



## Application for 200+ Hour Yoga Training Course/Teacher Training

Please send your completed application and payment to:  
Yoga Lola Studios, 1701 HWY 3 South, League City, TX 77573

Date: \_\_\_\_\_

Start date of Track you are applying for: \_\_\_\_\_

### Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Occupation: \_\_\_\_\_

Home Phone \_\_\_\_\_

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

Email: \_\_\_\_\_

### Emergency Contact Information:

Name/Relationship: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

### About the Program:

Yoga Lola's Training Program is all-encompassing and provides extensive training in the history and origins of ancient and modern yoga, including asana, meditation, mantra, pranayama, philosophy and other esoteric teachings related to same. All these aspects combined comprise a genuine yoga practice and are considered essential to a true and complete understanding of the art and science of this amazing technology. *Students entering our program are expected to have as deep an interest in all of esoteric and philosophic underpinnings of yoga, and in the meditation, mantra, pranayama as they have in the asana portion of the training.* Anatomy, business aspects and the creation of classes and the actual teaching of yoga to a public audience are also fully covered.



### Medical History:

Do you have physical challenges we should know about? (i.e., limited mobility in the knee from a previous skiing accident.)  Yes  No. If yes, please explain:

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Please list all injuries or current illnesses:

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Have you had surgery or childbirth within the last 12 months?  Yes  No. If yes, please explain.

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Are you currently on any medications?  Yes  No. If yes, please explain.

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Is there anything else we should know about your medical history?  Yes  No. If yes, please explain.

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## Background: Yoga History and Practice

Please attach additional pages to application if you need more room to explain yourself in response to any of the questions below. All questions must be answered.

How long have you have been practicing yoga? \_\_\_\_\_

What first brought you to yoga, and why do you still practice? What is its meaning to you?

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What "type" of yoga do you currently practice? I.e., Kundalini, Hatha, Bikram, etc.

Are you currently practicing yoga? \_\_\_\_ Yes \_\_\_\_ No.

If yes, how many days a week do you practice? \_\_\_\_\_

Do you practice meditation? \_\_\_\_ Yes \_\_\_\_ No.

If yes, what kind of meditation do you practice? \_\_\_\_\_

How often do you practice? \_\_\_\_\_

How long have you practiced? \_\_\_\_\_

Have you ever done pranayama (breath control)? \_\_\_\_ Yes \_\_\_\_ No.

How often do you practice? \_\_\_\_\_

How long have you practiced? \_\_\_\_\_

Have you ever done mantra? \_\_\_\_ Yes \_\_\_\_ No.

Is this your first yoga teacher's training? \_\_\_\_ Yes \_\_\_\_ No.

Please list your yoga history, experience, styles practiced and previous training(s).

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Please list your primary teachers:

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Are you currently teaching yoga? \_\_\_\_ Yes \_\_\_\_ No.

If yes, where are you teaching and how often:

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281-684-3168

[lola@yogalola.com](mailto:lola@yogalola.com)

[yogalola.com](http://yogalola.com)



Why do you want to participate in Yoga Teacher Training Program, and what are your expectations of teacher's training?

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What do you hope or plan to do with your experience and training?

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How did you find out about our programs?

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## Registration and Deposit and Terms and Conditions

Payment of a \$100 processing fee is due upon submission of this application for admission into the Student EXCELLENce Courses or the Teacher Training Programs. The \$100 processing fee is non-refundable and constitutes application and registration. Should student be accepted to the course, this \$100 is applied to the cost of the tuition.

### **Pre-Requisites, Costs Not Covered in Tuition, and Terms & Conditions:**

- **Health:** Students must be in good physical condition and able to perform asana, pranayama, meditation, and the studies as set forth in the program outline.
- **Homework:** Student understands that there is 3-4 hours of homework weekly (give or take) that must be completed as part of this course. Student confirms s/he is able to devote up to 3-4 hours a week completing such tasks.
- **Costs Not Covered in Tuition:** The following list comprises costs not covered in the tuition: (1) costs to attend eight (8) classes outside of Yoga Lola Studios at another studio (estimated at \$10-15 per class); and (2) A \$30 monthly fee for unlimited classes at Yoga Lola Studios during the course of the training. This is a steep discount reserved solely for our trainees.

All other costs, with the exception of yoga clothing, are included in the tuition.

- **Mandatory Class Attendance at Yoga Lola:** All students participating in Yoga Lola's program are REQUIRED to attend four (4) or more classes *per calendar month* during the entire duration of the teacher's training.
- **Special Class Pricing at Yoga Lola for Trainees:** Students enrolled in our training program receive a special unlimited monthly membership fee of \$30/month. This special begins the first month of training and ends upon graduation from the training program.
- **Non-acceptance of application:** Yoga Lola reserves the right to refuse entry into the program if applicant does not meet the criteria as established herein.

