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**200 hour Teacher Training**

**Application Form**

**Please complete and return to:**

Yoga Loft,

121 King Street

Newcastle NSW, 2300, Australia

Or email to: info@yogaloft.com.au

**Payment Terms**

All Teacher Training fees must be paid in a timely manner in accordance with the deadlines specified:

* Relevant deposit upon registration
* Remaining amount 14 days prior to the start date of the relevant Teacher Training, or such other deadline specified and agreed by Yoga Loft.
* Payment options available.

No refunds, credits or transfers are available for cancellation prior to the start date of the Teacher Training. Yoga Loft reserves the right to amend this application form at its sole discretion.

Please refer to page 12 of this application form for specific details of payments.

□ By checking this box, I agree to the above Payment Terms.

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| **Please answer all the following questions:** |

First name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Surname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name you wish to be called by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_\_\_ Sex: M / F

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

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Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Yoga Loft member: Y / N

Person to contact in case of emergency:

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

Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about Yoga Loft Teacher Training? It is crucial for us to know how we reach our student base:

* Yoga Loft Website
* Friend (please tell us who so we may thank them): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other

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| --- |
| **You and Yoga – General Experience**  How long have you been practising yoga?  What style(s) of yoga have you studied and for how long?  Describe your current practice:  How often do you practice per week?  What styles do you practice each week? i.e. Power Vinyasa and / or Yin?  Who is / are your teacher(s)? Which yoga school do you attend?  How long have you studied with your teacher(s)?  Whom do you consider to be your greatest mentors? Why?  Do you teach yoga? Y / N  Do you any other fitness style? Y / N Please describe.  What are your present challenges in your yoga practice?  Please list your previous yoga experience, trainings, workshops you have attended.  Please tick this box if you are seeking to become a qualified power vinyasa teacher for teaching in a yoga studio: ☐  *If you are seeking to become a qualified power vinyasa teacher to teach yoga in a studio we strongly suggest you have a solid yoga practice already established prior to this teacher training. We will conduct a telephone interview to confirm your practice experience*  Please tick this box if you are seeking to further deepen your knowledge of yoga philosophy and practice and do not seek to teach in a yoga studio: ☐  **Other Relevant Experience**  Please list any other training or experience that you think may be relevant  **Source of Interest**  Why are you interested in this Teacher Training?  **Expectations**  What are your expectations for this training?  What do you hope to gain, learn or work on?  **Physical Health & Conditions**  Please indicate Y / N to the following conditions.  *If you answer yes to any of the questions, please check with your doctor before commencing this exercise program.*  Do not exercise regularly (for males over 35/females over 45)? Y / N  Recent hospitalisation and/or surgery? Y / N  Any heart conditions? Y / N  List any medications you are currently taking, and the reasons for taking them.  Are you pregnant? Y / N  *If yes, when is your baby due?*  High blood pressure (>140/90)? Y / N  Shortness of breath/breathing difficulties? Y / N  Overall, describe your health.  List all injuries, operations and illnesses.  Describe any other conditions(s) you believe we should be aware of.  *For example: Gout, Stroke, Diabetes, Epilepsy, Hernia, Glandular Fever, Rheumatic Fever, Dizziness or Fainting, Arthritis, Asthma, Cramps, Muscular pain, Any pain/injuries to the neck, back, knees, ankles*  List other forms of exercise or sports you participate in.  **Indicate if your conditions may result in early withdrawals from this course.** *Please circle:*  Yes - I have considered my conditions and feel that I may withdraw from this course.  No - my conditions (if any) will not affect my ability to complete this course.  **Emotional Health**  Tell us about your emotional and mental health\* (this includes previous or current therapy, type, length of time)  *Examples include: eating disorders, bouts of depression, addictive behaviour, etc.*  \* We believe that any difficult times you have gone through will be a bonus to your students who have their own difficult times.  Are you currently taking any medications? Y / N  If yes, please describe:  **Health and Wellness Practices**  Describe your diet, health, exercise practices and beliefs.  **Other Interesting things to share?**  Please feel free to share any other interesting things about yourself.  **You and Yoga – Commitment to Growth**  Describe who you are as a person.  What are your strengths? As a yogi and / or yoga teacher?  What is your greatest weakness?  Do you plan on becoming a certified yoga teacher? Y / N  If yes, set your intention now and tell us by when: |
| Are you willing to commit 100% to this training? In what ways? |
|  |

**Yoga Loft Payment Terms and Conditions**

**Deposit required**

You are required to pay $1000 upon submitting your application. This price is inclusive of a $50 admin fee.

