

APPLICATION FOR MASALA GENTLE/RESTORATIVE YOGA TEACHERS' TRAINING

(Please review Admission Requirements & Training Description before completing this Application. Training Description may be viewed on-line at <http://www.masalayoga.com/RestorativeTeachersTraining.shtml>)

Candidates for admission into the Masala Gentle/Restorative Yoga Teachers' Training are required to have a basic understanding of Yogic principles and philosophy, and a sincere interest in the ancient path and practice of Hatha Yoga. Teaching experience is helpful, but not a requirement. A self-guided Hatha Yoga practice is helpful, but not a requirement. This Application must be accompanied by a typewritten Letter of Recommendation from a qualified Hatha Yoga teacher who is currently teaching, and a deposit check or payment in full. The typewritten Letter of Recommendation must include the teacher's full name, address, studio location, phone number and email address. Send the application package to Ellen Pfeffer, 38 Evergreen Drive, North Caldwell, NJ 07006.

PLEASE PRINT CLEARLY

Name: _____ E-mail: _____

Street Address: _____ City/State/Zip _____

Phone #'s: Daytime _____ Evening _____ Cell _____

Please answer the following questions on a separate sheet of paper (preferably typed):

1. How long have you been practicing Hatha Yoga?
2. What style of Hatha Yoga do you practice, where, how often and who are your teachers?
3. Describe your personal self-guided Hatha Yoga practice.
4. Why do you want to take this program?
5. What do you want to learn from this program, and how would you utilize these teachings?
6. Do you have certifications in other areas?
7. How did you hear of this training?
8. Do you have any concerns which might affect your participation in this training?
9. Do you presently or have you ever taught Hatha Yoga? Please be specific as to style, certifications, number of classes, number of students and years taught.
10. Have you completed any Hatha Yoga Teacher Training(s) in the past? If yes, which one(s)?
11. Have you attended any Hatha Yoga workshops? If yes, which ones and with whom?
12. Do you have any injuries, illnesses, or take any medications? Are you presently under the care of a medical doctor? Please explain fully.

Requirements & Agreement

Please read these requirements carefully, as they are critical for obtaining the Certificate of Completion, which is given only after successfully completing the full training.

- **All required props & books listed in the Training Description must be obtained before the first session. Please do not substitute with other props or books.**
- **All pre-training reading listed in the Training Description must be completed before the first session.**
- **Students are expected to arrive on time and remain for the full session. No late arrivals or early departures.**
- **If you have questions or concerns about your ability to fully participate in the training, they must be cleared with your medical professional prior to entry into the training.**
- **If you miss a session or wish supplemental instruction, you may request Private Instruction for a minimum fee of \$120 for every 2 hours or any part thereof. Private Instruction takes place at Masala Yoga, in North Caldwell, NJ.**

Applicants will have a brief telephone interview with the teacher to determine understanding of 3-part Yogic Breath (Dirgham Shvasam); Ujjayi Breath; Nadi Shodhana (Alternate Nostril Breath); Fundamental Alignment Principles; Fundamental Postural Set-up Techniques; and Fundamental Breath/Movement Techniques.

If you are unable to complete the pre-training requirements, or can no longer commit to the attendance requirements, please call Ellen at 973-226-4455 prior to the first session, and a refund will be issued in accordance with the Refund Policy section below.

I, _____, have read the requirements and class schedule for this program and recognize the commitment required to enter into the training. By signing below, I am committing myself to completing all pre-training requirements, attending all group sessions, and fully understand the Registration, Payment & Refund Policy below.

Date: _____ Signature: _____

Registration & Payment

To register, send the completed Application, Letter of Recommendation and \$150 tuition deposit, or early registration fee of \$700, payable to Ellen Pfeffer, 38 Evergreen Drive, North Caldwell, NJ 07006, no later than 7 days prior to the start of the training. Thereafter, tuition is \$750. Payment plans are arranged at the full tuition of \$750. Payment in full is preferred prior to the first section. For additional information, contact Ellen Pfeffer at 973-226-4455.

Refund Policy

Refunds, less a \$50 processing fee, will be given for cancellations up to 7 days prior to the beginning of the training. Thereafter, refunds are given based on time spent in the training, calculated at \$60 per hour. No refund will be given 2 days prior to the commencement of the training.

Upon withdrawal from the training, the Masala Restorative Yoga Teachers' Training Manual and all supplemental printed materials must be returned in exchange for the refund, less the \$50 processing fee, and time spent in the training calculated at \$60 per hour.