



## APPLICATION INSTRUCTIONS

Congratulations on applying for the Deep Flow Yoga Teacher Training! The training offers a life-changing transformation that gives you the opportunity to grow as a person and to find your inner voice, particularly if you consider one day starting to teach other students of yoga. In order to get to know you a bit better please to complete this registration document as detailed as needed.

## EVALUATION CLASS / RECOMMENDATION FORM

We propose all applicants to take one class with studio founders Ioana or Patric Pop in order to evaluate your level of understanding of yoga. Should you not be able to take one of their classes, please have your regular teacher complete the «Recommendation» form.

## YOUR LEVEL OF YOGA PRACTICE

The Deep Flow Yoga Teacher Training includes an intense two-hour asana practice daily. We strongly recommend that you do have a strict minimum of two years or more of consistent asana practice. If you happen to have less than that basic experience, please provide us with an explanation. Beginning yoga students are not admitted in the training.

## TRAINING BEFORE / DURING THE YOGA TEACHER TRAINING

Applicants accepted into this Deep Flow Yoga Teacher Training do benefit from the students' discount on regular classes at INNERCITYYOGA®. This special offer is valid once the applicant is accepted in the training until the end of the training.

## APPLICATION DEADLINES

Please send your completed application no later than **15 June 2018**, by e-mail, mail or in person.  
LIMITED SPOTS: Last minute applications may only be accepted if there is space in the program.

## FOR SUBMITTING YOUR APPLICATION

**E-mail:** [ytt@innercityyoga.com](mailto:ytt@innercityyoga.com)

**Mail:** INNERCITYYOGA Sàrl  
Attention Patric Pop / YTT  
3 rue de Rive  
1204 Genève

**In person:** Drop-off your application in an envelope at the front desk.  
Please mark on the envelope ATTN: Patric Pop / Yoga Teacher Training.

## REMEMBER TO INCLUDE

- Your Application
- Payment Information & Program Participation Agreement
- Recommendation Form - The recommendation form can be approved either by a teacher you are currently studying with, or by INNERCITYYOGA instructors Ioana or Patric Pop.

## DOWNPAYMENT

Once your application has been approved, to guarantee your spot, you are asked to settle the downpayment (or the entire tuition) for the training.

Earlybird Discount #1 is granted when tuition is paid in full by 31 December 2017

Earlybird Discount #1 is granted when tuition is paid in full by 31 March 2018

Full Rate may be settled in one time. If you have been approved to settle in installments, please wire no later:

Downpayment due when your registration is approved. Latest date by 20 June 2018

2<sup>nd</sup> installment due by 31 July 2018

3<sup>rd</sup> installment due by 30 September 2018



## 200-HOURS YOGA TEACHER TRAINING APPLICATION

### PERSONAL INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code / City \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### MEDICAL HISTORY

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please include a second sheet if necessary. Based on your specific history, we may schedule a follow-up interview before accepting you in the program.

Safety is very important to us at INNERCITYYOGA®. At any time, your trainer(s) may ask you to leave if you are not at the physical and/or health level to fully and safely participate, or if you are affecting the safety and learning of others.

1. Please evaluate your current health

- Excellent
- Good
- Fair
- Some challenges

2. Do you have any injuries that may affect your ability to fully participate in the training?

3. Please list any medical conditions that may affect your ability to fully participate in the training

4. Have you had any surgeries in the last year? If the answer is yes, please explain

5. Is there anything else we should know about your medical history?



**ABOUT YOU**

To better serve you, it is important that we have a general picture of your yoga practice and history. Please be as honest and clear as possible. Do not fear answering NO.

1. How long have you been practicing yoga? \_\_\_\_\_

2. How many days per week do you practice yoga? \_\_\_\_\_

3. What style of yoga do you usually practice? \_\_\_\_\_

4. At which yoga studio(s) do you currently practice? \_\_\_\_\_

5. Do you have a home practice?  Yes  No

6. Who have been your primary teachers, past and present? \_\_\_\_\_

7. What area of yoga challenges you the most? (Please specify)  
\_\_\_\_\_

8. Do you practice Surya Namaskar A & B?  Yes  No

9. Do you practice chaturanga?  Yes  No

10. Do you practice inversions?  Yes  No

11. Do you practice meditation and/or pranayama?  Yes  No

12. Is this your first training?  Yes  No

If no, please list prior trainings: \_\_\_\_\_

13. Are you currently teaching yoga?  Yes  No

If yes, for how many years have you been teaching? Where do you currently teach?  
\_\_\_\_\_



14. In your opinion, what qualities embody a good yoga teacher? Why?

15. Why do you want to take this Yoga Teacher Training program?



16. What are your expectations for this training?  
What do you hope to achieve at the completion of the program?



**PAYMENT INFORMATION**

The retainer fee of CHF 1'690.- to guarantee your spot is due once your application has been accepted.

**TUITION**

- Earlybird discounted rate #1: CHF 4'490.- when paid in full before 31 December 6
- Earlybird discounted rate #2: CHF 4'640.- when paid in full before 31 March 2018
- Full rate of CHF 4'790.- applies as of 1 April 2018

- Payment Plan in 3 installments

Please contact INNERCITYYOGA if you would like to settle the tuition in 3 installments over a total of 4'890.- Each installment needs to be settled by the following dates. Late fees (100.-) apply when the installments have not been received by the dates below.

- Downpayment over CHF 1'690.- due by 20 June 2018
- 2<sup>nd</sup> installment over CHF 1'600.- due 31 July 2018
- 3<sup>rd</sup> installment over CHF 1'600.- due by 30 September 2018

- I am paying by bank wire**

Bank: Crédit Suisse Genève  
 IBAN: CH24 0483 5061 9171 1100 0  
 Clearing: 4835  
 BIC / SWIFT: CRESCHZZ12A

- I am paying at the Post Office**

Bank: Postfinance  
 IBAN: CH43 0900 0000 1778 0570 7  
 CCP: 17-780570-7  
 BIC / SWIFT: POFICHBEXXX

**I am paying by credit card**

- MasterCard     Visa     American Express

Credit Card # \_\_\_\_\_

Expiration Date (MM/YY) \_\_\_\_\_

3-digit code \_\_\_\_\_

Name on the card: \_\_\_\_\_

I hereby authorize the above payment of CHF \_\_\_\_\_

Your Signature \_\_\_\_\_

**AGREEMENT**



### COMPLETION OF THE PROGRAM

By signing this application below, you understand the diploma of completion of this training is only awarded to you when you meet all requirements of the program. These requirements include attendance of the full program, complete all in-class hours and quizzes, hand in all homework and successfully pass both, the written and in-class final exams. Once all requirements are met, you do obtain your diploma of completion issued by INNERCITYYOGA® certified by Yoga Alliance as Registered Yoga School (RYS-200, RYS-300).

### PROGRAM IN ENGLISH

By signing below you accept having been informed that the entire program is taught in English.

### CERTIFICATION AS A REGISTERED YOGA TEACHER (RYT-200)

After successful completion and graduation of the program, you may submit at your charge the diploma of completion to Yoga Alliance to obtain the Registered Yoga Teacher RYT-200h certification.

### MAKING UP MISSED CONTACT HOURS

You need to make up any absence by booking private hours with your lead teacher (150.-/h). The diploma of completion can only be granted once you have made up the time missed.

If you miss 1-2 days: each 4 hours missed = 1 hour private with your lead teacher

If you miss up to 4 days: Schedule privates with your lead teacher; plus, you will have to take the missed days in a subsequent training.

If you miss 5+ days: You will need to retake the program, at a 50% discount of the tuition.

### REQUESTS FOR TRANSFERRING TO A SUBSEQUENT TRAINING

Requests to transfer to a subsequent training is subject to a 500.- transfer fee.

### INSURANCES

By signing below, you do understand that you are responsible for having a valid health and accident insurance for the duration of the program. It is a good idea to also talk to your insurance agent about insurance covering your expenses of the program due to illness or accident. You are responsible for having a valid liability insurance covering any damages for the duration of the program.

### LIABILITY WAIVER

You agree that INNERCITYYOGA® Sàrl and its staff, as well as guest teachers shall not be liable for any damage resulting from accident, injury or illness. INNERCITYYOGA® shall not be liable for the loss or damage to personal belongings. You do use all installations at INNERCITYYOGA® and the building at your own risk.

### REIMBURSEMENT POLICY

You understand that if you do cancel more than 30 days prior to the start of the training, your down-payment is transferred toward a future Yoga Teacher Training and will be refunded your prepaid balance.

If you do cancel within 30 days before the start of the training, you will forfeit your CHF 1'690.- down-payment but your prepaid balance will be refunded.

Once the program begins, tuition is non refundable and non-transferable.

Full refund in case of cancellation of the training by INNERCITYYOGA® Sàrl.

### REVOKING ACCESS

You understand that INNERCITYYOGA® Sàrl and your lead teacher reserves the right to ask you to leave the program if you are found plagiarizing, if your behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances your tuition cannot be refunded.

### EXTRA COSTS

You understand that INNERCITYYOGA® Sàrl is not responsible for any travel, lodging costs or additional study material (books) that incur to you to participate in this program.

### SWISS LAW

This agreement is based on Swiss Law. Court jurisdiction is Geneva.

Date

Signature

## RECOMMENDATION FORM



REGISTRATION 200-H DEEP FLOW YOGA TEACHER TRAINING



The recommendation form can be approved by the teacher you are currently studying with.

Applicant's Name \_\_\_\_\_

Recommending Teacher Information

To the recommending Teacher:

The candidate above is applying for the INNERCITYYOGA® 200-hour Deep Flow Yoga Teacher Training program which includes a vigorous two-hour asana practice daily.

Recommending Teacher's Name \_\_\_\_\_

Teacher's Phone Number \_\_\_\_\_

Teacher's Email \_\_\_\_\_

Does this student have a consistent asana practice?  Yes  No

Can this student straighten the arms in Downward Facing Dog?  Yes  No

Does this student practice inversions?  Yes  No

Does this student practice Urdhva Dhanurasana (Wheel pose)?  Yes  No

Briefly describe how long and in what capacity have you known the applicant?





: Briefly describe if you would recommend this applicant for INNERCITYYOGA® 200-hour Yoga Teacher Training program? Why or why not?

: Please indicate your overall endorsement of the applicant.

- Highly recommend
- Recommend
- Recommend with reservations
- Not recommend

Recommending Teacher's Signature \_\_\_\_\_

Date \_\_\_\_\_