If you are unsuccessful in entering the course, the deposit of $1000 will be refunded less the $50 admin fee.

Full Course fee (early bird): $3400 paid in full by Friday, 31st May 2024

OR

Full Course fee (standard price): $3800 paid in full by Wednesday, 31st July 2024

OR

Direct Debit payment plan: 10 payments of $290 fortnightly ($1000 deposit must be paid prior to the start of course). Total cost of course is $3900 for direct debit plan.

**Refund and Cancellation Policy**

Refunds will be given according to the following schedule:

For cancellations 7 days or more prior to the start date (02/08/2024) payments will be refunded, less $1000 deposit.

For any other cancellation between the period of less than 7 days prior to the start date (02/08/2024) and up to and including completion of four weeks into the program (30/08/2024) 50% of the program cost will be refunded (less $1000 deposit).

No other refunds will be provided after 30/08/2024.

This refund policy applies to both upfront payment and payment plans. No other refunds or credits are available. Please contact us if extenuating circumstances apply and other refund terms may be considered on a case-by-case basis.

**Course completion**

Students are required to fulfil all course requirements for completion of the course. If students are unable to attend a part of the scheduled lectures (extenuating circumstances must be approved by Yoga Loft) the student may request for private lectures to be taught by a Yoga Loft senior teacher (one on one at an hourly rate of $90 per hour) to complete the unfinished session.

**Guaranteed Teaching Positions**

Whilst the Yoga Loft supports the local teaching community, your participation and completion of this course does not in any way guarantee you a teaching position at the Yoga Loft, Newcastle.

**Permission to Use Photographs and Footage**

I agree to allow Yoga Loft to use photographs and video footage of me in publications and promotional materials for Yoga Loft, all of which are made public via print publications or website. I understand that the use of all photographs/ footage will be anonymous; my name will NOT be used. I understand that photographs/ footage may be used in publications for the next ten years.

**Program Progress Monitoring (PPM) Policy and Procedures**

To ensure satisfactory student progress in the Yoga Loft 200-hour Teacher Training program, Yoga Loft will record and monitor student attendance and progress during the program.

For a student to be producing satisfactory course progress, a student will be required to demonstrate:

a) 100% course attendance; and

b) Satisfactory completion of grade “C” (Competent) for all homework and assessment activities.

**Program progress monitoring**

Yoga Loft will retain academic progress records for each homework and assessment activity for all students. These records will be able to reflect in a progressive manner the course progress for each student.

**Homework Tasks:**

• Homework tasks are ongoing throughout the course of study. Students will receive on-going feedback about their homework progress.

**Identification/Monitoring of Students at risk with regards to course progress**

• Course facilitators are responsible for providing students with feedback about their progress, and for implementing any appropriate intervention strategies.

• Students identified as being at risk of not meeting program progress requirements will be advised in writing (by mail/email) that they are to attend a Program Progress review with the Director, Teacher Training. At this meeting, progress counselling notes which identify the reasons for the lack of progress, and any intervention strategies that are agreed to being implemented, will be recorded and actioned.

• The Director, Teacher Training, will advise those students who have not made satisfactory progress as to any requirements, repeat homework and assessment tasks. This may include a review of the normal arrangements for the student (for example, “make up” classes with the Course Facilitators at a suitable time, at an additional cost to the student).

• Any counselling and intervention strategies undertaken and identified will be recorded in a Counselling for Program Progress Form, and logged in a register held by the Director, Teacher Training. A copy will be provided to the student.

