

Infinite Light Yoga School

Yoga Teacher Training

200-Hour Program Application

Name (last) _____ (first) _____

Date of birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ home _____ cell _____ work _____

E-mail _____

Emergency contact _____ phone _____

Current occupation _____

How did you find out about the Yoga Teacher Training Program?

Website FaceBook Friend Print ad Yoga Teacher Family

Instructions for Applying:

Read the entire application document. **Print the first four pages only; fill in all sections that apply.** Send the completed application along with the \$50 non-refundable application fee (make checks payable to "Infinite Light Yoga") to the address below:

Infinite Light Center for Yoga and Wellness
6499 E Seneca Turnpike #142
Jamesville NY. 13078

Please submit your application as soon as possible to reserve your place in the program.

Within two weeks of receiving your application, ILYS Director Tony Riposo will contact you to complete an interview and review your application before making a final admissions decision.

Prerequisite Information

Do you currently practice Yoga? Yes / No

How long have you practiced Yoga? ___ < 6 months ___ 6-12 months ___ >12 months

What style of Yoga do you currently practice?

Do you or have you taken Yoga classes with a specific teacher? Yes / No

If yes, please indicate location and teacher's name:

Have you completed any specific training (Yoga, NIA, Aerobics, etc)? Yes / No

If yes, please indicate program(s), date(s), and teacher(s) name:

How long is your typical personal Yoga practice?

Do you have a high school diploma or GED? Yes / No

Are you fluent in English? Yes / No

If no, please describe your level of proficiency:

(Note: Infinite Light Yoga School requires that each student have a high school diploma or GED and be able to comprehend and respond with written and oral communication in English).

Have you ever been charged with or convicted of a felony or lesser crime? Yes / No

Have you ever been incarcerated? Yes / No

If yes, please explain:

Health Information

Are you under medical treatment for any physical or medical condition? Yes / No

Are you currently pregnant or trying to get pregnant? Yes / No

Do you have any chronic pain, physical limitations, or disabilities? Yes / No

Have you had a serious illness or major surgery within the last five years? Yes / No

Do you have a communicable disease? Yes / No

Are you under medical treatment for any psychiatric condition? Yes / No

Have you ever been hospitalized for a psychiatric condition? Yes / No

Have you ever been in a treatment program for alcohol or substance abuse? Yes / No

Are you in recovery from an addiction? Yes / No

Do you consume alcohol? Yes / No

If you answered yes to any of the above questions, or if you have any other health conditions that could impact your full participation in the program, please describe fully below:

Please answer the following questions regarding your relationship to yoga and becoming a teacher. (Use additional paper if needed.)

(1) Please provide a detailed description of your daily Yoga practice. Which Yoga postures do you practice during a typical session? Do you meditate? Do you practice pranayama?

(2) What does Yoga mean to you? How has your involvement in Yoga changed and developed over time?

(3) Why do you want to take the 200-Hour Infinite Light Yoga Teacher Training at this time in your life?

(4) What are your goals as a Yoga Teacher once you become certified?

Tuition and Fees

Total tuition for the 2021 program is \$3,295, or \$2,995 if paid in full by July 17, 2021. There is an additional \$50 application processing fee which is nonrefundable. Included in the program is a comprehensive training manual and unlimited yoga classes during the course of the program. Students are responsible for the cost of all meals, travel expenses, housing if needed, and additional materials including required reading. Payment plans are available. Please contact Tony Riposo, Director, for details (315-480-1996 or triposo@infinitelightyoga.com).

Cancellation Policy

Refunds (less the \$50 application processing fee) will be given according to the following schedule: for cancellations two weeks prior to start of program, 100% of your payment will be refunded. For cancellations less than two weeks prior to and up to completion of 25% of program, 25% of monies paid will be refunded. No other refunds or credits are available.

Full Disclosure and Acceptance of Terms

In order to make informed decisions, Infinite Light Yoga School must be able to rely on the accuracy and completeness of information provided by applicants. Information provided is treated as confidential and disclosed only to those with a legitimate need to know in administering or delivering the training. Therefore, applicants are required to answer all questions fully and honestly. By signing below, I affirm that the information provided in this application is, to the best of my knowledge, true and complete.

