



# OM 300 Advanced OM yoga Teacher Training

## OM yoga Center, New York, New York

### Application Requirements

Applicants must complete the following 5 items. Items B - E must be delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A. 200 hour yoga teacher training certificate
- B. Completed application form.
- C. 2 current letters of recommendation
  - one from a yoga teacher
  - one from a non-family employer or mentor
- D. A recent photo of you alone (full body shot).
- E. \$500 Application fee

### Deliver Application To

OM yoga - Teacher Training  
Re: OM 300  
826 Broadway, 6th Floor  
New York, NY 10003

### 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

Students will be notified of acceptance into the program within 3 days of receipt of their COMPLETED package.

**No refunds will be given for cancellations within 2 weeks of the start of training, without exception.**

### Tuition Payments

Payments must be made by credit card, check, or money order payable to **OM yoga**.

### Payment Options

#### Option 1

**\$2600** paid in full by February 1, 2010 (save \$300)  
Get a 20% discount at OM yoga & OM yoga Boutiques for entire period of study and 75 OM yoga, pranayama and meditation classes at OM yoga.

#### Option 2

Payment plan: \$1300 due February 1, 2010; \$800 due March 1, 2010; \$800 due April 2, 2010 (**\$2900 in total**)

#### Option 3

Pay \$200 per weekend workshop 3 weeks in advance of each workshop. If you attend all weekends, you can then join in the "mentoring phase" with the Membership group, (the final 4 weekends) for \$1300 plus a \$200 fee to present your final project. **\$3100 in total.**

**NOTE:** this option does not include discounts nor 75 OM yoga classes, you must pay for them as you go and they must be completed within 6 months of presenting your final project.

### Tuition Refunds

For cancellations prior to the first weekend training, you may request a full refund minus a \$75 processing fee including registration fee. For cancellations within two weeks of the first weekend of training, no refunds will be given, no exceptions. If you are not accepted, you will receive your application fee back minus \$75.

### Questions?

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



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Please provide the following information and answer questions 1-7 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. Where and when did you receive certification as a yoga teacher?
2. Where are you currently teaching yoga? Where else have you taught yoga?
3. What is your yoga background and experience (including at OM yoga)? How many years you have been practicing yoga? Please list in detail:

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

4. What is your educational and professional background outside of yoga?
5. Why do you want to take this Advanced OM yoga teacher training?
6. Please describe any special medical concerns you have. Are you currently taking any medication?
7. Do you currently practice yoga at OM? If so, with whom/which classes?
8. How did you hear about the program?