

YogaLoft Teacher Training Program Application

In order to understand and to meet your needs and interests, please answer or complete the following questions. Please submit on a separate piece of paper in order to answer all questions completely.

Name: _____

Address: _____

Phone: _____ (cell) _____ (home) _____ (work)

e-mail address: _____

Date of Birth: _____

Profession: _____

Education: (please list degrees, certifications, trainings)

How long have you been practicing yoga? _____

What styles of yoga do you like to practice?

Do you have any injuries? Explain injury and origin?

Do you have any challenges or limitations? Please list anything from hypertension, scoliosis, allergies, depression.

Do you currently teach yoga? If yes, for how long, where, and what style?

Do you intend to teach in the future? Or are you using this training program to deepen your personal practice?

Describe your yoga practice.

Describe your meditation practice.

What might you bring to the YogaLoft Teacher Training program?

There are many teacher training programs available nationally and internationally. Please describe what interests you most about this program (attach additional pages if necessary).

Code of Ethics for YogaLoft Instructors and Teacher Trainees

At YogaLoft, we believe in creating an environment that is positive, healthy, and transformational for all who work, study, relax, and play here. We understand that in order for this to take place, YogaLoft owners, staff, and instructors, and teacher trainees must enthusiastically and freely work toward their own personal enlightenment and happiness. We have found that when intentions are named, agreements are discussed, and commitments are made, the energy needed to be brilliantly creative and true to your beliefs is available, while fostering a safe and transformative environment for our clients. May we all have the freedom to achieve our goals and honor the depth of our inherent wisdom.

Commitments and Agreements:

I want to create, foster, and maintain an environment in my work and leisure life that is healthy and positive.

I am willing to see anything that arises in my classes or in my relationships at YogaLoft as a metaphor for my own problems and strengths. I am willing to take what arises and use it as an opportunity to participate fully and to learn about and heal myself.

I will strive to live in accordance with the principles of Yoga. To the best of my ability, I will adhere to the precepts of yama and niyama, which include non-violence, truthfulness, non-stealing, and purity. As I am dedicated to the wellbeing of my students, I will conduct myself with integrity in all my interactions with them.

I agree to keep the confidences of my colleagues and students. I will try to bring all problems that arise back to the relationship. I will not gossip, for I understand that when I gossip, I am taking people out of my heart creating inflexibility in the body, mind, and spirit.

I agree to be responsible for the success of my classes. I agree to not blame others when I am not fully present. I will try to use this teaching and learning experience to create a transformational point in my life. I agree to take chances with myself, admit when something is not going as planned, and feel a sense of pride and accomplishment when it works.

I know that to be a fabulous teacher, I must continually educate and inform myself in the techniques, philosophies, principles, and methodologies of yoga and other movement forms. When possible, I will attend outside classes, workshops, and conferences and incorporate what I learn into my classes. I will keep my registrations and certifications updated. Additionally, I will present my qualifications honestly.

I agree to hold myself as a steward of safe and sacred space by maintaining clear personal and professional boundaries. I will maintain awareness of my position of power and influence in relationship to students, being especially attentive to my own agendas, perceptions, and expectations.

I understand that my purpose as a Yoga Teacher is to serve students' personal exploration. I agree to avoid any activity or influence that is in conflict with the best interests of students or that is solely for my own personal gain or gratification.

I agree to refrain from romantic or sexual relationships with my students. I understand that any sexual or romantic relationship is potentially distracting and possibly even harmful for students who have come to do inner work. I will not invite, act on, respond to, or allow sexual or romantic contact with a student during the time that person is a student even if the student initiates such contact. If an attraction arises, I will bring it to the immediate attention of Marci, and explore the right action.

YogaLoft Instructor/Trainee

Date

YogaLoft Marci Tousey

Date