**Soul Sanctuary 200 Hour Teacher Training**

*February (ONLINE) 2021 Application*

**APPROVAL**

|  |  |
| --- | --- |
| I have read, understood, signed and returned the Soul Sanctuary Teacher Training Terms & Conditions? | YES / NO |
| I have read the program information and I agree to the terms described therein? | YES / NO |
| How did you hear about our program?  Social Media / Friend (name?) / Website / Soul Sanctuary Teacher / Soul Sanctuary Member / Other, please describe: | |

**APPLICANT INFORMATION**

|  |  |
| --- | --- |
| Full Name | *(As you would like it to appear on your qualification certificate)* |
| Occupation |  |
| Gender |  |
| Date of Birth |  |
| Email |  |
| Telephone |  |
| Address |  |

**NEXT OF KIN**

|  |  |
| --- | --- |
| Full Name |  |
| Email |  |
| Telephone |  |
| Address |  |

**APPLICATION**

|  |
| --- |
| **How long have you been practicing yoga?** |
| **How often do you currently practice yoga at a yoga studio?** |
| **How often do you currently practice yoga at home?** |
| **Where is your yoga shala (studio)?** |
| **Which styles of yoga do you currently practice?** |
| **What is your favourite style of yoga practice?** |
| **Who is your current yoga teacher (can be more than one)?** |
| **Has there been a particular teacher/ person who has inspired you the most & if so, how?** |
| **Please list any yoga workshops / retreats you have attended, please include dates:** |
| **Describe your perfect yoga class:** |
| **Explain how yoga has impacted your life?** |
| **Why do you want to become a certified yoga teacher?** |
| **What are you hoping to gain from this training?** |
| **How would your best friend describe you?** |
| **Apart from yoga, what do you do in your free time? What else are you passionate about?** |
| **Please confirm that you understand this course requires 100% attendance? Yes**/ No  **Are there any course dates that you know at point of application you will miss?**  Please list these - you will not be able to add additional dates after application.  *In order to be certified as passing the 200 hour Teacher Training course, you have to have been present, mentally and physically for at least 200 hours of the training.* |
| **What is your biggest concern about this course?** |
| **Do you have any other questions / comments / concerns?** |

*When returning this application, please attach a* ***headshot*** *for our training register.*

***Course dates***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 Feb | 2 | 3 | 4 | 5 | 6 | 7 |
| 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 13.00 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| HALF TERM | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 1 March | 2 | 3 | 4 | 5 | 6 | 7 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 29 | 30 | 31 | 1 April | 2 | 3 | 4 |
|  | 18.00 - 21.00 |  | 18.00 - 21.00 |  | 16.00 - 19.00 | 16.00 - 19.00 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 16.00 | 09.00 - 13.00 |

**Dates**

Week 1: 1st February – 7th (Intensive week)

Week 2: 9th, 11th, 13th, 14th

Week 3: 16th, 18th, 20th,21st

Week 4: 23rd, 25th, 27th, 28th

Week 5: 2nd March, 4th, 6th, 7th

Week 6: 9th, 11th, 13th, 14th

Week 7: 16th, 18th, 20th, 21st

Week 8: 23rd, 25th, 27th, 28th

Week 9: 30th, 1st April, 3rd, 4th

Week 10: 5th – 11th (Intensive week)

**Timings**

Intensive weeks 09.00 - 16.00 (Sundays 09.00- 13.00)

Evenings Tues & Thurs 18.00 - 21.00

Weekends 16.00 - 19.00

**Breaks**

We will have a lunch break (30 mins) and occasional refreshment breaks throughout. Breaks and end of day timings will vary according to content shared so please note this for meetings / collections.