Specify the Track that you are applying for:

200+ Hour Yoga Alliance Certified Teacher's Training

I do want the additional HAWK Hot Yoga Workout Certification

I do not want the additional HAWK Hot Yoga Workout Certification

Undecided



## Tuition, Payment, and Refund Policy

All books for the training program are already factored into the tuition cost.

### Tuition:

- \$100 non-refundable deposit that is applied towards tuition after 50% payment. (i.e., after student pays \$1475.00, the \$100 is applied and payment shows as \$1575.00.)
- Bring a friend discount: Save \$500 when you and a friend register together and pay your tuition in full by July 1.
- Regular Tuition: \$2950.00. This fee includes all books and field trips.
- Refer to "Costs Not Covered in Tuition" paragraph on the preceding page.

### Installment Payment Plans:

- Students on the installment plan are not eligible for discounts. Cost of tuition is \$3150.00.
- Installment students must pay a *minimum* of 50% of the tuition 60 days prior to the class start date.
- Student must have a credit card on file with Yoga Lola. The card will be charged at the first of each month with the installment payment amount stated below.
- 60 days prior to start date, installment payment students must have paid \$1575.00 + \$100 deposit. The rest of the tuition will be divided into 6 equal monthly installments, with the first installment charged to student's credit card on September 1 and on the 1<sup>st</sup> of the month thereafter.
- For all students, tuition is refundable as per the refund policy below.
- Payment in full is required. **If a student withdraws from the course early, student is still under contract to pay the full amount due!**

### Refund Policy:

- The \$100 Application non-refundable.
- Final date to withdraw from a program and not be responsible for the full payment is 90 days prior to the start date of the program.
- No refunds will be granted 89 days or less, prior to start date of program, or thereafter.
- Student will provide written notice via email, to [lola@yogalola.com](mailto:lola@yogalola.com), of request to withdraw from the program. The email must arrive within the period of 90 days or more before the program start date, to be deemed official notice and to not be charged for the program.
- SHOULD A STUDENT OPT TO TRANSFER TO A LATER TRAINING, a \$250 Transfer Fee & any Program Fee differences will apply. Transfers are NOT available once we are within 30 Days of the start of the original Program applied for. At this stage the Refund Policy details apply.
- If a student registered under the \$500 discount special, and student cannot attend the training, the \$2450 will be rolled over for the upcoming year's tuition. Student will be responsible for paying the full difference in the tuition cost for 2018.
- \* FULL REFUNDS of ALL fees will be issued if Yoga Lola Teacher Training cannot move ahead for any reason that is of no fault or not related to the students applying (i.e. minimal attendance, studio cancels the program etc.).
- \* In case of a student's medical emergency any time prior to the start of program, full CREDIT will be issued with official documentation from a Medical Doctor, to be used for future programming.
- \* In case of a student's medical emergency at any time during the program, fees credit will be granted, and the student may continue on during an upcoming scheduled program. If you are on a payment plan, payments will continue to be processed accordingly.



Payment Options: Payments may be made by check, credit card, or cash.

**Option 1:** I signed up with a friend and am paying in full before July 1. \_\_\_\_ \$2450

I am paying in full: \_\_ \$2950.00

I am paying in installment: \_\_\_\_ \$3150 (50% of tuition is due immediately, the other 50% can be paid over installments).

I am paying in installments: \$100 due with application, \$1575 due by July 1st, remaining balance charged to my credit card below in six equal monthly installments starting September 1.

Print Name: \_\_\_\_\_

**PAYMENT Method**

I am paying by: \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card

If paying by credit card, or if on the installment plan, please fill in the information below.

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

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

Credit Card Number \_\_\_\_\_ Expiration \_\_\_\_\_

security code \_\_\_\_\_ Signature: \_\_\_\_\_

Waiver of Liability: By signing this agreement the undersigned indicates that s/he understands the risks inherent in practicing any kind of strenuous physical activity and hereby assumes all risks incident to such activity and waives any claim or right of action against Yoga Lola Studios, LLC, Lola Scarborough, Kevin Post, their employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of any loss or injury to the undersigned or the undersigned's property incurred in connection with and/or as a result of the undersigned's attendance at classes, workshops and events conducted by Yoga Lola Studios, LLC, and or use of Yoga Lola Studios, LLC.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Office Only

Payment Date	Amount	Notes



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