

# The Lemon Tree Yoga & Healing Arts Studio

## 200-Level Yoga Teacher Training Application

The Lemon Tree Yoga and Healing Arts Studio is proud to offer our 200-Level Yoga Teacher Training beginning January 2011. This seven-month program includes six weekend components and one week-long training taught by co-owner, teacher, therapist, and student at The Lemon Tree Yoga and Healing Arts Studio, Tobey Gifford, E-RYT 500. This program is designed for serious students interested in deepening their knowledge and understanding of yoga, students interested in becoming teachers, and teachers who would like to study more in depth perspectives on hatha raja yoga with emphasis on the vinyasa discipline of practice, Yoga Sutra and Bhagavad Gita study with emphasis on the eight limbed practice with modern day application. We will also spend time exploring perspectives in yoga therapy as it applies to various individuals. This training is Yoga Alliance registered and will be taught in the vinyasa style of yoga influenced by the Ashtanga and Dharma Mittra practice. This program will not only deepen your understanding and practice of yoga, it will change your life in a positive way as we look more deeply at ourselves, and empower us as we share this profound practice with others.

### Prerequisites:

A minimum of two years consistent yoga practice.

Recommendation letter by a certified yoga teacher.

Application and registration fee submitted and interview completed.

Upon acceptance into the program, a full commitment to all trainings and assignments.

### Program Tuition:

\$2425 if paid in full by January 1, 2011. \$2525 after that date.

Tuition must be paid in full by the start of the training.

Non-refundable deposit of \$500 is required upon acceptance into the program.

A non-refundable \$25 application fee is required.

### Personal Information:

Today's Date	
Name	
Address	
City	
State	
Zip	
Home Phone	
Cell Phone	
Email	
<b>Emergency Contact:</b>	
Name:	
Phone:	
Relationship:	

Please answer the following questions (attach additional pages if necessary):

1. Why do you want to take this training?

2. How has yoga affected your life?

3. What do you hope to receive from this training?

4. Are you a yoga teacher? If so what is your training and what do you teach? How do you think this training will help your teaching?

5. Describe your current yoga practice including the frequency, duration and number of years you have been practicing.

6. Please list any yoga workshops, seminars, trainings or retreats you have attended.

**Medical Application:**

1. Do you have any physical injuries or other limitations that might inhibit your yoga practice?

2. Have you had any previous surgeries? Please describe.

3. Are you on medication? Please describe.

## Program Schedule:

Weekend Components		
January 2011	Saturday, January 22 <sup>nd</sup>	12:00-8:00pm
	Sunday, January 23 <sup>rd</sup>	8am-3:00pm
February 2011	Saturday, February 26 <sup>th</sup>	12:00-8:00pm
	Sunday, February 27 <sup>th</sup>	8am-3:00pm
March 2011	Saturday, March 26 <sup>th</sup>	12:00-8:00pm
	Sunday, March 27 <sup>th</sup>	8am-3:00pm
April 2011	Saturday, April 16 <sup>th</sup>	12:00-8:00pm
	Sunday, April 17 <sup>th</sup>	8am-3:00pm
May 2011	Saturday, May 14 <sup>th</sup>	12:00-8:00pm
	Sunday, May 15 <sup>th</sup>	8am-3:00pm
June 2011	Saturday, June 25 <sup>th</sup>	12:00-8:00pm
	Sunday, June 26 <sup>th</sup>	8am-3:00pm
Weeklong Intensive		
July 2011	Monday – Sunday July 11 <sup>h</sup> – July 17 <sup>th</sup>	8am-4pm
		6pm-7:30 pm (Practice assisting/teaching with ERYT)

### Project Research/Karma(Service) Project:

24-hour project, which will be researched and implemented during the training period (or on an agreed time frame.) This project could be local, regional, national or global in scope. The project will be guided and supported by Tobey Gifford and The Lemon Tree Yoga and Healing Arts Studio.

### Reading:

A required and suggested reading list will be given to you upon acceptance into the program. Books must be purchased separately and are not included in the price of tuition.

### Payment Information:

\$25 non-refundable application fee is due when application is submitted.

\$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount of \$2425 full payment is required on or before **January 1, 2011**. After that date, it is \$2525 and is due in full, no later than the start of the program.

Please check one:

Upon acceptance into the program, I intend to pay by:

**Personal Check**

If paying by check, please drop completed application off at the studio with Tobey.

You can also mail the check with your application to:

The Lemon Tree

21 Cooper Street, Suite #109

Glens Falls, NY 12801

ATTN: Teacher Training

*\*Please include driver's license number, state and expiration date on the front of you check.*

**Credit Card**

You may pay for the course with your credit card using PayPal. Please send payment through PayPal to: [lemontreeyoga@yahoo.com](mailto:lemontreeyoga@yahoo.com) If you would like help doing this, please let us know.

Please submit this application via email to [lemontreeyoga@yahoo.com](mailto:lemontreeyoga@yahoo.com) or print it out and mail to:

The Lemon Tree Yoga & Healing Arts Studio

21 Cooper Street, Suite #109

Glens Falls, NY 12801

(518) 301-3291 or 301-3293

Is your billing information the same as your mailing address?

Yes

No. My billing address is:      Address \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I understand that if I fulfill all the requirements of The Lemon Tree 200-Level Yoga Teacher Training, including in-class hours, mentorship, journal, homework, Karma Yoga Project and final exam, I will receive a certificate of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200-Level Yoga Teacher Training program. I understand that in order to get the most out of my teacher training, it is essential that I attend 100% of the training. I understand that if I miss one day, I can make it up by scheduling a private session with Tobey at an additional cost. I realize that if I miss more than one day, I will not be able to receive a certificate until I make up the work at a future training. I understand that The Lemon Tree reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or Code of Ethics. Under such circumstances, I understand I will not be refunded my tuition. I understand that if I cancel 14 days prior to the start of the training, my \$500 deposit may be transferred toward a future teacher training and my remaining balance will be refunded. If I cancel less than 14 days of the start of the training, I will forfeit my \$500 deposit but my remaining balance will be refunded. **Once the program begins, tuition is non refundable and non-transferable.** I understand that all The Lemon Tree Yoga & Healing Arts Studio materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements:    Yes    No

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

Thank you for your interest in our training program! We look forward to being part of your journey.