



LIVING YOGA IMMERSION & 200 Hr YOGA TEACHER TRAINING APPLICATION

Thank you for your interest in the Yogasaar programs. This packet contains detailed information about the program and the application form. We hope you will join us for this unique and life- changing experience.

PROGRAM HIGHLIGHTS

1.Our approach to the Living yoga Immersion program & teacher training is based on the realization that asanas (postures) are not just stretches; rather, they are a state of natural, intuitive poise that radiates outwards from within. We believe that yoga teachers should not only instruct on safety, alignment and muscular aspects of an asana, but also convey the deep inner awareness and uplifted states of consciousness that are the true goal of any sadhana (yogic discipline).

2.The goal of Yogasaar is to expand the light of yoga so that yoga can be a way of life for anyone and everyone. We aim to bring the living truth of yoga into everyday life, relationship with ourselves and others and into our community.

3.We at Yogasaar believe that every student is already perfect, sacred and good in every way. For this reason we neither judge nor compare anyone's ability or understanding in any way. Our intention is to facilitate and support the awakening of the realization of this truth of perfection in each student.

4.As Yogasaar teacher's while teaching we keep our complete focus on the class and the students. While teaching we never do our personal practice however we do demonstrate poses,assist and make adjustments as needed.

5.As Yogasaar teachers we create and encourage a welcoming and safe environment for all students regardless of age, physical limitations,race,creed,gender,ethnicity,religious affiliations or sexual orientation.

6..Yogasaar trainings are meant for aspiring yoga teachers as well as serious students who want to deepen their practice and integrate yoga into their lifestyle. While the main focus will be asanas, you will also learn classical techniques of meditation and pranayama (breathing and Life Force control) techniques, study essential yoga philosophy, and learn to apply the time-honored techniques of yoga into your personal life.

7..The trainings are designed to be an immersion, retreat like experience, but is also sensitive to the timing constraints of aspirants with full-time jobs. It is well worth the work you put into it, but you don't have to give up your week-day job.

8.Our class size is small (10-18 students). This means more individual attention for you. We offer a high quality curriculum and professional training that is registered with Yoga Alliance at 200 hours, so graduates can immediately become Registered Yoga Teachers.

Take some time to consider and answer the application questions listed below. All applicants are required to agree to the waiver of liability terms in order to submit their application and be accepted into the program. **You must complete all of the fields in order for your submission to be considered. Along with your application a deposit of \$200 is required. Please note that your deposit is not included in the tuition of the program, it only reserves your space in the program for that year as well as cover your training manuals and misc expenses related to studio use. Your first installment is due on Sept 1st.** Once we receive your application, we will get back to you shortly regarding acceptance.If you are accepted into the program your deposit becomes non-refundable, if your application is denied your deposit will be returned. Please make checks payable to Aparna Levine .You can drop your application at the studio or mail it in along with your deposit to :

YOGASAAR Attn : Aparna Levine 2205 Silver ave SE Albuquerque, NM 87106

Consider the Following Questions:

1.Which Program are you applying for :

_____Living yoga Immersion

_____200hr registered Yoga teacher training

2.Name as you would like it to appear on your certificate :

3. Age and date of Birth:

4.Email:

5.Phone Number:

6.Emergency contact -

Name :

Relationship :

Phone:

7.What is your relationship to yoga?

8.How long have you been practicing and in what tradition or lineage?

9.On a typical week what does your practice consist of?

10. Are you currently teaching and if so where and for how long?

11. What is it you would most like to gain from this Yoga intensive?

12. What are your strengths and weaknesses that you would bring to the program?

13. Honestly, what expectations do you have?

14. Are there any health related conditions you have that we should know about? For example: high blood pressure, diabetes, anxiety, depression, and physical injuries, medications, etcetera

15. Is there anything else you would like to tell us?

16. How did you hear about us?

All participants in Yogasaar Trainings programs are required to agree to the following waiver of liability in order to participate in the program. You cannot submit your application without reading and accepting this waiver of liability by checking the box below.

Release and Waiver of Liability:

1. I warrant that I am over 18 years of age, in good health, and have no physical or mental condition that would prevent me or render it inadvisable for me to participate in the Living Yoga Immersion and/or teacher's training program.

2. In consideration of receiving permission to participate in this program, I, for myself and for my personal representatives, heirs and next of kin, hereby agree to release and discharge from any liability whatsoever, and waive any and all claims I may have against any person or entity involved with this program in any manner, including but not limited to Yogasaar, Aparna Levine, and each of their agents, employees, students and representatives, as a result of any injury or damage, including death, sustained by me or to my property while participating in this program, whether caused by the negligence of any of the above named parties or others, and whether foreseen or unforeseen.

