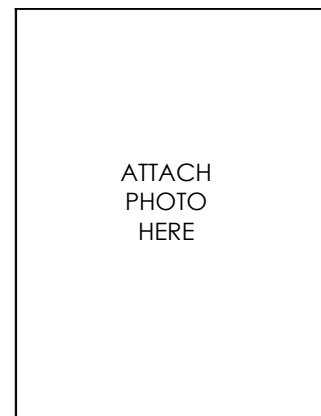


# 200 HR. YOGA TEACHER TRAINING

with Kelly McGrath  
inspired in the **Kripalu** Tradition

## APPLICATION FORM

### 2011-12



**Location:** UNITED YOGA Montréal, 451 Saint Catherine O, suite 203, MTL, QC

*Please note that this program will be taught in English.*

Name: \_\_\_\_\_ Female \_\_\_ Male \_\_\_ Birthday: \_\_\_\_\_

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

City, Prov., Postal code: \_\_\_\_\_

Telephone (home): \_\_\_\_\_ Telephone (work): \_\_\_\_\_

Telephone (cell): \_\_\_\_\_ Email: \_\_\_\_\_

Occupation (If you're not currently employed, your vocation, training, or profession): \_\_\_\_\_

How did you find out about this program? \_\_\_\_\_

How long have you been practicing yoga? \_\_\_\_\_ Do you have a daily yoga practice? \_\_\_\_\_

How long is your daily practice? \_\_\_\_\_

What style of yoga do you primarily practice? \_\_\_\_\_

Have you taken classes with a yoga teacher for at least 2 years? \_\_\_\_\_

Have you practiced Kripalu Yoga? \_\_\_ Yes (see below) \_\_\_ No

Name of Kripalu Teacher? ( And place) \_\_\_\_\_

In an on-going class? \_\_\_ Yes \_\_\_ No (Time & place) \_\_\_\_\_

In a workshop? \_\_\_ Yes \_\_\_ No (Time & place) \_\_\_\_\_

Are you currently taking yoga classes? \_\_\_ No \_\_\_ Yes How many times per week? \_\_\_\_\_

What tradition/style? \_\_\_\_\_ How long have you been taking the class? \_\_\_\_\_

Do you practice meditation? \_\_\_ No \_\_\_ Yes

If yes: How long have you been practicing? \_\_\_\_\_

What tradition of meditation do you practice? \_\_\_\_\_

**KI-YTT 2010 APPLICATION Page 2**

Are you currently teaching yoga?  No  Yes How many times per week? \_\_\_\_\_ Where? \_\_\_\_\_  
What tradition? \_\_\_\_\_ How long have you been teaching? \_\_\_\_\_

Why did you choose this Yoga Teacher Training program? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other relevant education and/or training (indicate type, level, length of training):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please answer the following questions in a short essay form, each typed & half a page long:**

1. In detail, describe your daily yoga practice.
2. What does yoga mean to you and how has it benefited your life?
3. Why do you want to be certified at this time in your life?
4. Why did you choose the Kripalu approach to yoga? What are the Kripalu components that you like the most?

**HEALTH INFORMATION**

Describe your present state of health: \_\_\_\_\_

- Are you under treatment for any physical or psychological condition?  Yes  No
- Are you currently pregnant, or trying to get pregnant?  Yes  No
- Have you ever been hospitalized for a psychiatric condition?  Yes  No
- Do you have any chronic pain, physical limitations or disabilities?  Yes  No
- Have you had a serious illness or surgery in the last five years?  Yes  No
- Do you have a communicable disease?  Yes  No
- Are you in recovery from an addiction?  Yes  No *If yes, how long have you been in recovery?*  
\_\_\_\_\_
- Do you any other health conditions?  Yes  No

**If you answered yes to any of the above questions, please describe fully, on a separate sheet of paper.**  
(Typed, not hand written)

### **KI-YTT 2010 APPLICATION Page 3**

#### **ADMISSION REQUIREMENTS**

Our minimum requirements for admission are the following:

- At least two years of consistent yoga practice with an experienced yoga teacher.
- It's recommended to attend 4 classes with Kelly McGrath before the program begins. These classes provide you with an opportunity to determine whether this course is right for you.
- Completed application form.
- Application fee.

#### **CERTIFICATION REQUIREMENTS**

In order to receive your Yoga Teacher Certification all fees must be paid in full, and regular attendance is required. Missing more than two days of training, or missing practice teach sessions could put your certification in jeopardy. If, due to circumstances beyond your control, you are unable to attend a few sessions, a reasonable effort will be made to allow you to make up the material, however there is no guarantee that this will happen in time for you to graduate with your class. In addition to training sessions, home practice and independent study assignments are required to integrate the material learned in class.

