

Please answer the following questions:

- 1) When and where did you begin your Yoga practice?

- 2) Describe your current regular Hatha Yoga practice.

- 3) Have you taken Hatha Yoga classes at FROM WITHIN WELLNESS or from a FWW Yoga teacher? If so, where and when?

- 4) What other types of Yoga classes and practices have you participated in?

- 5) Do you have a regular meditation practice? If so, please describe when you began the practice and what it consists of.

- 6) Do you have any dietary or health restrictions?

- 7) What are your special talents, skills, hobbies and interests?

- 8) Is English your primary language? If not, what is?

- 9) Please describe briefly: Your personal spiritual background that has led you to apply for this teacher training program. Also, briefly describe your family, educational and occupational background and why you are interested in becoming a Yoga teacher.

Canadian College of Massage & Wellness is a trade name of From Within Wellness Centre Inc.

Edmonton Location - #126, 6104 172 Street, West Edmonton

Calgary Location – 813 Edmonton Trail NE (World Tree Studio), Central Calgary

1-877-489-7799 | learn@fromwithin.ca | www.ccmt.ca

Payment Details for 200 Hr Hatha Yoga Teacher Training

Note: You have the option of returning your payment by mail and including the following information on this page, or you can call in your credit card payment to FROM WITHIN WELLNESS CENTRE INC. at 780-489-7799

Program Cost: _____ (CAD \$) refer to website

Discount(s) Applicable: _____ (CAD \$) refer to website

Schedule of Payments

- Registration Deposit: \$400 +gst (CAD \$)
 - *The Registration Deposit is taken upon registration and holds your place in our Yoga Teacher Training class. The deposit is non-refundable, except in the case of course cancellation and other circumstances as described under our refund policy.
- Payment 1 (first day of class): 25% of remaining course cost +gst (CAD \$)
- Payment 2 (first day of following month): 25% of remaining course cost +gst (CAD \$)
- Payment 3 (first day of following month): 25% of remaining course cost +gst (CAD \$)
- Payment 4 (first day of following month): 25% of remaining course cost +gst (CAD \$)

*On arrival of your first scheduled training date you will provide post-dated cheques or pre-authorization for credit card payments for the remaining payments. **ONLY Mastercard/Visa are accepted.**

CANCELLATIONS

Please see refund policy.

FURTHER INFORMATION

Please direct questions about the course to From Within Wellness Centre Inc. at 1-877-489-7799 or info@fromwithin.ca

Thank you for your interest in our unique 200 Hour Hatha Yoga Teacher Training Program.

Office use only

Date Initials Date Initials

Received: ____ Acceptance letter: ____

Approved: ____ Email: ____

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Health Record

The following information is requested in order to better serve you and the FROM WITHIN WELLNESS CENTRE INC. staff:

* If you answer yes to any of the following questions, please use a separate page for complete explanation. Please note that this information is collected so that we can best help you through our program. It in no way will prevent you from being accepted into our Yoga Teacher Training Program.

- Are you under medical treatment for any physical or psychological condition? Yes___ No___
- Are you currently pregnant or trying to get pregnant? Yes___ No___
- Have you ever been treated or hospitalized for a psychiatric condition? Yes___ No___
- Do you have any long-term medical conditions? Yes___ No___
- Do you have any chronic physical limitations or disabilities? Yes___ No___
- Have you had a serious illness or major surgery within the last 5 years? Yes___ No___
- Do you have a communicable disease? Yes___ No___
- Do you snore? Yes___ No___
- Do you have any dietary or health restrictions? Yes___ No___
- Do you have any hearing difficulties or vision impairment? Yes___ No___

Emergency Contacts - In case of emergency please contact:

Name _____

Phone # _____

My relationship to the person above: _____

Physician _____

Phone # _____

Other Therapists _____

Phone # _____

AGREEMENT

I wish to learn the teachings of and experience the yogic way of life as taught by the Canadian College of Massage & Wellness (a division of From Within Wellness Centre Inc.). Therefore, I agree to abide by the Canadian College of Massage & Wellness guidelines, which include following a yogic lifestyle and acting with the highest ethical standards both on and off training property for the duration of the program. I realize that if I do not comply, I may be asked to leave. I certify that I am in good health and have no physical or mental ailments, except as may be indicated on this application. I further agree to assume full responsibility for any injuries/damages that might occur to my property or me during my stay.

By typing my name, and today's date below, I officially agree to the above statement.

Name _____

Date _____

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Student Assessment

All classes must be attended except with a medical reason, which may be verified with a doctor's note or a request in advance confirmed by the office. The missed class time would have to be made up on an individual basis. Students are required to arrive at least 10 minutes prior to commencement of class.

Students must be ready for the teaching assignment in which the details will be given in advance. The students will be expected to know the appropriate instructions, different variations for the postures, anatomy relating to the posture being taught, safety issues, and contraindications as well as appropriate voice projection and body language. Students will be required to participate in a hands-on practicum throughout the entire duration of the program.

During class students are required to take part in group assignments and demonstrate learned material. As well, students will need to complete an anatomy and general knowledge exam. They must also participate in practice classes as well as yoga classes, meditation classes, pranayama classes, and workshops.

Upon completion of the course, each student will be evaluated for their participation in the course, as well as the marks from the written exams. The practical aspect will also be taken into account and this will determine whether a student receives a Certificate or not.

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Code of Conduct

As a student of the Canadian College of Massage & Wellness, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.

*Taken from the Yoga Alliance Website

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Refund Policy

1. **Refund Policy - Before Start of Course.** A student must provide written notice to the Canadian College of Massage & Wellness if he or she wishes to withdraw from the Program. Where total fees have not yet been collected, the Canadian College of Massage & Wellness is not responsible for refunding more than has been collected to date.
 - a. If Canadian College of Massage & Wellness receives such written notice less than seven (7) calendar days after this contract is made and before the Program starts, Canadian College of Massage & Wellness may retain the lesser of 10% of the total fees due under this contract or \$100.
 - b. Subject to paragraph 1 (a) above, if Canadian College of Massage & Wellness receives such written notice after this contract is made and thirty (30) calendar days or more before the Program starts, Canadian College of Massage & Wellness may retain \$150 of the total fees due under this contract.
 - c. Subject to paragraph 1 (a) above, if Canadian College of Massage & Wellness receives such written notice after this contract is made and less than thirty (30) calendar days before the Program starts, Canadian College of Massage & Wellness may retain 20% of the total fees due under this contract.

2. **Refund Policy - After Start of Course.** Where total fees have not yet been collected, Canadian College of Massage & Wellness is not responsible for refunding more than has been collected to date.
 - a. If Canadian College of Massage & Wellness receives written notice of withdrawal, or a student is dismissed, within 10% of the Program duration Canadian College of Massage & Wellness may retain 30% of the total fees due under this contract.
 - b. Subject to paragraph 2(a) above, if Canadian College of Massage & Wellness receives written notice of withdrawal, or a student is dismissed, within 30% of the Program duration, Canadian College of Massage & Wellness may retain 50% of the fees due under this contract.
 - c. If a student withdraws or is dismissed after 30% of the Program duration, no refund is required

AGREEMENT

I have read and understand the terms listed in this Yoga Teacher Training Application (200 hours) for From Within Wellness Centre Inc. I am clear on the policies and understand that upon signing below I agree to the terms laid out in the 'Student Assessment', 'Code of Conduct' and 'Refund Policy'.

By typing my name, and today's date below, I officially agree to the above statement.

Student Name _____

Date _____

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