

Thank you for your interest in 721 Yoga Teacher Training. Please complete this application to be considered for acceptance into the 721 Yoga Certified Yoga School. Space is limited so a timely application is recommended. Please email the application to: info@721yoga.com

Letters of Acceptance are generally received no later than one month prior to the initial training date. A \$300 deposit is due to hold your place in the training (included with your application and deducted from your final payment.) Payment options: Cash, Check, PayPal, Zelle, Venmo, Cash App, Square. Credit Cards will be charged a 2.9% processing fee. Payment plans available, please inquire for details.

Requirements of Acceptance

- During the training you will be doing many hours of active yoga practice which demands much physical, emotional, and mental energy.
- 100% attendance is required. If you need to miss any session you must speak to the director before the session.
- You are responsible for any course material missed as a result of an absence.
- Students must be on time and complete all their hours in order to receive certification.
- There are take home assignments between each session which must be completed in order to receive certification.

721 Yoga 200 Hour Application Form

PLEASE PRINT CLEARLY OR TYPE

SPECIAL NOTE: Please include a short essay outlining why you would like to study yoga, why you have chosen this program, and what you would like to achieve in your studies.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

Date of Birth: _____ Current Occupation: _____

Emergency Contact and Phone Number: _____

How did you hear about 721 Yoga? _____

BACKGROUND INFORMATION How long have you been practicing yoga? _____

How long is your daily practice? ½ hour _____ 1 hour _____ More _____

Which style(s) of yoga do you primarily practice? _____

Have you taken classes with a certified teacher for at least 6 months? ____ Y ____ N

Have you practiced with Amber Villanueva before? ____ Y ____ N

If you answered yes: Where/when?

Are you currently teaching yoga? ____ Yes ____ No;

If so, how long have you been teaching? _____

What style of yoga do you teach? _____ # of classes per week? _____

HEALTH INFORMATION

(If you answer yes to any of the following questions please describe fully on a separate page.)

Are you under medical treatment for any physical or psychological condition? ___ Yes ___ No

Are you currently pregnant? ___ Yes ___ No

Have you ever been hospitalized for a psychiatric condition? ___ Yes ___ No

Do you have any physical challenges? ___ Yes ___ No

Have you had serious illness or major surgery within the last 5 years? ___ Y ___ N

Do you have a communicable disease? ___ Yes ___ No

Are you in recovery for any kind of addiction, and if so, how for long? ___ Yes ___ No # of years
in recovery _____

Please list any prescription medications you are currently taking, including dosage, frequency of intake, and reason for medication.

By signing below, I affirm that the information provided in this application is accurate and true, and that failure to do so is grounds for revocation of certification or dismissal from the training.

- If I am unable to continue this training due to a medical emergency, I will speak with the director in order to discuss other options.
- I have carefully read the Criteria for Certification and accept the requirements, conditions, and agreements expressed therein.
- I understand that my failure to meet the criteria will result in my not being certified.

Please Initial here: _____

- I have carefully read the Responsibility Agreement and understand that 721 Yoga Yoga Teacher Training / Amber Villanueva is not responsible for my physical and psychological safety during this training program.

Please Initial here: _____

- I have carefully read the 721 Yoga Teacher Training Ethics Agreement and understand that any violation of this agreement during the training could result in my not being certified and that any future violation could result in the revocation of my certification.

Please Initial here: _____

- I understand that the Criteria for Certification, Responsibility Agreement, and Code of Ethics Agreement are legal contracts. I will keep them for my records.

Signature: _____ Date: _____

Printed Name: _____

Please keep a copy of this application for your files. Please submit originals to 721 Yoga. We welcome you on your journey to a higher understanding of Yoga.

Responsibility Agreement

I am responsible for my experience during 721 Yoga Yoga Teacher Training. I understand that this training is demanding on every level. I understand that this training is offered for the maximum benefit to all who attend and as such, the director cannot always know the specific needs of the individual student.

During this program, I alone can take care of myself and stop if need be. While I am required to attend 100% of the time, it is also okay for me to participate with my presence if I am unable to participate with my whole self. I do not, and will not, hold Amber Villanueva responsible for my physical and psychological care. Amber Villanueva will not pay for, or reimburse me for physical or psychological care during or after this program.

I understand that during this training, I will be challenged physically, psychologically and spiritually. It is entirely up to me to know my limits. I understand that Amber Villanueva is not responsible for any physical or psychological risks that I may undertake during the training. I understand that physical activities may result in injury or even death. I understand that the study of yoga involves exploring and discussing different belief systems. I alone choose what I want to believe.

I further understand that 721 Yoga Teacher Training Program is not a vocational school but a program designed to deepen my understanding of yoga so that I may share that understanding with others. All tuition is compensation for receipt of knowledge shared. I may or may not choose to engage in teaching activities for profit. Upon successful completion of the program, I will receive a certificate of completion.

Signature: _____ Date: _____

Printed Name: _____

721 Yoga Certified Yoga School Code of Ethics Agreement

- 721 Yoga Certified Yoga School teaching requires sensitivity, integrity, honor, honesty, respect, and an attitude of humility, compassion, and grace. I agree to act in such a way.
- While 721 Yoga Certified Yoga School does teach assisting and physical contact with students, teachers must do so with consciousness towards safety, trust and respect.
- I agree to be honest about my qualifications and to only offer services for which I am competent, qualified, and trained to provide.
- I agree to offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.
- I agree to refrain from initiating a romantic, or sexual relationships with current students.
- I agree to refrain from initiating an inappropriate fiscal relationships with current students.
- I agree to not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician's advice.
- I agree to make no exaggerated claims as to the benefits of yoga or my classes.
- I agree to stay open the readiness to recognize and accept the limitation of one's understanding and remain open towards newer techniques and knowledge in the field of Yoga
- I agree never to discourage students from seeking knowledge elsewhere.
- I agree to respect all student's personal beliefs and values.
- I agree to represent my training, qualifications, and abilities accurately.
- I agree to take continuing education on a regular basis and continually striving to improve my practice, my teaching, and my life.

I understand that any reports of my breaching these code will be fairly investigated and that it could lead to revocation of my 721 Yoga Certification. I have read and understood this Code of Ethics Agreements and hereby agree to honor them.

Signature: _____ Date: _____

Printed Name: _____

Criteria for Certification and Payment Agreement

Refund Policy (no exceptions)

The director reserves the right to discontinue teaching a student at his discretion. Likewise, a student has the right to withdraw from the program at any time.

- For those accepted into the course, full refund minus a \$500 processing fee will be given until two weeks before your first class session.
- After your first class there will be no refunds.

Extensions on Certification

If you are unable to complete the certification requirements by the program end date, you may request for an extension from the director. In this case, the following are two available options:

- **Mentorship:** The training may be continued under the direct guidance of the director. The fee for extension, which includes mentoring with the director, will be worked out individually with each student at a minimum rate of \$100.00 per hour based on the amount of work and the duration of additional mentoring and supervision needed for certification. This option requires a signed schedule of mentorship commitment and payment schedule.
- **Enrollment in a future 721 Yoga Training:** If for some reason, due to certain logistics, mentoring is not an option, then participating in a future 721 Yoga Teacher Training Program is possible subject to future session space availability.

Non-Discrimination Policy

721 Yoga Certified Yoga School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, disability or religion.

Participation and Certification Policy

Students are expected to do their own personal best and to participate fully. Completion of all reading and writing assignments, a satisfactory practicum evaluation, the successful completion of a final written exam, written consent to the Code of Ethics Agreement, and payment of all fees and outstanding balances are required to receive a 721 Yoga Certified Yoga School certificate of completion.

Attendance Policy

To gain maximum benefit from the program, attendance at all sessions is required. If you anticipate missing class sessions, please discuss this during your interview. Formal attendance will be conducted for each class. Please arrive 15 minutes early to adequately prepare for the class. If a student miss a class, they must meet with the class instructor to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the Student's benefit that all missed material is made up prior to the next scheduled meeting. I have read and agree with the policies of 721 Yoga Certified Yoga School. I agree to the payment terms herein and commit to completion of the 721 Yoga Certified Yoga School program curriculum.

Signature: _____ Date: _____

Printed Name: _____