



## 2018 Yoga Source & Therapy Studio Foundations of Practice Program 100-Hour Application

Yoga Source & Therapy Studio is excited to offer a brand new Foundations of Practice program beginning January 12<sup>th</sup>, 2018. This 2 month program, led by Theresa Gagnon, is designed to immerse you in your own study and practice of alignment-based, heart-centered Hatha yoga in an atmosphere that sparks insight, discovery and understanding.

### Program Schedule:

January 12<sup>th</sup> – 14<sup>th</sup>

January 26<sup>th</sup> – 28<sup>th</sup>

February 9<sup>th</sup> – 11<sup>th</sup>

February 23<sup>rd</sup> – 25<sup>th</sup>

**Times and Dates:**

Fridays	4:30pm – 9:00pm
Saturdays	10:45am - 6:45pm
Sundays	11:45am - 7:45pm

Schedule will be distributed at a later date.

### Program Tuition:

Early Bird: \$1300 plus HST if paid **in full** by December 1st, 2017. Tuition after December 1st is \$1500 plus HST. There is a \$500 non-refundable deposit also required by December 1st, 2017. The remainder of the tuition will be required to be paid in full by December 29<sup>th</sup>, 2017 (two weeks before the start of training). Once the program begins tuition is non-refundable and non-transferable. **All applications for the Foundations of Practice must be in by December 1st, 2017 along with the \$500 non-refundable deposit.**

Included in your tuition is **2 Months Unlimited** yoga to be used during the course. There will be weekly required homework, quizzes, and tests. At the end of the program all students who have completed the training hours, and all their required homework will receive a certificate of completion for the **100-hour Foundations of Practice Program**. This certificate can be applied towards future (within the next 3 years) Teacher Training Program from Yoga Source & Therapy. Book list will be given once the application process is complete. If there are any concerns regarding the costs of the course, payment options can be discussed with Theresa Gagnon. You may contact her at the studio.

**Absentee Policy:**

It is important that you attend all of the program training. If you miss 1- 2 days, you may still complete the program, but to make up the missed day(s) it is required that you must make arrangements with Theresa Gagnon, the program director, to do a course workshop equivalent to the requirements of the 100 hour Foundations of Practice program. This is not included in your tuition. The make-up course will vary in cost, depending on RYT and the yoga school it will be held at. More than two days missed will result in expulsion from the program. An option of retaking the Foundations Program is available. You will be notified of the next scheduled training.

**Mailing address and contact information:**

Yoga Source & Therapy Studio  
16925 Yonge Street  
Newmarket, ON L3Y 5Y1

Phone: 905.830.9700

Applications may be submitted to Theresa Gagnon and reception.



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: M / F

**Emergency Contact:**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Is this your first training? If no, list prior trainings. \_\_\_\_\_

How many years have you been practicing yoga? \_\_\_\_\_

How many days per week do you practice at home? \_\_\_\_\_

How many hours per day do you practice on average? \_\_\_\_\_

How long have you been taking public yoga classes? \_\_\_\_\_

Who are the main teachers you have studied with? \_\_\_\_\_

How many classes per week on average have you taken in the above years? \_\_\_\_\_

List any injuries or medical conditions and concerns: \_\_\_\_\_



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### Payment Information

\$500 non-refundable deposit is due upon acceptance into the training. In order to qualify for early discount, full payment is required on or before December 1st, 2017. All tuition is due no later than the start of the program.

We accept Debit, Visa, MasterCard as well as cheque payments.

Please come to the studio in order to make your payments.

We offer payment plans if you need to break up the tuition over several months. Let us know if you require the payment plan schedule contract.

Yoga Source & Therapy Studio  
16925 Yonge Street, Unit 25  
Newmarket, ON  
L3Y 5Y1

I understand that if I fulfill all the requirements of the Yoga Source Teacher Training, I will receive a certificate of completion documenting that I have completed a 100-hour Foundations of Practice program.

I understand that Yoga Source & Therapy Studio reserves the right to ask me to leave the program if my behaviour is inappropriate, unethical or violates the standards of the Yoga Alliance. Under such circumstances I understand I will not be refunded my tuition. I understand that if I cancel 14 days prior to the start of training, my \$500 deposit will be put towards the next training program and the balance will be refunded. If I cancel within 14 days of the start of the training, I will not be refunded my \$500 deposit but my remaining balance will be refunded. Once the program begins, tuition is non-refundable and non-transferable.

I, \_\_\_\_\_ have read and accept the terms above.

Signature \_\_\_\_\_ Date \_\_\_\_\_



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In your opinion what embodies a good yoga student?

What embodies a good yoga teacher?

Why do you want to take the Yoga Source Foundations of Practice program?

Signature of Applicant \_\_\_\_\_

Date \_\_\_\_\_