

# Yogasana Center

## Teacher Training Program Application

Application for program beginning September, 2007 is due **August 31, 2007**. Please include your one-time, non-refundable application fee of \$100 (\$75 will be refunded if you are not accepted into the program). See *Advanced Studies/Teacher Training* brochure for more information and reduced tuition for payment made by August 1.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Alternate (work/mobile) phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Physical Limitations, injuries, etc.: \_\_\_\_\_

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In an emergency contact: \_\_\_\_\_

relationship: \_\_\_\_\_ at phone number: \_\_\_\_\_

How did you hear about the program? \_\_\_\_\_

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What attracts you to the Yogasana Center teacher training program?

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## Ethical Guidelines

By signing this application, you agree to adhere to the following ethical guidelines as a student who will be teaching others:

1. Yoga teachers understand and appreciate that teaching yoga is a noble and ennobling endeavor, which aligns them with a long line of honorable teachers.
2. Yoga teachers are committed to practicing yoga as a way of life.
3. Yoga teachers are committed to maintaining impeccable standards of professional competence and integrity.
4. Yoga teachers dedicate themselves to a thorough and continuing study and practice of yoga, in particular the theoretical and practical aspects of the branch or type of yoga that they teach others.
5. Yoga teachers are committed to avoiding substance abuse and, if for some reason, they succumb to chemical dependency, will stop teaching until they are free again from drug and alcohol abuse. In that case, they will do everything in their power to stay free, including full accountability to a support group.
6. Yoga teachers will accurately represent their education, training, and experience relevant to their teaching of yoga.
7. Yoga teachers are committed to promoting the physical, mental, and spiritual well-being of their students.
8. Yoga teachers, especially those teaching Hatha-Yoga, will abstain from giving medical advice, or advice that could be interpreted as such, unless they have the necessary medical qualifications.
9. Yoga teachers particularly embrace the ideal of truthfulness in dealing with students and others.
10. Yoga teachers are open to instructing all students irrespective of race, nationality, gender, sexual orientation, and social or financial status.
11. Yoga teachers are willing to accept students with physical disabilities, providing they have the skill to teach those students properly.
12. Yoga teachers will treat their students with respect.
13. Yoga teachers will never force their own opinions on students but appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs. At the same time, however, yoga teachers must communicate to their students that yoga seeks to achieve a deep level of transformation of the human personality, including attitudes and ideas. If a student is not open to change, or if a student's opinions seriously impede the process of communicating yogic teachings to him or her, then the yoga teacher is free to refuse to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.
14. Yoga teachers will avoid any form of sexual harassment of students.
15. Yoga teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action.

16. Yoga teachers will make every effort to avoid exploiting the trust and potential dependency of students and instead encourage them to find greater inner freedom.
17. Yoga teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, which includes observing proper decorum inside and outside the class.
18. Yoga teachers strive to practice tolerance toward other yoga teachers, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts.

These ethical guidelines are not exhaustive, and the fact that a given conduct is not specifically covered by these guidelines does not say anything about the ethical or unethical nature of that conduct. Yoga teachers always endeavor to respect and, to the best of their abilities, adhere to the traditional code of conduct as well as to the law current in their country or state.

*Ethical Guidelines for Yoga Teachers from the Yoga Research and Education Center (YREC), copyright ©2000 by the Yoga Research and Education Center (now called Yoga Research and Education Foundation).*

## Agreement of Release and Waiver of Liability

I, \_\_\_\_\_, hereby agree to the following:

1. That I am participating in the Teacher Training Program, Yoga Classes, and Workshops offered by Yogasana Center for Yoga Inc. and/or any of its agent teachers, during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Teacher Training Program, Yoga Classes, and Workshops. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Teacher Training Program, Yoga Classes, and Workshops.
3. In consideration of being permitted to participate in the Teacher Training Program, Yoga Classes, and Workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the Teacher Training Program, Yoga Classes, and Workshops, I knowingly, voluntarily and expressly waive any claim I may have against Yogasana Center for Yoga Inc. and/or any of its agent teachers for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Yogasana Center for Yoga Inc. and/or any of its agent teachers for any injury or death caused by their negligence or other acts.

## Please read the following, and sign and date below.

I attest to the fact that the answers given by me are true & correct to the best of my knowledge and ability. I understand that any omission (including any misstatement) of material fact on this application or on any document used to secure can be grounds for rejection of application or, if I am enrolled in this program, terms for my immediate expulsion from the program.

I have read the above Ethical Guidelines and fully understand its contents. I voluntarily agree to the terms and conditions stated therein.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated therein.

Name: \_\_\_\_\_

Date: \_\_\_\_\_