**Additional hours**

***Homework***

*You will be set optional reading each evening simply to prepare you for the next day.*

***Practice teach***

*During the course duration you will be expect to ‘practice teach’ in non-contact hours, and maintain your regular yoga practice, please ensure you have factored this into your schedule when confirming your attendance to the course. There is no set number of hours, the more practice the better, it can be with friends, family, online or in person, whatever suits you best.*

**HEALTH INFORMATION**

This form is designed to help us understand your health and dietary situation during the training. Do you suffer from any of the following ailments? (Please tick all that apply)

|  |  |  |
| --- | --- | --- |
| Anxiety Disorders | Yes/No | Full details of any ailments marked ‘Yes’: |
| Asthma | Yes/No |  |
| Back pain | Yes/No |
| Chronic Pain | Yes/No |
| Crohn’s Disease | Yes/No |
| Deep-vein Thrombosis | Yes/No |
| Depression | Yes/No |
| Epilepsy | Yes/No |
| Gastrointestinal Disorders | Yes/No |
| Heart problems | Yes/No |
| High Cholesterol | Yes/No |
| Hypertension | Yes/No |
| Hypothyroidism | Yes/No |
| Insomnia | Yes/No |
| Neuropathic Pain | Yes/No |
| Osteoarthritis | Yes/No |
| Rheumatoid Arthritis | Yes/No |
| Type 1 Diabetes | Yes/No |
| Type 2 Diabetes | Yes/No |
| Other | Yes/No |

***Please advise us before the course start date if for any reason your health or your ability to exercise changes.***

It is inadvisable to do yoga between weeks 8-13 of pregnancy, unless by special arrangement with your teacher. It is also wise to wait 6 weeks after the birth before resuming exercise. Yoga exercise is very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting yoga sessions. These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if:

• Your doctor has, on health grounds, advised you against such exercise.

• You fail to observe instructions on safety or technique.

• Such injury is caused by negligence of another participant in the class/studio.

Exercise should be performed at a pace that is comfortable for you. PAIN is the body’s warning system and should NOT BE IGNORED. Please inform your teacher immediately if you feel any discomfort during a session. Please also inform the teacher if you felt any discomfort after a previous session.

I understand that Soul Sanctuary 200 Hour Teacher Training course involves a significant amount of ‘self-inquiry’ where we will be encouraged to reflect on our way of being and share as part of the group. I hereby give consent for my teacher to work in this way and I take full responsibility for myself during such work. I agree to see my GP if I feel mentally unwell or unstable. I agree to seek help from a trained professional counsellor if I need further support. I understand that yoga exercise involve hands-on assists, I hereby consent for my teacher to work in this way.

**Disclosure**

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of yoga, and my participation involves a risk of injury.

Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I can carry out yoga and any other activities on the course at my own risk. It is essential that you advise us immediately should you have any change in your medical conditions or to the questions above.

**Signature:**

**Date:**

Any questions please contact the Soul Sanctuary team teachertraining@soulsanctuarystudios.com

**TERMS & CONDITIONS**

**Please read, sign this document and return before paying deposit.** By paying deposit, we have the right to assume you have read and accepted the below terms conditions.

1. **Deposit:** The customer shall pay Soul Sanctuary Teacher Training Ltd. a non-refundable, non-transferable deposit in the sum of £500 on application. The deposit shall be paid by the customer to Soul Sanctuary Teacher Training Ltd. at point of application. With limited spaces available on the course it is advised to pay your deposit as soon as possible. **Applications will not be read until deposit is received**; we need to see commitment before spending time reading application. If for any reason your application is not accepted, your deposit will be refunded in full.
2. **Total course cost:** £2,000
3. **The remaining balance:** £1,500 is to be paid in 3 instalments of £500, dates of payments dependant on your point of sign up. **Please email** [**teachertraining@soulsanctuarystudios.com**](mailto:teachertraining@soulsanctuarystudios.com) **to arrange your payment schedule**.
4. **Payment details:**

Soul Sanctuary Teacher Training Ltd.