3. I understand that not all yoga exercises or practices are suitable for everyone and that participation in the suggested exercises and practices may result in injury. With the knowledge that any of these exercises and practices can result in injury, I hereby

expressly assume all risks associated with participation in this program, including the risk of injury or damage resulting from performing any of these exercises and practices.

4. I further agree to indemnify and hold harmless any of the above named parties from any claim by or against me arising out of my participation in this program, including all of their attorney's fees and costs.

5. I understand that the instruction and advice presented in this program is not intended as a substitute for medical advice and counseling, and that one should consult a physician prior to the start of any new exercises or practices. I consent to and permit emergency treatment, medical or other wise, in the event of injury or illness. I further release all persons associated with this program in any manner from any claim whatsoever on account of treatment or service rendered to me during this program.

6. I understand that the programs are structured with the best intentions toward helping me go deeper into the study of yoga or to become a successful Yoga teacher, and extensive consideration has been put into the schedule and methodology presented. I commit to do my best to participate according to the course structure. If I have specific personal needs, Yogic or otherwise, I will discuss them with the program director.

7. By virtue of being an intensive program, the LYIP (living yoga Immersion program) or YTTP(Yogasaar teacher training program) may raise personal issues or shortcomings. The program is meant to encourage personal growth and, therefore, may impel considerable changes in attitude. For these reasons, the programs can be challenging and demanding. I accept responsibility for all aspects of my behavior during this program.

8. Adherence to punctuality is one of the primary factors and requirements in the success of the programs. I accept responsibility for being on time to all program sessions.

9. There will be many opportunities for practice, study, and other activities at the programs. I accept responsibility for managing my time, diet, and personal relationships in ways which support my full participation and attendance in the programs.

10. I agree to maintain a healthy level of cleanliness for the program, yoga practice and to honor my fellow yogis.

11. Yogasaar students come from a variety of countries and backgrounds. In order to create a supportive environment, I assume responsibility for maintaining an attitude of respect toward my colleagues in the course. If any interpersonal difficulties or conflicts arise, I pledge to seek the advice of the program director or the teachers.

12. Yogasaar does not teach any one religion, however it does offer spiritual teachings, outside the parameters of any one specific religion. The study of yogic philosophy raises issues that are metaphysical in nature, concepts and theories that may challenge my personal belief system. I agree to keep an open mind, and to exercise common sense, discernment, and a balanced mature attitude in order to fully appreciate the teachings offered.

13. I understand that Yogasaar teachers are always available to me for guidance, troubleshooting, recommendations, suggestions and council. I take full responsibility for communicating with the teachers.

14. I understand that if accepted into the program my deposit becomes non-refundable. I also understand that if I decide to for any reason to drop out of the program at any time or for any reason am not able to complete the program my tuition is non-refundable. (Teachers who are not able to complete the required hours for certification have only one year to make up the hours and fulfill their payment obligations in order to get certified. If they are not able to make up hours within a year they will be required to take the full program again for certification.)

15. I understand that if I am on the payment plan I need to pay my tuition by the deadline specified in order to continue my studies in the program. I also understand that if I am not able to make payments in time I will not be allowed to continue in the program.

16. FOR THOSE APPLYING TO TEACHER TRAINING ONLY : I understand that in order to receive the certificate of completion and apply for registration through Yoga Alliance I must meet the requirements of the YTTP. To meet the teacher training standards and complete the program I understand that I must :

- satisfy all my financial obligations to Yogasaar and Aparna Levine

- meet the minimum required contact hrs in the program. Note : If you miss contact hours (allowed only a maximum of 15hrs), please discuss with the program director opportunities for make-up contact time.
- record my hrs of attendance for the intensives
- keep track of my 'non-contact' hrs, i.e. hrs not in class or session with the faculty of YTTP
- successfully complete all homework and assignments in the required time
- give a final 50 min practicum class that I design & create
- turn in to Yogasaar a portfolio of all my work completed in the YTTP (sample of homework,all assignments,hours of non-contact work)
- complete all required work by the last day of class

I fully understand that I will not receive my certificate of completion unless I have met the above requirements.

_____ I agree to the terms of the waiver of liability and to the terms of the program.

HOW TO APPLY

Simply fill out the accompanying application form , and send it with your deposit. We will contact you as soon as we review your application.

Blessings to you.

I hereby certify that the above information is correct to the best of my knowledge.

Name : _____

Date : _____

Signature : _____