You must demonstrate your knowledge and understanding of yogic concepts and practices by successfully completing all written and practical homework and examinations. If necessary, you may re-take the final exam one time within two months of completing the program, at a cost of \$150. During mandatory practice teach sessions you must demonstrate an ability to teach yoga classes using the methodology presented in the training. All required work must be completed before graduation.

All YTT trainees must observe 8 community classes at UYM during the YTT period, taught by Kelly, on organized dates. Study groups will be formed as a method of support during non-YTT hours.

As a final certification requirement, it is important that you be respectful, balanced and conscious of your behavior towards other participants and staff.

#### **AGREEMENT**

Each student is responsible for his or her own health, safety and well being while participating. I, the undersigned yoga student, acknowledge the potential risks associated with yoga, and accept those risks freely when entering the program of my own decision. I the undersigned yoga student, agree to hold United Yoga Montreal, it's faculty and staff free from any and all responsibility for any injury, whether physical or mental, arising out of the any workshop, associated exercises, use of premises, or following of any printed literature.

I fulfill the above admission requirements, and understand the certification requirements.

Name \_\_\_\_\_

PLEASE PRINT

Signature \_\_\_\_\_ Date \_\_\_\_\_

**SCHEDULE: 10 Weekend Intensive Program Sessions**

Friday: 6:00pm-9:00pm (3hr)

Saturday: 8:30am-12:00pm & 1:30pm-5:00pm (7hr)

Sunday: 8:30am-12:00pm & 1:30pm-5:00pm (7hr)

- |   |  |
|---|--|
| 1. September 16 <sup>th</sup> – 18 <sup>th</sup> , 2011 | 6. February 17 <sup>th</sup> - 19 <sup>th</sup> , 2012 |
| 2. October 14 <sup>th</sup> – 16 <sup>th</sup> , 2011   | 7. March 16 <sup>th</sup> – 18 <sup>th</sup> , 2012    |
| 3. November 4 <sup>th</sup> – 6 <sup>th</sup> , 2011    | 8. April 20 <sup>th</sup> – 22 <sup>nd</sup> , 2012    |
| 4. December 2 <sup>nd</sup> – 4 <sup>th</sup> , 2011    | 9. May 18 <sup>th</sup> – 20 <sup>th</sup> , 2012      |
| 5. January 20 <sup>th</sup> – 22 <sup>nd</sup> , 2012   | 10. June 15 <sup>th</sup> – 17 <sup>th</sup> , 2012    |

*\* Times and schedule are subject to change.*

**Fees:**

Application Fee:

\$200.00 + tax= \$227.85, paid when you hand in your form.

**PLUS:**

Tuition:

Please check the appropriate fee:

1. \_\_\_ \$2000 + tax= \$2278.50 paid in full by August 1<sup>st</sup>, 2011.
2. \_\_\_ \$2400 + tax= \$2734.20, paid after August 1<sup>st</sup>, 2011.
3. \_\_\_ Payment plan: \$500 non-refundable deposit, plus 8 post-dated cheques of \$279.28. Contact us to receive dates of installments.

Applicants must include application fees, and all post-dated cheques or visa information for tuition payment with application form. This will reserve your space. If application is denied, tuition will be returned. Application fee is non-refundable.

Once the YTT program has begun, tuition is not refundable or transferable.

• **“APPLICATION FEE” METHOD OF PAYMENT:**

CHEQUE \_\_\_ VISA \_\_\_ MASTER CARD \_\_\_ DEBIT\_\_\_ MONEY ORDER \_\_\_ CASH \_\_\_

• **“TUITION FEE” METHOD OF PAYMENT:**

CHEQUE \_\_\_ VISA \_\_\_ MASTER CARD \_\_\_ DEBIT\_\_\_ MONEY ORDER \_\_\_ CASH \_\_\_

<p><b>Credit Card information:</b></p> <p>Card number: _____</p> <p>Expiry Date: _____ Security-Code: _____</p>
---

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

PLEASE PRINT

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

**Mail or drop off application form and payment to:**

United Yoga Montreal  
c/o Kelly McGrath  
451 Ste. Catherine O, suite 203  
Montreal, Quebec  
Canada  
H3B 1B1

**CHECK LIST**

1. Completed application form
2. Application fee
3. Tuition payment: (cheque made to United Yoga Montreal)
4. Photo