SEVA YOGA SCHOOL OF YOGA

TEACHER TRAINING APPLICATION

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BRIEFLY EXPLAIN YOUR EXPERIENCE WITH YOGA: (use back if necessary)

BRIEFLY EXPLAIN WHY YOU WOULD LIKE TO TAKE THIS TRAINING: (use back if necessary)

ARE THERE ANY DETAILS THAT YOU THINK I SHOULD KNOW ABOUT YOU REGARDING THIS TRAINING? (use back if necessary)

**PLEASE REVIEW THE FOLLOWING POLICIES OF SEVA YOGA SCHOOL OF YOGA:**

**CODE OF CONDUCT:** We are committed to holding high ethical standards for our yoga teachers. We believe that it is the responsibility of a teacher to ensure a safe environment in which our students can grow physically, mentally, and spiritually. Students are looking for guidance from teachers with authenticity, experience, and wisdom. Our Code of Conduct was developed to protect our students in this potentially vulnerable relationship with their teachers and to uphold the highest professional standards.

**ANTI-RETALIATION:** We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

**ANTI-HARASSMENT:** We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

**SEXUAL HARASSMENT:** We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors and other verbal, visual or physical conduct of a sexual nature when the conduct harms the person’s employment or working environment.

**GRIEVANCE**: Reporting of Policy Violations We encourage anyone any action that violates our policies and Code of Conduct to report the incident to the owner of Seva Yoga The report should contain the following information:

• Your full name, email and phone number;

• The name of the person who the grievance is against; A description of the alleged policy violation;

• The date and location of the policy violation;

• Names and contact information of any witnesses with first-hand knowledge of the situation; and,

• Any other credible evidence that is available to support the grievance.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct. All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate. We may request additional information from the person reporting the incident throughout the course of review of the report. We will take appropriate action to ensure compliance with our policies. We will impose any sanctions that it feels are fair, just, and reasonable under all circumstances. We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation. Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions that the taken in response to the report will also be confidential.

**TUITION AND REFUND:** With this application, **please include a deposit of $500 to be paid by cash, Venmo or check.** This deposit will be held until the minimum number of students have enrolled. If not enough students enroll, the training may be canceled and refunds issued. The deadline for the deposit is January 15, 2025. At that time, students will be informed if this program will be able to continue. **The remaining amount is due BEFORE the first class on February 15, 2025.** If applicant withdraws from the program after acceptance, but before the program starts, $500 from applicant’s deposit amount will be retained by the program. The program will not give any refunds or credits after the training starts. Discounts will be offered for cash payments and for members of Seva Yoga. Required and Optional Texts are NOT included in the cost of tuition.

Total cost of training is $2500.

Seva Monthly Members have a discounted rate of $2000. If you are not a monthly member, you can join and maintain membership to get this discounted rate. Enrolling in the teacher training allows you to take unlimited classes at Seva, a $50/month value.

There is also a $100 discount if the balance is paid with Cash, Check or Venmo.

**ATTENDANCE/PROGRAM COMPLETION:** Our program expects students to be on time for class, after breaks, and after lunch. Please let our faculty know if you will be late. Students are encouraged to have 100% attendance.  However, we understand that students have important commitments outside of the classroom.  Should extenuating circumstances impact attendance, students are permitted to miss class, provided they work with the program director to make up any missed hours. There is one weekend scheduled for make up hours, included in the price of tuition. Students are responsible for rescheduling missed hours to make up any course material they have missed. If a student needs to miss any training session, he or she must speak to the program director before the beginning of the session. Absences may be made up at other times, other than the scheduled weekend, if we have available teacher trainers and studio openings at the rate of $50 per hour. Students recognize that, if they miss training hours that they have not made up, or if they have not completed the work requirements for any of the core competencies, they will not graduate from the program and not be awarded a Yoga Teacher Certificate.

**DATES FOR THE PROGRAM:** Each weekend runs Fridays 5:00-9:00 pm, Saturdays from 8:00-5:30 and Sundays from 10:00-5:30. Unfortunately, sometimes things do not go the way they are planned for a variety of reasons.  Should weekends need to be rescheduled, the needs of each student will be taken into account and the necessary modifications will be made so that each student will be able to successfully complete the program. 2025 dates are as follows:

February 15, 16; March 7, 8, 9; April 11, 12, 13; May 9, 10, 11; June 13, 14, 15; July 11, 12, 13; August 8, 9, 10; September 12, 13, 14. A makeup weekend will be offered September 6 and 7 to be used as needed.

**REQUIRED TEXTS:**

Structural Yoga Therapy by Makunda Stiles

Teaching Yoga by Mark Stephens

Yoga Sequencing by Mark Stephens

Yoga Anatomy by Leslie Kaminoff and Amy Matthews

Light on Yoga by BKS Iyengar

The Heart of Yoga by TKV Desikachar

True Yoga by Jennie Lee

Yoga Toolbox for Teachers and Students by Joseph and Lillian LePage

The Handbook of Ayurveda by Dr Shanta Godogama

The Teachers’ Guide to Accessible Yoga by Jivana Heyman

Anatomy of Yoga by Dr. Abigail Ellsworth

**COURSEWORK:**

All readings and assignments listed in the manual are expected to be completed before attending Day 1 of each weekend. This is the material that will be discussed and practiced during the course of the 3 days. It is not an assignment that you complete after the weekend. Students are expected to complete each assignment to the best of their ability. We will review the material and students are welcome to add information from the class discussions to their work. The completed and revised assignments will then be submitted in email or print form for course credit by the end of the Sunday following each weekend. The material for the first weekend will be emailed to each student upon receipt of their application, along with another copy of this application so the student has the info for dates and requirements. Students are encouraged to refrain from buying books until January 15th , the date at which the decision will be made to go forth with the program.

YOUR SIGNATURE BELOW INDICATES YOUR INTENTION TO APPLY FOR THE TEACHER TRAINING PROGRAM WITH SEVA YOGA SCHOOL OF YOGA, AND ALSO SIGNIFIES UNDERSTANDING OF SCHOOL POLICIES AND REQUIREMENTS.

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE INDICATE HOW YOU ARE PAYING YOUR DEPOSIT OF $500 WITH THIS APPLICATION: