



Mudra Yoga 200-Hour Teacher Training Application

Letter of Intent

Along with this application, include a letter of intent for your admission into the training. Tell us why you want to join Mudra's Yoga Teaching Training. Let us know why you are drawn to yoga and what you expect to gain from this training. What challenges do you foresee during the training and how will you rise to those challenges? Tell us a bit about yourself and why your journeys have led you to this yoga teacher training. Please limit the length of this letter to one page.

Application

First Name: _____ Last Name: _____

Address: _____

e-Mail: _____

Phone Number: _____ Date of Birth: _____

Emergency Contact: _____ Phone Number: _____

Have you practiced at Mudra before? _____

How long have you practiced yoga asana? What part of that has been regular, consistent practice (practicing 1-3x per week)? What is the average length of time of each practice?

What styles of yoga do you practice?

Do you practice aspects of yoga other than asana? Please explain.

Who have been your main teachers?

Are you joining this program in order to become a yoga teacher or to deepen your practice, but not teach?

Do you currently teach, or have you ever taught yoga before? Where, when and what type of classes?

Do you have any disabilities for which reasonable accommodation as consistent with the Americans with Disabilities Act will be needed? If so, please explain your needs:

Prerequisites

While we recommend at least one year of dedicated yoga practice, 6 months of yoga experience is required. You must be in good health, physically and mentally in order to complete the training. If we have not yet met you or need more clarity, we reserve the right to set up a phone or in-person interview and request references to make sure the training is a good fit for you and the program.

Tuition and Cancellation and Refund Policy

Application Fee: \$400. If accepted into the training this fee will act as a deposit towards your full teacher training tuition. If not accepted into the program or if application is withdrawn, \$200 of this fee is non-refundable. After January 31, 2020, no part of this fee is refundable.

Program Tuition:

\$2700 if paid in full before January 31, 2020;

\$3000 if paid on or after January 31, 2020 - in which case half of the total tuition payment will be made by the first day of training and remaining tuition will be paid in full prior to the end of March.

Tuition includes all teaching sessions, certificate of completion (upon successful completion of all training requirements), 3 month unlimited class pass at Mudra Yoga during the training, one retreat weekend lodging at an off-site location with shared rooms (location TBD based upon enrollment numbers), and Mudra Yoga 200-Hour Teacher Training Manual. Tuition does not include meals, other required texts, or incidentals.

If Mudra Yoga cancels the training for which applicant is applying at any time for any reason, including insufficient enrollment, or changes the training dates prior to training commencement as was advertised, thereby making it impossible for the applicant to attend, the deposit and any portion of the remaining tuition paid will be refunded or applied to a future training.

If Applicant is accepted into the training program and withdraws or does not attend after the program commencement date (March 2020), no refunds will be made unless mutually agreeable, reasonable emergencies prevail (does not include vacation, temporary illness, or injury that still allows trainee to participate) or if the trainee is asked to leave the Teacher Training by Mudra Yoga for any reason, including for violating the code of conduct. In such cases, \$1000 is nonrefundable. The remaining amount refunded will then be pro-rated against how much of the training was actually attended.

All non-sufficient funds or bounced checks or credit cards will be charged a \$25.00 fee.

Required Books

The below texts are required for each trainee and are not included with tuition. These books will be invaluable references not just during the training, but throughout your yoga life and teaching career. Please have these on hand by the first training session.

- The Bhagavad Gita (Translated by P.Lal)
- The Heart of Yoga by T.K.V Desikachar
- Teaching Yoga, Essential Foundations and Techniques, by Mark Stephens
- Functional Anatomy of Yoga, A Guide for Practitioners and Teachers, by David Keil
- Inside the Yoga Sutras, A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras - by Jaganath Carrera

Completion Requirements

Trainees must complete the requirements listed below to pass this training. In order to qualify to receive a certificate of completion, each trainee must:

- Attend and actively participate in all of the training sessions.*
- Complete assignments and readings.
- Teach practicum and receive feedback from peers and lead instructors.

- Take and pass written exams on general yoga elements, philosophy, anatomy and physiology,
- and teaching.
- Take 24 public classes outside of the scheduled training sessions, and write short evaluations of each class.

*Exceptions will be assessed on a case-by-case basis. If additional make up classes and hours are needed and can be arranged, there will be an instruction charge of \$100/hour.

Signing

By signing below I assert that I have honestly completed this application and have read and understand all, including the cancellation and refund policy for the Mudra Yoga Teacher Training program.

Signature: _____ Date: _____

Submit Your Application:

Fully complete this application and sign all three of the last pages of the application (Certifying that you've read and understood the application, the liability release, and the Code of Conduct). Send or

deliver fully Completed Application, Letter of Intent and \$400 application fee to:

Mudra Yoga,
199 E 5th Avenue, Suite 33
Eugene, OR, 97403

If you prefer to submit electronically, you may complete, scan and e-mail the Application and Letter of Intent to info@eugenemudra.com .

Though check, cash or direct deposit is preferred and encouraged, you may also pay the fee online through Mindbody at https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8 .

Click "Sign Up Now" sign in to your Mudra Mindbody account or create an account, Click "Enroll" Choose the Teacher Training, then choose the "Application Fee/Deposit" option, "Make Purchase," and complete the purchase.

LIABILITY WAIVER AND INDEMNITY AGREEMENT

In consideration of being allowed to practice yoga and participate in the 200-Hour Yoga Teacher Training at Mudra Yoga Eugene, LLC, I release, and agree to defend, indemnify, and hold harmless Mudra Yoga Eugene, LLC, its members, managers, agents, successors and assigns, landlords, instructors, and employees (hereinafter "Mudra Yoga Eugene, LLC") from any and all claims, demands, liabilities, losses, expenses, and attorneys' fees (including claims based on negligence) arising out of or relating to personal injury, theft, illness, death, or property damage, which I may sustain or incur, or for which I may be liable to others, in any way connected with the practice of yoga and participation in the teacher training at Mudra Yoga Eugene, LLC or the use of its equipment or facilities.

This Liability Waiver and Indemnity Agreement shall apply to ANY CLAIM, EVEN IF CAUSED BY MUDRA YOGA EUGENE, LLC'S NEGLIGENCE. The only claims not released are those based upon Mudra Yoga Eugene LLC's willful misconduct, recklessness, or gross negligence.

Assumption of Risk. I understand that there may be risks or dangers involved in practicing yoga and participating in the teacher training due to negligence on my own part, or the negligence of others, or due to improper use of equipment or facilities. I assume full responsibility for the risks and dangers to which I am exposing myself, and, I accept full responsibility for any injury or death that may result from the practice of yoga at Mudra Yoga Eugene, LLC or the use of its equipment or facilities.

Binding Effect. I have carefully read and understand this agreement and all of its terms. I understand that this document is a Liability Waiver and Indemnity Agreement that, in the event of death or injury to person or property, will prevent me, my heirs, my family members, my estate, and my personal representatives from recovering damages from Mudra Yoga Eugene, LLC. I enter into this agreement freely and voluntarily and agree it is binding on me, my heirs, my family members, my estate, and my personal representatives.

Age and Health. I certify that I am 18 years or older. If I am under 18 years of age, I have disclosed this information to Mudra Yoga Eugene, LLC. I am in good health and I am physically able to participate in this physical activity. In the event that I am pregnant, I will not attend a yoga class or training until I have discussed participation with my obstetrician. I will follow my doctor's recommendations and will not hold Mudra Yoga Eugene, LLC responsible for any injuries to my pregnancy caused in part or in whole by my failure to follow my doctor's recommendation. I understand and acknowledge that if medical care is rendered to me, I consent to that care if I am unable to give my consent for any reason at the time the care is rendered. I am aware that it is advisable to consult a physician prior to participating in yoga.

Personal Belongings. I understand that I am responsible for all of my belongings, including items left in the changing areas or restroom, and accordingly release Mudra Yoga Eugene, LLC from any liability should they be lost or stolen.

Photography. Mudra may from time to time take photos or videos of events, participants, the facility and its inhabitants for marketing purposes. I acknowledge and allow Mudra to use any photos and videos that I may be in for marketing purposes.

Severability. If a court of competent jurisdiction deems any provision of this Liability Waiver and Indemnity Agreement invalid or unenforceable, all other provisions will remain in full force and effect. I agree that this Liability Waiver and Indemnity Agreement will remain in full force and effect and I am bound by its terms so long as I practice yoga or attend trainings at Mudra Yoga Eugene, LLC. If I am under 18 years of age, I agree that this Agreement will remain in full force and effect and I will be bound by its terms even after reaching the age of majority. By registering I am agreeing to the terms of this Liability Waiver and Indemnity Agreement of my own free act and deed and I intend to be bound by it.

Signature _____ Date _____

Code of Conduct

The Yoga Alliance Code of Conduct is a declaration of acceptable ethical and professional behavior. As a Mudra Yoga Teacher Applicant and Trainee, we expect you to uphold these same ethics.

I _____ agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

I understand that Mudra Yoga may revoke my right to participate in the Mudra Yoga Teacher Training at any time if I do not uphold this code of conduct before or during the training.

Signature: _____ Date: _____