

Rasa Yoga Cikitsa Program Application



SCHOOL OF YOGA AND AYURVEDA

A branch of Visible Belief Education Foundation 501(c)(3).  VISIBLE BELIEF

Application Instructions

Application Components:

- Completed application form (in this package)
- Biographical resume including yoga experience, training, future teaching plans, and statement of purpose for applying to the Rasa Yoga Cikitsa program
- One letter of recommendation from a previous yoga teacher
- Pre-requisites
 - 200 Hour RYT or equivalent training
 - One (1) year of personal practice
 - One (1) year of yoga teaching experience

Students applying with a 200-hour teacher training from outside Rasa Yoga School of Yoga and Ayurveda will complete a Bridge Program before beginning the Rasa Yoga Cikitsa program.

- Three (3) page essay describing how you see yourself in 5 years, emphasizing how you see the Rasa Yoga Cikitsa program as a necessary part of your path.

**Submit Completed Application in person,
email to doyoga@rasayogaschool.org,
or Mail To:**

Rasa Yoga

17226 Mercury, Suite 108
Houston, TX 77058

Induction Meeting:

After application into the **Rasa Yoga Cikitsa** Program, the Program Director will conduct an Induction interview to discuss your application, intention for training as a yoga therapist and discuss program requirements. This is typically a 1- to 2-hour meeting.

Rasa Yoga Cikitsa Program Application

1. PERSONAL INFORMATION (please include a recent photo)

Name: _____

Home Phone: _____ Cell Phone: _____

Office Phone: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

2. YOGA PRACTICE INFORMATION

What style(s) of Yoga do you practice regularly? _____

How long is your daily practice (in hours)? _____

How many hours do you teach yoga per week? _____

What style(s) of Hatha Yoga do you teach? _____

What year did you start to practice Yoga? _____ Teach Yoga? _____

Please provide the names of your principal teachers or schools: _____

How long have you been meditating, and how often do you meditate?

3. HEALTH INFORMATION (Confidential)

If you are under medical treatment or supervision, for which condition(s)?

If you are pregnant, when is your due date? _____

If you are currently receiving psychotherapy, psychiatric treatment, and/or counseling, for which condition(s)?

If you have ever been hospitalized or received psychiatric treatment, when did this occur and for which condition(s)?

If you have any chronic physical impairment (e.g., vision, hearing, movement, etc.), what is the nature and extent of your health challenge?

Do you have any communicable diseases? _____

During the past three years have you been addicted to drugs or alcohol? If so, please explain.

If you are using any prescription medication, please indicate type, dosage, and frequency:

4. EMERGENCY CONTACTS

Name: _____ Phone: _____

Physician: _____ Phone: _____

Therapist: _____ Phone: _____

5. ADDITIONAL INFORMATION

How did you learn about **Rasa Yoga Cikitsa** training program?
(Thank you for indicating all applicable.)

___ Rasa Yoga teacher/student _____

___ Rasa Yoga Website

___ Facebook _____

___ Google _____

___ Family/friend/health care provider _____

___ Other: _____

6. DECLARATION OF DISCLOSURE AND ACCEPTANCE OF TERMS

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for rejecting this application, expulsion from the program, or revocation of certification. I have read the Code of Conduct and understand and accept the conditions, requirements, and agreements therein. I understand that I am entitled to NO refunds, credits, or adjustments resulting from my failure to uphold any of these conditions.

7. REFUND POLICY

No refunds or transfers on Rasa Yoga Cikitsa Program tuition or fees. Tuition and fees includes all courses, induction, mentoring, 10 private lessons, assessment and administrative fees. Boutique credit on unused and unopened yoga therapy supplies purchased within 14 days. No refund or credit on books. No refunds or credit may be given on accommodations and travel to residential trainings required for Rasa Yoga Cikitsa Program.

8. SIGNATURE

By applying to this training program you agree to comply with these terms. Your signature below acknowledges your agreement with this policy.

Signature: _____ Date: _____