**Students not making satisfactory program progress**

A student will be defined as not making satisfactory course progress if:

• They have not attended all contact hours at the dates and times outlined.

• They are deemed not competent in homework or assessments.

In this situation, the student will be informed by Yoga Loft in writing of their intention to report the student for not achieving satisfactory program progress.

• The written notice will inform the student that he/she will have 15 business days to access the Yoga Loft Program Appeals process.

• Where the student does not access the Yoga Loft Program Appeals process within the specified period, or withdraws from the program, Yoga Loft will notify the student of not achieving satisfactory completion of the program as soon practicable.

**Competent / Not Yet Competent grading**

**Not Yet Competent**

If a student is not able to demonstrate the attainment of all of the required competencies of the program, this results in the student failing the program. In such a situation, and with regards to recording and supporting program progress, the following actions will occur:

a.) If a student has successfully completed at least 50% of the required homework and assessment tasks, a “Not Yet Competent” will be recorded, however this situation could be managed by the trainer/teacher to support the student becoming Competent.

b.) If a student is not yet competent in more than 50% of the homework and assessment tasks, a “Not Yet Competent” will be recorded, and the student will need to repeat the required work. This effectively means that the student in this situation is deemed to have “failed” the Teacher Training program.

**Student Absence**   
If a student is absent from attending all contact hours at the dates and times outlined due to illness or other circumstances, and the student can provide documentation to explain the absence (for example, a medical certificate), the student is then required to arrange a time with the Course Facilitators to attend contact hours, re‐sit/ or submit any homework or assessments during the program period. It is expected that the student will comply with the arrangements made for attendance, re‐sitting or re-submission of homework and assessment tasks. If the student does not comply with the arrangements made, then a Not Yet Competent will be recorded. There are additional costs for students to meet face to face with Course Facilitators in other times outside of the outlined contact hours for formal training, however no costs will be incurred to the student for re-submission of homework and assessment tasks.

If a student is absent without an acceptable documented reason, then  
in this situation, an absence will be recorded and the student will be required to meet with the Course Facilitators for progress review.

**Submission of homework and/or assessment tasks**

Students are expected to submit all homework and assessment tasks by the due dates; however, the Course Facilitators have the option to review these dates with the class of students. Any changes to scheduled submission dates will be made in writing.

Overdue work will only be accepted if it is submitted within 7 days of the due date and the teacher has granted an extension. The extension arrangements must be made between the Course Facilitators and the student. Homework or assessment tasks that are handed in late during the program period and without an agreed extension from the Course Facilitators will not automatically be accepted by the teacher/trainer.

I have read, understand and agree to the terms and conditions of undertaking the 200-hour Teacher Training at Yoga Loft.

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

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**WAIVER**

**BETWEEN:**

**AND:**

**YOGA LOFT PTY LTD, trading as Yoga Loft**

1. I am in good health and do not suffer from any condition which would limit my participation in the Yoga Loft Teacher Training course.
2. I assume all responsibility for my participation in this course and for any risks, injuries or damages I may incur.
3. I will follow all rules and instructions of Yoga Loft and the persons teaching or assisting.
4. I will not commit any action that might impair my physical and mental condition during any part of the course, including but not limited to, being under the influence of alcohol or drugs.
5. I release Yoga Loft, its directors, employees and agents from claims, actions and suits resulting from my participation in this course, whether arising from my own actions or negligence or the action or negligence of Yoga Loft, its directors, employees and agents.

Dated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Payment Details**

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| --- | --- |
| Direct Transfer  Account name: YOGA LOFT PTY LTD  BSB: 032 501  ACC: 255630 Referral Name: 200TT / your name | Credit Card: (please circle) Bankcard, Mastercard, Visa  Card Number:  \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_  Expiry:\_\_\_\_ / \_\_\_\_ CVV:\_\_\_\_  Cardholder Name: Signature:  Please indicate amount you wish to be processed with this application  ❒ $1,000 minimum deposit ($AUD)  ❒ Full program tuition ($AUD) |