



Joining Heaven and Earth – OM yoga center, New York, NY

# 200 hour Teacher Training Application

## Application Requirements

Applicants must complete the following 5 items. Items B - E must be delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A.** All applicants must attend an **OM yoga 1 day Teacher Training Immersion** before the start date of their chosen program in order for their asana practice to be evaluated. \$100 of the \$125 fee will count towards tuition. Applicants who live out of state/country will be allowed to submit a video of their practice of the required asanas, along with a \$100 deposit towards tuition.
- B.** Completed application form.
- C.** 2 current letters of recommendation
  - one from a yoga teacher
  - one from an employer or mentor (non-family)
- D.** A recent photo of you alone (full body shot).
- E.** \$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.

## Physical Requirements

All applicants must be able to do *urdhva dhanurasana*, *sirsasana* (without support of the wall), *adho mukha vrksasana* and *pincha mayurasana* (both 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 prefer to be notified by phone, please state so clearly on your application. Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone. If an accepted applicant fails to confirm by **6 days prior to program start date**, his/her space will be offered to another applicant.

## Tuition Payments

Participants must pay their remaining balance in full no later than **one week before the program start date**. Payment must be made by credit card, check, or money order payable to **OM yoga**.

## Tuition Refunds

Cancellations received on or before the **acceptance notification date** will be charged a \$100 processing fee. Cancellations received after the **acceptance notification date** will be charged a \$250 cancellation fee. Notice of cancellation must be made in writing. **No refunds permitted two days prior to program start date.**

## Deliver Application To

OM yoga – Teacher Training  
Re: JH&E Application  
826 Broadway, 6th Floor  
New York, NY 10003

## Questions?

Contact: **Sarah Trelease** - [teachertraining@omyoga.com](mailto:teachertraining@omyoga.com)

### ! IMPORTANT DATES !

Applicants must visit **www.omyoga.com** to view the following important dates for his/her chosen program.

<b>8 weeks prior to program start date</b>	<b>Early Bird</b> - discounted tuition of \$3,500 (full payment) & application due
<b>4 weeks prior to program start date</b>	Application Deadline & \$500 deposit due
<b>3 weeks prior to program start date</b>	Acceptance Notification
<b>1 week prior to program start date</b>	Participant acceptance confirmation and \$3100 balance due



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**Please provide the following information 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?**

**6. Which OM yoga Teacher Training Immersion did you attend?**