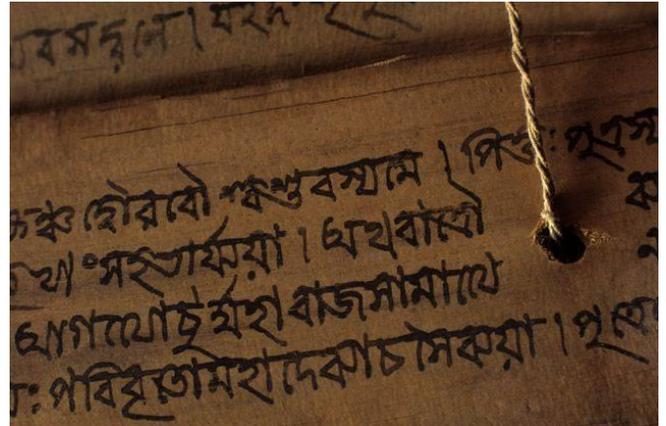


## 200-hour Yoga Teacher Training (YTT): Application for admission to YNS Cohort.

At Yoga Nirvana Studio, we take our Teacher Training seriously; this is not a casual commitment, nor is an application an automatic acceptance/entry to a cohort.

All applications will be considered, and students who are accepted commit to participate fully in an immersive and comprehensive learning experience.

Our mission is to foster a community of learning that takes a modern approach to ancient yogic philosophy, and to equip students with a superior understanding of teaching methodologies and techniques.



The screening process includes **this application form** and an **in-person interview with YNS founder, Jim Keegan**.

**Please respond to the following prompts based on your life/experiences.** For each, be sure to also provide sufficient context/detail/examples *from your firsthand experience* to clarify your point(s).

1. How long have you been a student of yoga? Describe your journey, and your current practice.
2. What motivated you to seek teacher certification? Identify key variables that brought you here.
3. How important is punctuality to you in everyday life? Provide an example to clarify.
4. What does it mean to have "character/integrity?" Explain, and identify one of your role models.
5. How (and how often) do you like to learn new things? Describe a teaching/learning situation that significantly challenged you, why it was significant, and how you navigated the experience successfully.
6. At this point in your life, what would you identify as your passion/purpose? Explain its origin(s).
7. On a scale of 1 (terrible!) to 10 (fantastic!), how would others describe your skills/ability to communicate ideas or concepts? Describe a situation where they made a positive difference.
8. What is your greatest fear, and how has it shaped your life?
9. What was the last book you read, and who did you recommend it to?
10. What are two or three things (besides yoga) that you like to do, and when did you last do them?

Learning Contract:

I, \_\_\_\_\_, have accepted the invitation to join the YNS YTT cohort that begins on (date)\_\_\_\_\_.

My signature below confirms that, per my discussion with the owner of the studio, that this program requires a commitment to show up to every class prepared to participate. I hereby commit to the terms of this immersive learning experience, which include:

- Arriving to class on time, every time, prepared to participate (ie: discuss, practice, demonstrate)
- Being respectful of my peers, instructor, and myself, to support collaboration and learning
- Completing all homework before class (ie: assigned readings, writing, exercises, etc.)
- Demonstrating integrity and applied yogic philosophy within and beyond the classroom

In recognition that being accepted into this program is a privilege and not a right, I hereby commit to my own learning, and to being a positive ambassador and role model serving not only myself, but others, on their unique life's journey.

My signature below also acknowledges that Jim and I have discussed the terms for payment, and that I am committed to success under the following terms:

- Attendance: The schedule for classes (mandatory attendance, and pre-preparation is expected)
  - Monday & Wednesday 4:30 - 7:30pm
  - Saturday 9 - 12pm
- Payment in full (check one): The nonrefundable program fees are due paid in full as follows:
  - One payment of **\$2,800, paid in full**, due in advance of the first day of YTT class.
  - Four payments totaling **\$3,200, paid in four installments.**
    - **The first payment, \$800**, is due in advance of the first day of YTT class.
    - **Three remaining \$800 payments are due as follows:**
      - Date: \_\_\_\_\_
      - Date: \_\_\_\_\_
      - Date: \_\_\_\_\_

Finally, my signature below confirms that I am committing to these terms and conditions as part of a learning contract, and that violation of them (ex: nonpayment, failure to consistently and earnestly participate/attend/prepare) may result in my eligibility for YTT certification through the YNS program being terminated, or indefinitely delayed.

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Signature

Today's Date

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Printed name:

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Jim Keegan (witness)

Today's Date