



Application Instructions

Weekend Warrior Teacher Training

Blue Point Yoga - Durham, NC

Program dates: September 28, 2007 - April 6, 2008

One weekend per month

Important Dates

Monday, 8/27/07 Application and \$500 deposit due

Before, 8/1/2007 Discounted tuition of \$3,000 (full payment) and application due

Wednesday, 9/3/07 Notification of acceptance

Friday, 9/7/07 Participant acceptance confirmation and \$2,800 balance due

Friday, 9/28/07 Program start date

Application Requirements

Applications must include all of the following 4 items, delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A. Completed application form.
- B. 2 current letters of recommendation
 - one from a yoga teacher
 - one from an employer or mentor (non-family)
- C. A recent photo of you alone (a full body shot if possible).
- D. \$500 deposit. Deposit will be applied toward tuition if accepted and refunded if not accepted (less a \$75 fee for processing). This deposit must be in the form of a check or money order made payable to **OM yoga** and must be attached to the application.

Deliver Application To

OM yoga / Attn: Suann Polverari
Re: WW Application - Durham
826 Broadway, 6th Floor
New York, NY 10003

Physical Requirements:

All applicants must be able to do *urdhva dhanurasana*, *sirsasana* (without support of the wall), and *adho mukha vrksasana* (with or without the wall). All applicants must have a consistent yoga practice of at least two years.

Acceptance Notification

Applicants who have been accepted will be notified via e-mail. If you do not use e-mail regularly, contact **OM yoga at 212-254-9642** on the acceptance notification date (**9/3/07**). Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone. If an accepted applicant fails to confirm by **Friday, September 7, 2007** his/her space will be offered to another applicant.

Tuition Payments

Participants must pay their remaining balance in full by **Friday, September 7, 2007**. Payment must be made by credit card, check, or money order payable to **OM yoga**. **Note: The tuition includes the cost of 30 OM yoga vinyasa classes to be taken with an OM yoga senior teacher.**

Tuition Refunds

Cancellations received on or before **Tuesday, September 4, 2007** will be charged a **\$75** processing fee. Cancellations received from **Friday, September 7** through **Friday, September 21, 2007** will be charged a **\$1,000** cancellation fee. Notice of cancellation must be made in writing. **No refunds permitted after Friday, September 21, 2007.**

Questions?

Contact OM yoga: teachertraining@omyoga.com

Please provide the following information



Application Form

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and answer questions 1-5 on a neatly typed page.

Name _____

Address _____

City State Zip _____

Home phone _____ Work phone _____

Mobile phone _____ E-mail address _____

Fax number _____ Date of birth _____

1. What is your background and experience with yoga? How many years you have been practicing yoga?
Please list in detail:

School/Style	Teacher(s)	Number of Years
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2. What is your educational and professional background outside of yoga?

3. Why do you want to take this OM yoga teacher training?

4. Please describe any special medical concerns you have. Are you currently taking any medication?

5. Where do you currently practice yoga? If so, with whom/which style of yoga?