

## 200-HOUR TEACHER TRAINING PROGRAM APPLICATION FORM

Name:	E-mail Address:
Address:	
City/Province:	Postal Code:
Main Phone:	Alternate Phone:
Present Occupation:	

The Yoga Association of Alberta (YAA) provides a 200-Hour Hatha Yoga Teacher Training Program (TTP), which is a mentorship-based program requiring a minimum of one year of training, plus a background of regular attendance in yoga classes. The YAA-TTP is a self-directed program geared to mature students who will take responsibility to complete the requirements and who are willing to learn and study under the supervision of their chosen YAA Mentor. To qualify for enrolment in the YAA-TTP, applicants must be residents of Alberta, 18 years of age or older, with a background in yoga. Recent regular attendance is highly recommended (>50 hours total).

To apply for the YAA-TTP, please submit this form to <u>coordinator@yoga.ca</u> with the following:

- TTP Application Fee & Lifetime Membership (\$350) attach cheque or pay online at yoga.ca. This fee is strictly nonrefundable. All classes and workshops are registered for individually on a pay-as-you-go basis (see the website for schedule, pricing and details).
- A Character Reference written by a yoga teacher or work colleague who has known the applicant for at least two years, that verifies that the applicant is suitable to enter a yoga teacher training program (send email directly to <u>coordinator@yoga.ca</u>).

Please also provide the following information:

- 1. For how many years have you practiced yoga regularly? \_\_\_\_\_ years.
- 2. Provide details of all previous attendance in hatha yoga classes or workshops including names of instructors, locations, type of classes, dates, and approximate number of hours (use more pages if necessary).

Dates (Group by Year or Term)	Location	Instructor Name(s)	Type of Class or Workshop	Approx. Hours

Total Hours of Hatha Yoga Classes or Workshops: \_\_\_\_

- 3. What aspects of Yoga most interest you or are part of your practice? Do you follow a particular lineage or style?
- 4. Why do you want to take the YAA-TTP and what do you hope to learn?
- 5. How did you hear about the YAA's program and what made you choose it over other programs?
- 6. Is there a history of physical or mental conditions that will affect your participation in this program? Do you have any limitations or injuries that affect the performance of the poses? If so, please describe.
- 7. What volunteer skills and time do you have to contribute to the YAA in order that you can fulfill your additional ten hours of karma yoga requirements?
- A YAA Certified Senior Level Teacher must be chosen to serve as Mentor within 4 months of acceptance into the program (availability, schedule, pricing, etc. are determined by each teacher). If you have already selected a Mentor, please print their name here and ensure you submit a signed *Apprenticeship Agreement* after admission.

The information on this form is used to determine eligibility in YAA programs and may be made available to the Executive, Certification Committee, yoga teachers, staff and volunteers at the YAA. The YAA does not sell databases to third parties. Direct any questions about the use of your information to yaa@yoga.ca.

By signing below, I hereby affirm that all the information herein and all documents attached to this application are correct, complete and true to the best of my knowledge. Applicants may be subject to an audit of submitted documentation at any time.

Furthermore, I have read, understood and accept the stipulations of the YAA-TTP as outlined and I agree to adhere to the YAA Code of Ethics and Guidelines for YAA Certified Teachers and the Terms, Conditions and Policies of the YAA, both posted at yoga.ca. I agree to maintain up-to-date contact information with the YAA office and respond to requests for information regarding my program progress. Program requirements are subject to change during the course of the program.

Print Name

Signature

Date

## Release of Liability Waiver - Online and In-Person Events

In consideration of being allowed to participate in any way in The Yoga Association of Alberta's (YAA) programs, related events and activities, I acknowledge, appreciate, and agree that:

- 1. I am aware that the risks of injury and illness (for example, COVID-19, etc.) are possible when participating in in-person programs. Personal discipline, following rules and proper equipment may reduce these risks; and,
- 2. to my knowledge I have not been exposed to any serious infectious disease likely to cause a public health risk to those I am in close contact with, e.g., COVID-19, in the past 14 days and am taking reasonable steps to avoid being exposed; and,
- 3. I agree to comply with the programs' safety policies and procedures, and I am aware that the YAA reserves the right to refuse or revoke my registration or participation in these programs at any time for any justifiable reason; and,
- 4. for online classes, I fully understand that I am participating in unsupervised, guided, online classes at my own risk. The risks of injury from the activities involved in online programs are possible, and while rules, equipment, and personal discipline may reduce these risks, the risks of injury and illness do exist; and,
- 5. I believe that I am in reasonable physical condition, and I shall inform the instructors of any medical or psychological conditions, injuries, or limitations (including known or suspected pregnancy), both past and present that may affect my ability to participate in the programs; and,
- 6. I understand, accept and consent to reasonable verbal or physical adjustments as deemed necessary by the instructor. I agree to follow instructions carefully and to immediately stop any activity that causes me any unacceptable discomfort, emotional distress or pain, even if I am instructed to do so by the instructor. I will report this to the instructor immediately; and,
- 7. I knowingly and freely assume all physical and legal risks, both known and unknown, even if arising from the negligence of The Yoga Association of Alberta, providers, or others, and assume full responsibility for my participation; and
- 8. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and indemnify The Yoga Association of Alberta, their officers, directors, officials, agents, members, instructors, assistants, and/or employees, staff, other participants, contractors, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, (collectively referred to as "Providers") with respect to any and all injury (physical, emotional or mental), illness and exposure to illness, disability, death or loss or damage to person or property, whether arising from the negligence of the providers or otherwise, to the fullest extent permitted by law; and,
- 9. I have read this release of liability and fully understand that these program activities have inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action, etc. as heretofore enumerated, and do hereby assume the risk and sign it freely and voluntarily without any inducement.

Print Name

Signature

Date