



Application Instructions OM NYC

Joining Heaven and Earth Teacher Training

Blue Point Yoga - Durham, NC

Program Dates: September 12, 2008 - April 19, 2009

Important Dates

- Tue, 07/15/08** Discounted tuition of \$3,000 (full payment) and application due
- Wed, 08/20/08** Application and \$500 deposit due
- Mon, 08/25/08** Notification of acceptance
- Tue, 09/01/08** Participant acceptance confirmation and \$2800 balance due
- Fri, 09/12/08** Program start date

Application Requirements

Applications must include all of the following 4 items, 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 (a full body shot if possible).
- 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.

Deliver Application To

OM yoga - Teacher Training
Re: JH&E Application
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), and *adho mukha vrksasana* (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 do not use e-mail regularly, call Suann Polvieri **(212) 254-YOGA** on the acceptance notification date. Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone. If an accepted applicant fails to confirm by **September 1, 2008**, his/her space will be offered to another applicant.

Tuition Payments

Early Bird applicants must submit their discounted tuition of \$3,000 in full by **July 15, 2008**. All other participants must submit a \$500 deposit with their application by August 20, 2008, and pay their remaining balance of \$2800 in full by **Tuesday, September 1, 2008**. Payment must be made by credit card, check, or money order payable to **OM yoga**.

Tuition Refunds

Cancellations received on or before **August 25, 2008** will be charged a \$250 processing fee. Cancellations received after **June 23, 2007** will be charged a \$500 cancellation fee. Notice of cancellation must be made in writing. **No refunds permitted after Wednesday, September 10, 2008**

Questions?

Contact: **Sara Trelease** **212-254-YOGA**
teachertraining@omyoga.com



Application Form OM NYC

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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?