Sort: 30-98-97

Account:48065260

1. The full course balance must be paid 30 days before the course start date. If the full course amount is not received by that date, Soul Sanctuary Teacher Training Ltd. reserves the right to cancel the reservation and retain the deposit in full.
2. In the event of cancellation by the customer, regardless of the circumstances, deposits are non-refundable or transferable.
3. In the event of cancellation by the customer, regardless of the circumstances, the following refund fees apply:
4. Cancellations made before 30 days or more before the course start date merit 50% refund, subject to Soul Sanctuary discretion.
5. No refunds are available for cancellations made less than 30 days before course start date.
6. Due to teacher cancellations or other situations beyond our control, Soul Sanctuary reserves the right to adjust the training schedule.
7. The course price does not include food or drink.
8. Soul Sanctuary reserves the right to offer discretionary discounts and this does not affect the status of any applicants who have paid the full price and no discount will then become due to them.
9. The customer shall keep all studio fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.
10. Applicants will be respectful of their fellow training team members, all information discussed will be held in total confidentiality of those present at the time of discussion. Any information shared relating to a participant’s well-fare can be shared with course leaders only, if necessary.
11. Soul Sanctuary reserves the right at its sole discretion to terminate the continuation of the training course by the applicant in the event of any breach of these terms and conditions.
12. Soul Sanctuary retains all copyright licence rights and sole exclusive ownership of the information, photographs and material used throughout the course. The material may not be modified, copied or used in any way.
13. Any user of the website has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from the program.
14. Soul Sanctuary accepts no responsibility for keeping course information on our website up to date and will not be liable for any loss by its failure to do so. We are not responsible for the contents of any links displayed on our website.
15. The customer must comply fully with all and any health and safety regulations introduced by Soul Sanctuary. The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor’s advice if practicing yoga. Soul Sanctuary is not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.
16. Soul Sanctuary cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.
17. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify Soul Sanctuary as soon as possible.
18. Soul Sanctuary shall not be liable for any failures beyond its control. This covers natural disasters, war, ‘acts of God’, closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors. This now also includes COVID-19\*.
19. Soul Sanctuary accepts no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from Soul Sanctuary 200 Hour Teacher Training.
20. Soul Sanctuary asks that all customers have adequate medical insurance for the duration of the course.
21. Please note for your reference that Soul Sanctuary Teacher Training Ltd. Is not VAT registered.
22. **\*In light of the recent COVID-19 outbreak** it may be that due to government restrictions or safety requirements, some aspects of the course need to adjust. This may include but is not limited to date, time and format changes (online or in-person). As stated, deposits are non-refundable, however in the instance of COVID-19, if Soul Sanctuary make changes which mean you are no longer able to attend the training, Soul Sanctuary are willing to make allowances to transfer payments to another course, if suitable.

These terms and conditions shall be governed by UK Law and the parties’ consent to the jurisdiction of the UK courts in all matters regarding them.

I have read and understood Soul Sanctuary 200 Hour Teacher Training Terms & Conditions.

**Full Name:**

**Signature:**

**Date:**

**APPLICANT CHECKLIST**

|  |  |
| --- | --- |
| Deposit paid? | Yes/No |
| Instalments agreed? | Yes/No |
| Health Information complete - Note from doctor obtained & shared if required? | Yes/No |
| Medical insurance up to date? | Yes/No |
| 100% attendance for course dates arranged? Dates of non-attendance shared? | Yes/No |
| All sections of this application read, signed and returned to [teachertraining@soulsanctuarystudios.com](mailto:teachertraining@soulsanctuarystudios.com)   * Guest information * Next of Kin * Application * Health information * Terms & conditions * Headshot shared | Yes/No  Yes/No  Yes/No  Yes/No  Yes/No  Yes/No |

***Thank you! We cannot wait to share this journey with you!***

Any questions, concerns, comments please always let us know [teachertraining@soulsanctuarystudios.com](mailto:teachertraining@soulsanctuarystudios.com)