

Indigo Moon Yoga Studies and Teacher Training Program  
200 hour Certificate Program Application



Thank you for your interest in yoga teacher certification. Please complete and submit your application. After submission Kathleen will arrange to meet with you in person or by phone. After review and consideration you will be notified of your acceptance status. Upon acceptance your non-refundable deposit of \$500 is required. Please return completed application as soon as possible.

Return your completed application to:  
**Indigo Moon Yoga**  
**736 Lebo Blvd, Bremerton WA 98310**  
**info@indigomoon-yoga.com**

**PLEASE PRINT CLEARLY**

**NAME:** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**OCCUPATION:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**Please answer the following questions. Add additional pages as needed.**

**How long have you been practicing yoga? Describe your practice, how often what styles.**

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**How has your practice evolved over time?**

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**Describe your physical health.**

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**Currently under the care of a healthcare provider? \_\_\_\_\_**

**Elaborate \_\_\_\_\_**

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**Are you interested in our program to further your practice or do you intend to teach?**

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**Is this a good time in your life for this training? Why?**

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**Will you be able to be present at all scheduled training?**

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**What are your goals and expectations for this program?**

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**If you plan to teach are there particular groups you are interested in serving?**

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**Do you currently teach yoga, meditation or other forms of fitness? If so, what and where do you teach? How long have you been teaching?**

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**Have you attended other trainings that would relate to yoga practice?**

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**What are your fears and challenges in participating in yoga teacher training?**

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**What else would you like us to know about you?**

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## **CERTIFICATION CRITERIA: PLEASE READ CAREFULLY**

- You are required to attend all hours. A minimum of 180 *contact* hours are required to be certified and registered with Yoga Alliance. Our program consists of 188 contact hours. If you miss more than 8 hours of training you will need to make up your hours. This may include extra costs.
- Certificates will be issued when all assignments are complete, minimum contact hours are met and practice teaching hours are complete. This may be in the months following our last training weekend.
- All financial obligations must be met before a certificate is issued.
- We reserve the right to withhold certification from any student who does not display the skills needed to competently teach a safe yoga class.

**Investment:** \$3200. Save \$200 when registered and paid in full by **November 15**. Your \$500 deposit is non-refundable if you choose not to attend the program. Fee must be paid before the first month of the program. Once the program begins there are no refunds. Please see Kathleen to arrange for a payment plan. Registration will continue until full or until **January 5, 2020**

**Free Yoga Classes:** As a trainee you are granted a 6 month Unlimited Membership to Indigo Moon Yoga from January 15 - July 15. Please attend a minimum of 25 classes to further your development and learning. Classes do not have to be taken at Indigo Moon, but must be with a minimum 200 hour certified teacher. Hours must be documented. Unlimited Membership classes cannot be transferred, shared or extended beyond these dates.

**Books:** Book list provided upon registration, books are *not* included in your tuition.

**Professional and Ethical Conduct:** All attendees must behave in an ethical, safe manner. If a trainee fails in this regard they may be removed from the program, no refund will be issued, all training material surrendered. Yoga Alliance Ethical Guidelines will be observed by every teacher and trainee.

**Admissions:** A minimum and maximum number of trainees will be accepted.

**Questions?** Contact Kathleen - [info@indigomoon-yoga.com](mailto:info@indigomoon-yoga.com)

## **2020 Training Dates:**

January 17-19

February 7-9, 28-March 1

March 13-15

April 3-5, 17-19

May 1-3, 29-31

June 12-14, 26-28

Teaching hours will be completed May – August

## **Weekend Times:**

Friday 6:00 – 9:00pm

Saturday 11:00am – 7:00pm

Sunday 10:30am – 6:00pm

## **Subject to adjustment**

We look forward to guiding you and sharing your adventure throughout your yoga training journey!

**AGREEMENT:**

1. I have read and understand all of the above criteria for Yoga Teacher Certification through Indigo Moon Yoga.
2. I agree to meet all of the attendance requirements.
3. I understand what is required to receive certification.
4. I understand the payment terms and conditions.
5. I agree to ask questions when I am unclear what is expected of me throughout the training.
6. I understand that my teachers and I are only human and are prone to mistakes and mis-steps. My teachers will guide and mentor me to the best of their ability.

**PRINT NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_