



APPLICATION FOR PRANA YOGA TEACHER TRAINING

Teacher Training application requirements

- 200-hour Program Application
- Payment Information
- Waiver of Liability

Name: _____ Date: _____

Street: _____

City: _____ State: _____ ZIP Code: _____

Res. Phone: _____ Cell: _____ E-mail: _____

Emergency Contact: _____ Phone: _____ Cell: _____

Occupation: _____ Date of Birth: _____

How did you hear about the program: _____

Medical History

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 Pregnant, plan to become pregnant at time of training

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

3. Please list prescription medications you are taking, if any: _____

4. Is there anything else we should know about your medical history? _____

About You

1. For 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 practice at home? Yes No

6. Who have been your primary teachers, both past and present? _____

7. Do you practice meditation and/or pranayama? Yes No

8. What area(s) of yoga challenges you the most? (Please specify): _____

9. Is this your first training? Yes No

If no, please list prior trainings: _

10. Are you currently teaching yoga? No Yes.

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

Where do you currently teach? _____

11. Please write a brief essay explaining the impact of Yoga on your life so far and why you want to participate in the Prana Yoga Teacher Training.

PAYMENT INFORMATION

A \$500 non-refundable deposit is due with your application.

Full payment is required no later than the start of the program unless a payment plan has been arranged.

Early discount Deadlines: The tuition payment is due in full by the early registration date in order to receive the discounted rate.

I am paying by check. Please mail the check with your application to the appropriate address on the **Application Instruction** page. Make all checks payable to 'Prana Yoga Center. '

I am paying by credit card. MasterCard Visa American Express

Credit
Card #

Expiration
Date

Name as it appears on the
card:

Is your billing information the same as your mailing address?

Yes

No. My billing
address is:

City

State

Zip Code

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

Please initial:

Liability Release and Waiver

ASSUMPTION OF RISK, HEALTH WARRANTY, AND RELEASE AND WAIVER OF LIABILITY

Yoga is an individual experience and I understand that I should progress at my own pace while participating in the physically active portions of the Prana Teacher Training Program. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest before continuing Yoga or any other exercise.

I acknowledge that participation in the Prana Teacher Training Program naturally involves the risk of injury to me. I further acknowledge that specific risks include injuries resulting from over-exertion, physical adjustment, improper or negligent use of equipment, failure to follow trainer instructions, or injuries resulting from participation in an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks.

I represent that I am in good health, at least 18 years of age, have the necessary current medical approval to engage in physical exercise and yoga instructional classes and teacher training and have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequences as a result of engaging in physical exercise and yoga instructional classes and teacher training. I acknowledge that Prana Yoga Center is relying on this representation and I understand that Prana will neither investigate nor certify my health or my fitness to participate in physical exercise and yoga instructional classes and teacher training.

RELEASE AND WAIVER OF LIABILITY: In consideration for my participation in Prana Yoga Center's 200-Hour Teacher Training Program, I, individually, and on behalf of my relatives, legal representatives, and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless Prana Yoga Center and each of their respective shareholders, owners, officers, directors, members, employees, contractors and agents, and the owner of the facilities (the "Facilities") where 200hr Teacher Training Program may occur (collectively, the "Releasees") from all actions, claims, demands, suits, losses, liabilities, charges, expenses (including, without limitation, attorneys' fees), and costs of any nature whatsoever which may arise out of, relate to, or result from, any injury, economic loss or any damage to me or my guest or relatives resulting from my participation in physical exercise and yoga instructional classes and teacher training at the Facilities, entry to or use of the equipment, facilities or services at the Facilities, the negligence of to the facility where I am taking my training or Prana Yoga Center's anyone at to the facility where I am taking my training or Prana Yoga Center's behalf or anyone using the Facilities or Prana Yoga Center's equipment, facilities or services, except such as may arise out of the gross negligence or willful misconduct of the Releasees. This release and waiver of liability (this "Release") is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me while at the Facilities, whether using exercise equipment, participating in active or passive exercise, or not. I understand that this Release is intended to be as broad and inclusive as is permitted by the laws of the jurisdiction applicable to the facility where I am taking my training and that if any portion of this Release is held invalid, I agree that the balance of this Release should continue in full force and effect.

Dated: _____

[Signature]