

Road Map To Owning Your Energy 200 Hour Yoga Teacher Training Application

With Lead Trainer Sheri Craze, E-RYT 500, YACEP

At Cape Coral Yoga & Pilates

Name _____ Address _____
Cell Phone _____ Consent to receive texts ____ (initial)
Email _____ Date of Birth _____
Pronouns _____
Emergency Contact Name _____ Phone _____
Relationship _____
Occupation/profession/ways you spend the majority of your time _____

Prior relevant education and experience _____

Number of years practicing yoga _____ Frequency _____
Have you participated in previous yoga teacher training courses or intensive studies?
☐ Yes ☐ No If yes, please describe with whom, for how long, and when. _____

Do you have any injuries or medical conditions which might impact your experience during training? (Your answers will not exclude you from being accepted into the program.) _____

Are you active in other areas of your life? List fitness / health-related training or background you have, if any. _____

How did you hear about and why are you interested in *this* yoga teacher training? _____

Program Requirements: Show up. Be present. Participate. Like everything else in life, this training will be what you make it. You will only get out what you put in. You have the option of taking this training and never teaching a class afterward, but we would love it if you completed this training with the knowledge and confidence you need should you decide to teach.

To successfully complete this program, you will:

- Commit to enhancing your self-discovery and development.
- Successfully complete a minimum of 200 contact hours with Sheri Craze during scheduled training sessions (schedule below) and assigned online learning, participating fully in all sessions, which will include asana practice (some heated), lecture, discussion, group activities, and be dedicated to learning and understanding the training content. The training dates are scheduled so there is plenty of time between sessions for study, practice, and incorporating concepts into daily life. Additional (optional) scheduled study, question and answer, and mentorship sessions will be available, so you will have ample opportunity for practice teaching and review in addition to the official scheduled Training Sessions. Some of these optional sessions will be live in person, and some will be

through online meetings. Please note, these optional sessions do not qualify as make-up sessions for missed scheduled session time. Make-up sessions can be arranged with Sheri Craze for an additional fee.

- Complete all assigned reading and homework assignments on time, including engaging in regular meditation practice, and journaling.
- Receive a passing grade on the written final exam. There will be a written midterm exam as well, however, the midterm is only intended to give you an idea of your progress and comprehension at approximately the midpoint of training.
- Successfully complete all required practicums and receive a passing grade on the final practicum.
- Attend a minimum of 20 yoga classes with at least 7 different teachers. A minimum of 15 of these 20 classes must be live in person. Up to 5 60+ minute online classes will be accepted towards this requirement.
- Observe a minimum of 7 yoga classes of varying styles. These all must be live in person so you have the opportunity to observe a variety of student bodies as they respond to a teacher's instruction.
- Complete a minimum of 5 hours of practicum teaching outside of scheduled training sessions. These should be 5 separate 60+ minute classes taught to your family, friends, at your local yoga studio, or any other location where you have permission to teach. (You could coordinate with your fellow trainees to schedule sessions to fulfill this requirement.)

Sundays Only Training (22 sessions 9 am - 7 pm):

01/08/23	
01/15/23	05/28/23
01/22/23	06/04/23
01/29/23	06/11/23
02/12/23	06/25/23
02/19/23	
02/26/23	07/16/23
03/05/23	07/23/23
	07/30/23
04/16/23	08/06/23
04/23/23	08/13/23
04/30/23	08/20/23
05/07/23	

Graduation & Community Classes - Let the world see your new fabulous self SHINE

08/27/23

Refund & Payment Policy

Space is limited. A \$55 non-refundable fee is to be submitted with the application. This fee will be applied to your tuition if accepted into the program. If you receive notification that you've

been accepted, an additional \$500 deposit is due within two weeks of acceptance into the Program.

Register for \$3,333. **Payment arrangements** are available as follows: Pay any amount towards full tuition by the first day of training and pay a total of \$3,333.

