 1-2

**Weekday Program:** 9-3:30 Most Wednesdays Oct 12, 2016 - March 29, 2017 and a few weekend days, tbd

Congratulations on making the commitment to embark on the life changing course that is the Yoga Vidya Teacher Training at Heartspace! This program will develop your personal practice and knowledge base, and prepare you to teach others with integrity and clarity. As such, it requires a dedication on your part, as well as on the part of Program Faculty. The Program Director and Staff are experienced, energetic and knowledgeable. We're prepared to challenge you, enlighten you and develop a close relationship with you that supports your individual growth, as well as your new career. Please review the following carefully and complete the information at the bottom. Due to the popularity of this program, your application will be considered complete and your space secured when your application is approved, this form is completed, and accompanying tuition payment is received.

**REQUIREMENTS FOR PROGRAM COMPLETION AND CERTIFICATION:**~100% Attendance at all TT weekends and other classes/events as required. If any part of the program is missed, Director, at her discretion, will offer makeup opportunities. Additional costs will apply for makeup sessions. ~Satisfactory Completion of all written assignments. ~Satisfactory demonstration of your ability to teach a safe and cohesive yoga class, including asana, pranayama, meditation and philosophy. ~Passage of the Final (written) Exam.

## TUITION:

**Weekend Program:** \$2,800 if paid in full 60 days prior to the start date of the program.

If not paid in full by this date, tuition is \$2,950, and is to be remitted at least 30 days prior to the start of the program.

**For the Weekday program,** an additional \$150 applies, which includes tuition for required classes with Lauren.

\$700 non-refundable deposit due immediately upon acceptance into the program.

Installment Plan: \$1,500 due prior to program onset (includes the \$700 regular deposit) and three installments of \$500 (\$550 for weekday program) each, due 11/1/16, 1/1/17 and 3/1/17.

Note: tuition does not include cost of books or cost of required classes. Classes with Approved Faculty are offered at reduced rates to TT students.

You may pay by check or money order (preferred), or with a credit card through PayPal. Checks should be made out to Lauren Toolin. PayPal info: Account name: Lauren Toolin; associated email: [ltoolin@gmail.com](mailto:ltoolin@gmail.com)

A \$700 **non-refundable** deposit is required at time of application acceptance, if paying in full prior to the onset of the training, *\$1,500 is due as deposit if paying in installments*. NO refunds, credits or transfers are available for *any tuition* paid within **45 days** prior to the start date of the program, and no tuition can be refunded for partial program attendance after the first weekend. **There are no exceptions to this policy.**

*I have read, understood and agree to all of the above terms and conditions.*

**Signature**

**Applicant Name (please print)**

**Please email ([ltoolin@gmail.com](mailto:ltoolin@gmail.com)) or mail form and attachments to: Lauren Toolin | 199 2nd St Troy, NY 12180**