

Enrollment Application

Thank you for your interest in Advanced Yoga Studies with The Mat Yoga Studio and Treenuh Yoga. Please send completed application to info@thematyogastudio.com and arrange for payment of \$100 processing fee. If we have any questions, we will contact you. Very soon, you will be notified of the status of your application.



Name _____

Email _____

Address _____

City _____ State _____ Zip _____

Mobile _____ Home _____

What brought you to yoga?

What styles of yoga do you practice? (circle all that apply)

Flow/Vinyasa
Bikram

Iyengar
Restorative

Anusara
Ashtanga

Hatha
Other

Gentle

Why do you practice those styles?

How long have you practiced yoga?

Advanced Yoga Studies with The Mat Yoga Studio & Treenuh Yoga

With which teachers do you most often practice?

If not The Mat, where do you practice?

Do you meditate? If so, how often and what style?

What is your experience with anatomy and physiology?

Please list any workshops and trainings you have attended:

How did you find out about this program? (circle all that apply)

Teacher Announcement Flyer Twitter
TheMatYogaStudio.com Facebook The Mat Newsletter
TreenuhYoga.com Treenuh Yoga Blog
Living Yoga Dallas Newsletter Living Yoga Dallas Website
Article about AYS

Teacher Referral Who may we thank? _____

Other _____

What do you want from this program?

Describe your educational and professional life.

Do you have any health concerns? Recent injuries? Recent surgeries?

Why did you choose the Advanced Yoga Studies over other yoga trainings?

Students are strongly encouraged to take three yoga classes per week during each 5-week training course. Classes may be taken anywhere, but we have created the training schedule so that classes at The Mat may be conveniently taken before or after a training session.

Training Schedule

Saturday	10:30-11:45am	(optional)
Saturday	12:00-3:45pm	
Saturday	4:00-5:00pm	(optional)
Saturday	5:15-7:00pm	
Sunday	11:00am-12:00pm	(optional)
Sunday	12:30-5:30pm	

<p>Level 1 Training Dates February 4 February 5 February 11 February 12 Break weekend February 25 February 26 March 3 March 4</p>	<p>Level 3 Training Dates August 18 August 19 August 25 August 26 Break weekend September 8 September 9 September 15 September 16 September 22 September 23 Break weekend Break weekend October 13 October 14 October 20 October 21 October 27 October 28 Break weekend November 10 November 11 November 17 November 18</p>
<p>Level 2 Training Dates March 24 March 25 March 31 April 1 Break weekend April 14 April 15 April 21 April 22 April 26-30 Retreat</p>	

I am applying for Level 1 only Level 1 +2 Level 1 + 2 + 3 Level 3 only
 (Must have RYT)

Tuition:

Level 1: \$595

Level 2: \$1490 if purchased with Level 1; \$1740 if purchased after January 15.

Level 3: \$1295

\$100 non refundable deposit and application fee is due with application and will be applied toward tuition. Tuition is due within 3 days of acceptance into the program.

Payment options available for most budgets. Contact info@thematyogastudio.com for details.

Cancellation Policy:

For those accepted into the program, full refund minus a \$100 processing fee will be given until December 30, 2011. From then until January 27, 2012 there will be a \$350 processing fee. After January 27, 2012, there will be no refunds.

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By signing below, I am stating my desire to embark upon a journey to learn more about yoga and myself. I will be faced with challenges and I am ready to meet them with open eyes and an open heart. I will practice compassion and understanding with myself and others involved in the program. I am expected to exhibit an attitude of cooperation in and out of the program. I will not disparage anyone in the program. I will do my best and know others are doing their best. I am ready!

Signature

Date

Printed Name

Please initial:

_____ I understand there is a non-refundable processing fee required to submit this application.

_____ I have read and understand the cancellation policy.

_____ I understand I am expected to be on time and present for each session.

