



Application Instructions

Please send in your completed application and accompanying documents no later than September 30, 2024.

Be sure to complete the following documents when submitting your application:

- Primary Application
- Program Participation Agreement

To reserve your place in the training, please include with the above-mentioned documents a minimum \$500 deposit. Payments can be made via check (made payable to “Ever Yoga”), cash or credit card.

You have three options for submitting your completed application:

1. Email **info@highlandyoga.com** and attach your application. Please title your subject line **“Application for Ever Yoga Teacher Training”**
2. Mail it to: **Highland Yoga, 17 Kiel Avenue, Kinnelon, NJ 07405, Attn: Ever Yoga Teacher Training**
3. Drop your application and deposit in an envelope at the front desk of **Highland Yoga**. Please write on the top of your envelope **Attention: Ever Yoga Teacher Training**.

The Ever Yoga Teacher Training program includes a 1.5 – 2 hour asana practice. We strongly suggest that applicants have at least one year of consistent asana practice. If your yoga practice does not meet those criteria, please provide us with an explanation on a separate sheet of paper.

Thank you!



200 hour teacher training

Application

Personal Information

Name _____ Date of Birth _____

Address Line 1 _____

Address Line 2 _____

City _____ State _____ Zip Code _____

Home Phone _____ Work/Cell Phone _____

Email Address _____

Occupation _____

Emergency Contact:

Name _____ Phone _____

Relationship _____

How did you first learn about the Ever Yoga Teacher Training program?

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

1. How would you evaluate your current health?

Excellent

Good

Fair

Other (Briefly describe any challenges to your health) _____

2. Are you pregnant are do you plan to become pregnant during the course of the training? _____

3. Do you suffer from any medical conditions that affect your ability to do asana?

Please explain. _____

4. Please list any medications you are taking that were prescribed to you by a health care professional. _____

5. Is there anything else we should know about your medical history? _____

About You

Please be as clear as possible when answering. There are no correct answers.

1. How long have you been practicing yoga? _____

2. How many days per week do you practice yoga? _____

3. What style(s) of yoga do you usually practice? _____

4. At which yoga studios do you currently practice? _____

5. Do you have a home practice? Yes No

6. Who have been your primary teachers, both past and present? _____

7. Do you practice meditation and/or pranayama? Yes No

8. What area of yoga challenges you the most? (Please be specific) _____

9. Do you practice inversions? Yes No

10. Do you practice Surya Namaskar (Sun Salutations) A & B? Yes No

11. Is this your first training? Yes No If no, please list prior trainings: _____

12. Are you currently teaching yoga? Yes No

If yes, for how many years have you been teaching? _____

Where do you currently teach?

13. What are your expectations for this training? What do you hope to achieve at the completion of the program? _____

Payment Information

Tuition for the training is \$3300. This includes a \$500 deposit required before September 30, 2024. Tuition includes the Ever Yoga Teacher Training manual, all required books, and unlimited classes at Highland Yoga for the duration of the training.

An early registration discount of \$300 off tuition is available to all trainees who register and pay the \$500 deposit before August 1, 2024. A pay-in-full discount of \$500 off tuition is available to all trainees who register and pay the full tuition before August 1, 2024.

Payment plans are available, and are arranged such that tuition has been paid in full by September 13, 2025. Please contact either Stephen or Carolyn at Highland Yoga (973)838-9642 for more information.

Please include check with your application as detailed on the **Application Instruction** page.
**Please include driver's license number, State and expiration date on the front of your check, payable to Ever Yoga.*

Program Participation Agreement

I understand that if I fulfill all the requirements of the Ever Yoga Teacher Training, including in-class hours, homework, quizzes and final exam/practicum, I will receive a certificate of completion. This certificate can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 200-hour Teacher Training program.

I understand that Ever Yoga reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances I understand that I will not be refunded my tuition.

I understand that if I cancel more than 14 days prior to the start of the training, my deposit will be refunded in full. If I cancel within 14 days of the start of the training, my \$500 deposit will be transferred toward a future Ever Yoga Teacher Training, but my remaining balance will be refunded. Once the program begins, tuition is non-refundable and non-transferable.

I understand that all Ever Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I attest that all of the information provided in this application is true to the best of my knowledge.

I have read and accept the above terms and requirements:

Signature _____

Date _____

Thank you for submitting your application, we look forward to the journey ahead!

ever present

ever radiant

