



Greenwich Yoga

# Application Instructions

## OM yoga Warrior Weekend Teacher Training

Greenwich Yoga - Greenwich Ct.

Program dates: April 25, 2008 – August 10, 2008

### Important Dates

- Thursday, 4/10/08** Application and \$500 deposit due  
**Saturday, 3/1/08** Discounted tuition of \$3,500 (full payment) and application due  
**Friday, 4/18/08** Participant acceptance confirmation and \$3,100 balance due  
**Friday, 4/25/08** 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: Sarah Trelease  
Re: WW Application - CT  
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 **Suann Polverari (212) 254-YOGA** on the acceptance notification date (**4/18/08**). Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone. If an accepted applicant fails to confirm by **Friday, April 18, 2008**, his/her space will be offered to another applicant.

### Tuition Payments

Participants must pay their remaining balance in full by **Friday, April 18, 2008**. Payment must be made by credit card, check, or money order payable to **OM yoga**.

### Tuition Refunds

Cancellations received on or before **Friday, April 18, 2008** will be charged a **\$250** processing fee. Cancellations received after **Friday, April 18, 2008** will be charged a **\$500** cancellation fee. Notice of cancellation must be made in writing. **No refunds permitted after Wednesday, January 25, 2008.**

### Questions?

Contact us: [teachertraining@omyoga.com](mailto:teachertraining@omyoga.com)



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# Application Form

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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?