



Joining Heaven and Earth – Blue point Yoga, Durham North Carolina

# 200 hour OM yoga Teacher Training Application

## Application Requirements

Applicants must complete the following 4 items. Items A - D must be delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A.** Completed application form.
- B.** 2 current letters of recommendation
  - one from a yoga teacher
  - one from an employer or mentor (non-family)
- C.** A recent photo of you alone (full body shot).
- D.** \$500 deposit. Deposit will be applied toward tuition if accepted and refunded if not accepted (less a \$75 fee for processing). This deposit must be in the form of a check or money order made payable to **OM yoga** and must be attached to the application.

## Physical Requirements

All applicants must be able to do *urdhva dhanurasana*, *sirsasana* (without support of the wall), *adho mukha vrksasana* and *pincha mayurasana* (both with or without the wall). All applicants must have a consistent yoga practice of at least two years.

## Acceptance Notification

Applicants who have been accepted will be notified via e-mail. If you prefer to be notified by phone, please state so clearly on your application. Accepted applicants **must confirm their acceptance immediately** via e-mail or

telephone. If an accepted applicant fails to confirm by **6 days prior to program start date**, his/her space will be offered to another applicant.

## Tuition Payments

Participants must pay their remaining balance in full no later than **one week before the program start date**. Payment must be made by credit card, check, or money order payable to **OM yoga**.

## Tuition Refunds

Cancellations received on or before the **acceptance notification date** will be charged a \$100 processing fee. Cancellations received after the **acceptance notification date** will be charged a \$250 cancellation fee. Notice of cancellation must be made in writing. **No refunds permitted two days prior to program start date.**

## Deliver Application To

OM yoga – Teacher Training  
Re: JH&E Application  
826 Broadway, 6th Floor  
New York, NY 10003

## Questions?

Contact: **Sarah Trelease** - [teachertraining@omyoga.com](mailto:teachertraining@omyoga.com)

## ! IMPORTANT DATES !

Please visit [www.OMyoga.com](http://www.OMyoga.com) to view the following important dates for your program.

Early Bird - discounted tuition of \$3,000 (full payment) & application due
Application Deadline & \$500 deposit due
Acceptance Notification
Participant acceptance confirmation and \$2800 balance due



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Please provide the following information and answer questions 1-5 on a neatly typed page.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Mobile phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Fax number \_\_\_\_\_ Date of birth \_\_\_\_\_

1. What is your background and experience with yoga? How many years you have been practicing yoga?  
Please list in detail:

School/Style	Teacher(s)	Number of Years
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2. What is your educational and professional background outside of yoga?

3. Why do you want to take this OM yoga teacher training?

4. Please describe any special medical concerns you have. Are you currently taking any medication?

5. Where do you currently practice yoga? If so, with whom/which style of yoga?

6. How did you hear about OM yoga teacher training?