



Grateful Hearts Yoga Teacher Training 2024



200hr Yoga Teacher Training Application 2024 Grateful Hearts Yoga
Mailing address: 5753 Hwy 85 North Crestview, FL 32536
Email: gratefulheartsyogastudio@gmail.com
www.gratefulheartsyoga.net
850.629.8652



Grateful Hearts Yoga Teacher Training 2024

Application and Enrollment Instructions Checklist

Congratulations on choosing to join our program! Be prepared for your life to change!
This is a Ten month, 200hr Training meeting one weekend a month at GHY in Crestview.

Prerequisites

- Knowledge of basic asana practice
- Letters of recommendation
- Willingness to learn and grow

Requirements for Graduation from Training

- Completion of all required training hours
- Development of regular yoga practice
- Written Examination

Application/Enrollment Checklist

- Application form mailed, emailed, or hand delivered
- \$250 non refundable deposit

Application Process

We will contact you within two weeks of receiving your application to confirm or deny your acceptance into the program. Additional information will be given to you after your deposit has been received and acceptance confirmed.

Submit Application by Mail to:

Grateful Hearts Yoga 5753 Hwy 85 North Crestview, FL 32536

Or hand deliver at a scheduled time.

Email to: gratefulheartsyogastudio@gmail.com

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Personal Information:

Name: _____

Address: _____

Phone(s): _____

Email: _____

Emergency contact

Phone

Relationship

1. _____

Application Questions (please answer on a separate page)

- I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions. I understand any dates missed will be made up at my expense to complete training hours.
- How long have you studied yoga? List styles and main teachers.
- Do you have experience teaching in any other field(s)?
- List other training or experience relevant to yoga and/or teaching?
- What motivates you to become a yoga teacher, or explore yoga more deeply? Please describe your home, or studio, yoga practice.
- List any injuries or illnesses and how they affect your current practice.
- List any medication you are currently prescribed.

Additional information

Each applicant reviewed on an individual basis. Must have general familiarity with the poses and stamina to complete a full training day. It is not required to become a yoga teacher at completion of training. Must attend one weekly yoga class at GHY or other studio during duration of YTT.

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Payment information

- **Deposit \$250 Non Refundable to hold your spot in training and will apply toward total no matter choice of payment, due at time of application.**
- **Early -Pay in Full- Rate (Before February 9th, 2024) \$2,500**
- **Later-Pay in Full- Rate (After February 9th, 2024) \$2,700**
- **Monthly Installment Rate- Auto Drafted- \$265/ mo \$2,900 (auto draft starting 3/10 & cont. 10th of each month)**

_____Paying Cash

_____Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.

Make your check payable to **Grateful Hearts Yoga**.

_____Paying by credit card. ___ Mastercard ___ Visa ___ Amex

CC# _____ exp _____ 3 digit code _____

Name as it appears on card: _____

Address and Zip code of card billing address:

_____ state _____ zip _____

I hereby authorize the office of Grateful Hearts Yoga to withdraw payment of
\$ _____ and/or deposit of \$250 until Paid in Full. Sign here to verify authorization of withdrawal:

_____ date _____

A voided check must be included for the bank account option.

To receive your certification, you must pay the entire amount owed for the training hours.

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Books a part of the required reading list are not included in the price of tuition. Getting these books before training commences is not mandatory, but would be ideal. Several are standard yoga texts that you may already own and will be great reference points during training for you. You will need to bring a mat and your provided manual each weekend of training. We will cover a lot each weekend. Adequate rest and devoted study time throughout the month will be the best way to absorb and put into practice what we learn together during training weekends.

Program Agreement: It is my understanding that I must fulfill all the requirements set forth by the Grateful Hearts Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, quizzes, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Grateful Hearts Yoga and its teaching staff reserves the right to ask me to leave the program at any time if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

I have read and accept the above terms and requirements: ___Yes ___No

Sign here to verify my review and acceptance of the terms and requirements of the program:

_____ date _____

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Training Dates! Please Keep this page for your reference.

We meet Saturdays and Sundays, 8am-5pm. Please arrive ten minutes early ready to start promptly at 8am. Lunch break 1hr and 15 min breaks in between lecture time and movement times.

Launch Day

March 9 & 10

April 13 & 14

May 11 & 12

June 8 & 9

July 13 & 14

August 10 & 11

September 14 & 15

October 12 & 13

November 9 & 10

**December 14 & 15
(exam & graduation)**

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Recommendation Letter Guidelines

Two letters of reference
one yoga related letter & one personal letter

Name of Applicant _____
Program applied for _____

Recommending Teacher _____
Teacher's Phone Number _____
Teacher's Email _____

To Teacher: The applicant above is applying for the Yoga Teacher Training Program with Grateful Hearts Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

**I recommend _____ for this program and endorse
with my signature**

_____ **date** _____