The Lake Tahoe Yoga School has a limited number of spaces for each training. Those applicants accepted into the program are so chosen due to their interest, dedication and personal commitment to the practice. In applying to join this program, it is important to recognize that there is an extensive quantity of advanced Yogic material to be covered in this 200hour training course. Please do not underestimate the mental and physical demands which will be placed on participants. We ask that you seriously evaluate your levels of physical, psychological, and spiritual maturity before enrolling in this course.

The Lake Tahoe Yoga School is structured with the best intentions toward helping students to engage in a life that incorporates Yoga into every aspect. Therefore, extensive consideration has been put into the schedule and methodology presented.

Please read the following statements. By signing at the bottom of this form, an applicant signifies that he or she has read, understood, and agreed to accept the terms set forth.

**Determination and Communication**

I commit to do my best to participate according to the course structure. If I have specific personal needs, Yogic or otherwise, I will discuss them with the director at The Lake Tahoe Yoga School. I understand that the schedule and expectations of the course will not be adjusted for my individual needs.

**Responsibility**

This program is meant to encourage personal growth and, therefore, may impel considerable changes in attitude. For these reasons, this 200hour teacher training can be challenging and demanding. I accept responsibility for all aspects of my behavior during this program.

**Punctuality & Attendance**

Adherence to punctuality is one of the primary factors in success as a teacher. I accept responsibility for being on time to all program sessions and to attending all classes or participating in qualifying programs to complete these hours. I will also complete all assignments in timely manner.

**Time Management**

There will be many opportunities for practice, study, and other activities at the school. I accept responsibility for managing my time, diet, and personal relationships in ways which support my full participation and attendance. In the case that this becomes an issue, I will arrange to meet with the program director. I understand that my personal needs will not result in a change to the program.

**Purity**

It is necessary to maintain a level of cleanliness and purity in both body and mind in combination with meditation and Raja-Hatha Yoga practice in order to ensure the safety and effectiveness of spiritual practices.

I agree to accept that any and all use of tobacco and other illicit substances as well as an unhealthy diet and over-indulgence could result in a decreased ability to become an effective practitioner and teacher. Moreover, I understand that The Lake Tahoe Yoga School reserves the right to suspend a teacher at any moment in time, if it were to be discovered that a participant is engaging in illegal behavior including, but not limited to, drug abuse.

**Celebrate Diversity**

In order to create a supportive environment, I assume responsibility for maintaining an attitude of respect toward my colleagues, fellow practitioners and community. I understand that my efforts to create a community can help to grow my practice and improve my chances of gaining students as a teacher. If any interpersonal difficulties or conflicts arise, I pledge to seek the advice of the director at The Lake Tahoe Yoga School.

**Openness and Discernment**

Svadhyaya Yoga Studio and The Lake Tahoe Yoga School offer spiritual teachings, outside the parameters of any one specific religion. We will discuss issues that are metaphysical in nature, concepts and theories that may challenge my personal belief system. I agree to keep an open mind, and to exercise common sense, discernment, and a balanced attitude in order to fully appreciate the teachings offered.

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Signed Date

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Printed Name

**Office Use Only**

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**Accepted Signed**