If you'd like to make payment arrangements continuing through dates after training has begun, that's okay! We understand. A deposit of at least \$1,111 is required to hold your space by December 26, 2022 (including the \$55 application fee). Once training has begun, payments are required at the beginning of every other training session (including the first training session) in an amount no less than \$333 to be paid in full totaling \$3,777 no later than June 11, 2023. (If 7 equal payments of \$333 are made every other training session for the first 14 training sessions, the final payment will be \$335 due June 11, 2023.) If payments are not made timely, you will not be permitted to attend future training sessions until payments are brought up to date. Please note, this will result in the loss of scheduled session time which can be made up with Sheri Craze for an additional fee.

Cancellations prior to December 26, 2022 will receive a refund, with the exception of the \$55 Application Fee and additional \$500 Registration Deposit (\$555 total which is required to hold your space). Cancellations after December 26, 2022, but before training begins, will receive a refund for payments in excess of \$1,111.

No refund will be provided after training has begun. If you withdraw from the Program for any reason, you revoke all Program benefits. We offer you the option of applying 75% of any tuition paid toward a future Training Program within a time period not to exceed 24 months from the date of your withdrawal. Please note, Cape Coral Yoga & Pilates, Own Your Energy Yoga Academy, and Sheri Craze, LLC make no commitment or representation that tuition for future trainings will be the same amount.

If you elect the payment plan option, you commit to making all payments totaling \$3,777, whether or not you complete the entire training. This means, if you decide to withdraw from the Program, you are still legally obligated to pay the entire outstanding balance due.

Cape Coral Yoga & Pilates, Own Your Energy Yoga Academy, and Sheri Craze, LLC reserve the right to reschedule any session.

Cape Coral Yoga & Pilates, Own Your Energy Yoga Academy, and Sheri Craze, LLC reserve the right to cancel any training before it begins. In that case, any payments made will be refunded in full. In the event an entire training is rescheduled, payments made will be applied toward future training dates.

I understand and agree to fulfill all of the requirements of the *Road Map to Owning Your Energy 200 Hour Yoga Teacher Training*, as outlined above. I understand I will receive a

certificate if, and only if, I successfully complete all of the requirements, including, but not limited to, all assignments and achieving passing grades on both written exams and practicum exams. I understand I may attend this training, pay in full, and not receive a certificate if all requirements are not met. If I feel I may not successfully complete the training, I agree to talk with my Lead Trainer, Sheri Craze, to discuss options for successful completion of the Program outside of the scheduled training sessions, but that Cape Coral Yoga & Pilates, Own Your Energy Yoga Academy, and Sheri Craze, LLC have no obligation or requirement to provide other alternatives.

I understand Cape Coral Yoga & Pilates, Own Your Energy Yoga Academy, and Sheri Craze, LLC reserve the right to ask me to leave the program if my behavior is unethical, inappropriate, or in any way violates the school's ethical guidelines or the guidelines of Yoga Alliance. Under such circumstances, I will not receive a refund of any portion of my tuition. I understand no portion of the Training Manual I receive may be reproduced without written permission of the author, Sheri Craze. Failure to comply may result in legal action.

I have read and accept all of the above terms and requirements.

_____ (sign here) _____ (date signed)

_____ (print name)

Applicants who have been accepted will be notified by email. Please advise if you prefer to be notified by phone. Applicants who have been accepted into the program must confirm participation immediately via email or phone call to Sheri Craze. If an applicant fails to confirm participation and preferred method of payment by a date no later than 7 days following notification of acceptance into the Program, that space may be offered to another student.

Please email your completed application to WellnessCraze@gmail.com. Direct any questions to Sheri Craze either via email WellnessCraze@gmail.com or phone (727) 275-0737.

\$55 application fee may be paid by: cash or credit card at Cape Coral Yoga and Pilates <https://capecoral yoga.com/>

Office use only:

___ Application Signed _____
___ \$55 Application Fee Received _____
___ Interview Date _____
___ \$1,056 Deposit Received (\$1,111 total deposit paid including Application Fee) _____
___ Paid In Full _____