I understand that providing inaccurate, incomplete, or misleading information is grounds for rejecting this application, being required to leave the program after I have commenced participation, or the revocation of my certification after completing the program.

If I am forced to leave a program because of a health consideration, continuing in another session is at the discretion of the Director.

I have carefully read the **Criteria for Certification** and accept the requirements, conditions, and agreements expressed therein. I understand that my failure to meet the criteria will result in my not being certified. **Please initial here** _____

I have carefully read the **Responsibility Agreement** and understand that Infinite Light Yoga School is not responsible for my physical and psychological safety during this training program. **Please initial here** _____

I have carefully read the **Code of Ethics** and understand that any violation of this agreement during the training could result in my not being certified and that any future violation could result in the revocation of my certification. **Please initial here** _____

Infinite Light Yoga School does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. The information in this application will be treated as confidential.

Please familiarize yourself with the following Infinite Light Yoga School 200-hour Yoga Teacher Training Program standards and requirements:

Attendance-

Infinite Light Yoga School requires a minimum of 180 contact hours according to the standards set by Yoga Alliance®. You are responsible for marking the attendance roster each day. To be considered present, you must arrive on time and stay for the duration of the session or you must talk to staff before leaving a session. The training staff will note tardiness, and excessive tardiness will result in not receiving certification. If you need to miss any session, you must speak to the Director prior to the session. You are responsible for any course material missed.

There are 200 actual contact hours scheduled in this training (besides the homework and home practice), so 100% attendance is not required. You will, however, benefit from making up any missed sessions both in material covered and practice time. All applicants are encouraged to take complimentary weekly Yoga classes at Infinite Light Center during the course of the training. These classes will reinforce the teaching methodologies used in the program.

Reading List-

A comprehensive training manual is included in the price of the program. In addition, the following texts are required:

- Richard Faulds, *Kripalu Yoga: A Guide to Practice On and Off the Mat* (Bantam Books).
- Susi Hatley Aldous, *Anatomy and Asana: Preventing Yoga Injuries* (Eastland Press).

The following texts are suggested but not required:

- Steven Cope, *The Wisdom of Yoga* (Bantam Books)
- The *Yoga Sutras of Patanjali* (many options, the best one is by Alistair Shearer)
- Juan Mascaro, *The Bhagavad Gita* (Penguin Classics)
- Deborah Adele, *The Yamas & Niyamas, Exploring Yoga's Ethical Practice* (On-Word Bound Books)

Practice Teaching-

Participation in all practice teaching sessions is mandatory for certification. During these sessions, you must demonstrate the ability to teach yoga using the methodology presented in this training. Yoga Alliance® requires a total of 5 hours of practice teaching. This training exceeds these requirements holding practice teaching sessions every weekend.

Professional Behavior and Ethical Conduct-

All students in the training program are required to adhere to the program guidelines as stated in this agreement, the Code of Ethics, and the Responsibility Agreement. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere to any of these requirements could result in denial of certification.

Program Guidelines-

We request that you:

- Complete the reading assignments given during the program in a timely manner.
- Continue a daily yoga practice during the course of the program.
- Take weekly yoga classes with a certified yoga teacher.
- Dress appropriately during training sessions.
- Refrain from wearing scented products out of respect for those with sensitivities.
- Be on time for every scheduled session.

Course Fees-

All program fees must be paid in full prior to the start of the program unless you're taking advantage of the payment plan.

Continuing Education-

Successful yoga teaching requires continual learning and renewal. Graduates from the **Infinite Light Yoga School** 200-Hour Yoga Teacher Training will be eligible to become a member of Yoga Alliance® (see www.yogaalliance.org) and earn the right to display the title “200-hour RYT” (200-hour registered yoga teacher). As a yoga teacher registered with Yoga Alliance®, you are required to complete a minimum of 30 CEUs (continuing education credits) of yoga-specific training every three years after certification in order to maintain your registration. **Infinite Light Yoga School** offers CEUs that comply with YA’s standards and criteria.

