

## **APPLICATION**

### **At One Yoga Teacher Training & In-Depth Studies** Yoga Teacher Training Program (200 hour level)

#### **Tuition**

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Cost breakdown for the At One Yoga Teacher Training 200 hour program:

Tuition: \$3,500

Early Bird Special: \$3,200 (Paid in full by 3 weeks prior to session start date)

Platinum Membership Price (15% discount): \$2,975

A \$500 deposit is required to hold your spot in any session.

**A non-refundable registration fee is included in your deposit (\$200 for full sessions). If you withdraw prior to the start of the session, you will be refunded your deposit minus the registration fee.**

Tuition includes 180 classroom hours, required reading materials and a free yoga package. Enrolled students are extended a 20% discount on all workshops and boutique purchases made at At One Yoga for the duration of enrollment in the program. There is no fee for required classroom observations.

At One Yoga educational programs are a serious commitment for participants and teachers. Space is limited and a deposit is required to hold your space for a session. To reserve your place in the training you must submit your application with signed enrollment agreement along with your deposit.

Payments received in full 3 weeks prior to event start date receive a discount off the course tuition as outlined above.

**Personal Information**

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Name \_\_\_\_\_ Date \_\_\_\_\_

Street Address \_\_\_\_\_

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

Primary Phone (\_\_\_\_) \_\_\_\_\_ Mobile / Home / Work (circle one)

Secondary Phone (\_\_\_\_) \_\_\_\_\_ Mobile / Home / Work (circle one)

Email \_\_\_\_\_

Referred by \_\_\_\_\_

**Program Information**

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Which program are you applying for (circle one):

**Four-week Rapid Session:** July 5

**Twelve Week Daytime Sessions:** January 11 September 8

**Twelve Week Weekend Sessions:** August 6

**Twenty Four Week Weekday Evening Sessions:** January 5

How did you learn about the At One Yoga Teacher Training program?  
(please check all that apply)

I practice at At One Yoga

Internet Search

My yoga teacher recommended it (please list teacher's name): \_\_\_\_\_

Advertisement (please list source) \_\_\_\_\_

A friend told me about it

Conference

**About You**

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1. How many years have you been practicing yoga? \_\_\_\_\_

2. How many days per week do you practice yoga? \_\_\_\_\_

3. What style of yoga do you usually practice? \_\_\_\_\_

4. At which yoga studios do you currently practice? \_\_\_\_\_

5. Do you have a home practice? Yes No (circle one)

6. Who have been your primary yoga teachers? \_\_\_\_\_

7. Do you practice meditation or pranayama? \_\_\_\_\_

8. Is this your first teacher training or in-depth study? Yes No (circle one)

If no, please list prior trainings: \_\_\_\_\_

9. Are you currently teaching yoga? Yes No (circle one)

If yes, for how many years have you been teaching? \_\_\_\_\_

Where do you teach? \_\_\_\_\_

What style do you teach? \_\_\_\_\_

10. Why are you interested in At One Yoga Advanced Studies? \_\_\_\_\_

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11. What are your expectations for this training? What do you hope to achieve at the completion of the program? \_\_\_\_\_

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## **Medical History**

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Please complete the medical history section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

1. How would you evaluate your current health?

Excellent       Good       Fair

Some challenges (*briefly describe*) \_\_\_\_\_

2. Do you suffer from any of the conditions below?

Epilepsy     Diabetes

No, I do not suffer from the above conditions to the best of my knowledge

3. Are you pregnant or do you plan to become pregnant during the course of training?

Yes       No

4. Are you currently or during the last two years have you been under the care of a physician or mental health care professional? \_\_\_\_\_

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5. Please list medications you are taking prescribed by your physician or mental health care professional. \_\_\_\_\_

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## **Payment Information**

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A deposit and the Enrollment Agreement are due with your application in order to secure your space in the training. You may choose to pay the deposit or the full payment at this time (please indicate below). Full payment is required no later than the start of the program unless satisfactory arrangements for payment of tuition and other fees have been made between the student and At One Yoga, LLC. Payment is due in full by early registration date in order to receive the discounted rate. At One Yoga accepts cash, American Express, Visa and MasterCard.

**I am paying by cash**

**I am paying by credit card**

MasterCard

Visa

Amex

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card \_\_\_\_\_ CCV# \_\_\_\_\_

Is your billing address the same as your mailing address?  Yes  No

My billing address is: \_\_\_\_\_

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

**I hereby authorize the above payment of \$\_\_\_\_\_**

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**Complete Signature**

Please email your application to [teachertraining@atoneyoga.com](mailto:teachertraining@atoneyoga.com), fax to 480-556-6047 or leave your application at the front desk at one of the studios.