

Yoga Vidya 300 hour Advanced Studies and Teacher Training

Please answer the following in as much detail as necessary and submit to Lauren Toolin, Program Director, either via email: ltoolin@gmail.com, or via post: 222 1st St Troy, NY 12180

NAME:	PHONE	EN	MAIL
1.	Are you applying for the Complete Program on individual r	nodule(s)?	
2.	Personal Yoga History: describe (personal practice, primar	/ teachers, practices)	
3.	Do you have a personal practice? Please describe. If you o	o not have a personal practice, please	explain why not.
4.	Yoga or related Trainings, Courses, Certifications-include da	ites.	
5.	Do you currently teach yoga? To whom and in what capac	ty?	
6.	Motivations for taking the course.		

7.	Strengths/weaknesses: What are you interested in overcoming and/or improving upon personally through this course?
0	Are there energific areas of content that you would like to have covered in this course?
8.	Are there specific areas of content that you would like to have covered in this course?
9.	Have you ever had a private (yoga therapy) session? Why? What did it do for you?
10.	Please include any other information (including health concerns) that you may wish to share or will think is valuable as we consider both
	your application, and the content of the course.

Yoga Vidya 340 hour Advanced Training and In-depth Studies

2023 Application Addendum and Contract

REQUIREMENTS FOR PROGRAM COMPLETION AND CERTIFICATION:

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- 100% Attendance is required. If any part of the program is missed, Director, at her discretion, will offer makeup opportunities. Additional costs will apply.
- Satisfactory Completion of all assignments. This includes on time submission of homework, class participation and practicum activities.
- Payment of all tuition.

Applicant Name (please print)

NOTICE - Before participating in this or any other exercise program, individuals should consult with a physician.

VOLUNTARY PARTICIPATION - I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the program offered by Lauren Toolin and Yoga Vidya, Inc.

ACKNOWLEDGMENT - I am aware that participation in the program may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities.

RELEASE - In consideration for being permitted to participate in the program, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Lauren Toolin and Yoga Vidya, Inc for injury or damage resulting from my participation in the program. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the program.

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\$4,600 if paid in full sixty days prior to program start date
\$4,700 If paid in full less than sixty days prior to program start date
Payment Plan: \$1,250 non-refundable and non-transferrable deposit and \$1,250 installments payable on April 1, June
1, Sept 1 and Nov 1, 2023.
Individual Modules: \$850 each for the Tantra Vidya, Sva Sadhana, or Advanced Teaching Modules. \$425 for Ayurveda.
The deposit is required immediately upon acceptance into the program. NO refunds, credits or transfers are available for cancellation within 30 days prior to the start date of the program, and no tuition can be refunded for partial program attendance. There are no exceptions to this policy. You may pay by cash, check or money order, Venmo (preferred payment), or with a credit card through PayPal (2% processing
fee applies for this option).
I have read, understood and agree to all of the above terms and conditions.
Signature