Criteria for Certification

This program is intended to result in your certification as a 200-hour Infinite Light Yoga teacher. Certified yoga teachers must possess the skills and abilities necessary to safely and competently teach Yoga, and to display a certain level of emotional and mental stability. We reserve the right

to withhold certification from any student who fails to develop and demonstrate the necessary skills.

Every attempt will be made throughout the program to provide input about teaching challenges that might impede certification. If it is determined that you have not successfully met the certification requirements, you will meet with the teacher trainer(s) who will determine the appropriate steps needed to complete certification. This process may include the need to work with a certified yoga teacher or mentor at additional expense. In most cases, this process takes from three to six months but may take up to a year to complete. If you are not able to complete the additional requirements within a year from the end date of the program, it will be necessary to repeat the training at your own expense in order to be certified.

Full participation in and completion of all course components is mandatory for certification. It is not required that you make every program session, but you will need to meet the minimum contact requirements (180 hrs.) in order to graduate.

Responsibility Agreement

I am responsible for my experience at **Infinite Light Yoga School**. I understand that the study and practice of yoga is designed to integrate unresolved physical and psychological issues.

I understand the practice of yoga often produces non-ordinary states of awareness. The **Infinite Light Yoga School**, program director and staff cannot possibly know every student's personal needs. In addition, I understand the curriculum has been designed to create the optimal yoga education for the majority of students and that each specific experience may have content that does not work for me.

During this program, I am responsible for monitoring what is safe for me, and I can stop my participation in any experience at any time. Although my attendance is required in each session for me to become certified as a yoga teacher, my participation is never required if I feel unsafe in any way. It is my responsibility to speak up or take myself out of an experience if I feel unsafe. I do not expect the **Infinite Light Yoga School** to take care of my needs. I do not, and will not, hold the **Infinite Light Yoga School** responsible for my physical and psychological well-being. The **Infinite Light Yoga School** will not pay for, or reimburse me for, physical or psychological care during or after this program.

I understand that during this demanding educational program, I will be challenged physically and psychologically and encouraged to take personal risks. I acknowledge that only I can know what my boundaries and limits are, and it is up to me to uphold these boundaries for myself. I understand that practicing yoga is often about exploring new boundaries and limitations and that the **Infinite Light Yoga School** is not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

I understand that the study of yoga involves exploring and discussing different belief systems. These belief systems may be different from my own. I understand that the **Infinite Light Yoga School** is not requiring me to change my beliefs in any way. I understand that any beliefs presented are not necessarily the view of the **Infinite Light Yoga School**. I alone choose what I want to believe.

I understand that the **Infinite Light Yoga School** offers the following suggestions to support my physical and psychological well-being.

Sharing: Time is provided in every session to share relevant thoughts, questions, feelings, and insights. Please realize there may be time limitations set by the session leader out of respect for the overall process.

Staff: Instructors and assistants are available outside of class for one-on-one meetings.

Sadhana: The regular practice of yoga asana and the philosophical principles of yoga are designed to stimulate profound growth on every level. These experiences and the ability to integrate them are the foundation for yoga teacher education.

I have read this document in its entirety, understand it, and agree to honor it. I also understand that by signing the application I am entering into a legal contract that incorporates all aspects of this agreement.

Code of Conduct (Ethics)

As a graduate of the **Infinite Light Yoga School** 200-Hour Yoga Teacher Training, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
 2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
 3. Create and maintain a safe, clean, and comfortable environment for the practice of Yoga.
 4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
 5. Respect the rights, dignity, and privacy of all students.
 6. Avoid words and actions that constitute sexual harassment.
 7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
 8. Follow all local government and national laws that pertain to my Yoga teaching and business.
- I have read this document in its entirety, understand it, and agree to honor it. I also understand that by signing the application I am entering into a legal contract that incorporates all aspects of this agreement.

Infinite Light Yoga School

200 – Hour Yoga Teacher Training Registration Checklist

- ___ Complete application.
Date sent: _____
- ___ \$50 non-refundable application fee made out to “Infinite Light Yoga” (send with application).
Date sent: _____
- ___ Interview with Program Director.
Date completed: _____
- ___ Notification of acceptance into program.
Date notified: _____
- ___ Upon notification of acceptance, send tuition fees to complete registration.
Date sent: _____