

# The Shala Institute of Yoga

Integrating Art & Science for Whole Health

207-650-7708

## 200 Hour Yoga Intensive and Teacher Training Application

Name \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address:

Street \_\_\_\_\_

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

Emergency Contact:

Name \_\_\_\_\_ Number \_\_\_\_\_

How long have you been practicing \_\_\_\_\_ What style \_\_\_\_\_

Do you plan on teaching? \_\_\_\_\_ If so to what age group and what style \_\_\_\_\_

Do you have any interest in the apprenticeship program \_\_\_\_\_

What are your expectations from the training program \_\_\_\_\_  
\_\_\_\_\_

How would you view your overall health \_\_\_\_\_

Physically -do any limitations \_\_\_\_\_

Do you suffer from depression, or anxiety?

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Do you currently have a home practice? \_\_\_\_\_

Do you currently have a meditation practice\_\_\_\_\_

Are you prepared to do the extra hours required of you to complete this program

What is your biggest fear about this program

What is the most exciting part of this program to you ?

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## **Payment for the Program**

The cost of the program is \$2500; there is \$300 non-refundable deposit due upon submission of application and to insure your spot.

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All participants will need to place a \$500 initial payment due on April 6<sup>th</sup>

Please select the form of payment that you will be using.

### **Plan A-**

Pay in full and receive a \$250 discount \$2250

### **Plan B**

After \$300 application make 4 payments of \$550

### **Plan C**

After deposit of \$300 and initial installment of \$500, you will have 7 remaining payments of \$243.00 each month.

If you need to make further financial arrangements please call or write Amy and she will be happy to assist you in the process to make this work for you.

Final payments are to made by Jan 1<sup>st</sup> 2013

If mailing the application please mail to

ATTN: Amy Figoli  
35 Ring Farm West  
Bridgton, Me 04009

You may also drop off your application and deposit at the Studio in Bridgton-please call to make arrangements 207-650-7708

Physical location  
18 Beaver Creek Farm Rd-(located in Zabi Homes office)  
Bridgton, Maine 04009