



# One Flow Yoga® FALL 2024 200-Hr Yoga Teacher Training

200-Hour Vinyasa Yoga Program  
September 4 – November 24, 2024

(Please review and thoughtfully complete all 5-pages of this application)

## Please Tell Us About Yourself

First Name: \_\_\_\_\_

Preferred Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birthday: (Month/Day/Year) \_\_\_\_\_

Mailing Address:

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Preferred Contact Phone Number: \_\_\_\_\_

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

## Yoga /Teaching Experience

How long have you practiced yoga? \_\_\_\_\_

Note we require a minimum of 1 year of continuous practice.

What style(s) have you practiced? \_\_\_\_\_

What workshops or yoga teacher training programs have you taken before? (Please list:) \_\_\_\_\_

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Are you actively teaching right now? \_\_\_\_\_

If so, how many total classes (approximately) have you taught? \_\_\_\_\_

If no, is that a goal you have—to teach? \_\_\_\_\_

### Essay Questions

(Please thoughtfully complete each of the following and **attach as a pdf document.**)

Please tell us about the most influential teacher in your life, how they taught, and how their teaching affected you?

Briefly explain what you are hoping to gain out of this training?

Tell us about specific experiences and feedback you've sought out to learn about yourself and grow?

What are you really good at?

What, if anything, are you nervous or anxious about in this teacher training?

Tell us about the most difficult thing you've done in your life that took a while to complete?

What five words would people use to describe you as a person?

What do you think about the idea of "spirituality"?

Why do you practice yoga?

### Your Health

Do you have any medical conditions, **mental or physical**, that might affect your full participation in this program? \_\_\_\_\_

If yes, please share more.

What should we know about your health, well-being, injuries or level of fitness that would help us to serve you better?

## One Flow Yoga® Teacher Training Policies & Code of Ethics

### **Participation**

One Flow Yoga's Teacher Training is experientially based. This means you learn and get the benefit by trying, doing and acting—even when it may be uncomfortable or difficult. We are here to support you as you go through this process.

**You agree to participate in all teacher training exercises, group discussions and teaching groups.**

You agree to show up prepared and ready to “do the work”.

You agree to complete the assigned reading and homework.

You agree to act with integrity, with respect and love. You will listen, hold the space for others and show encouragement and support so that they may do their own work.

You agree to practice vulnerability and openness to the experiences offered during this program.

**This is a 100% in person training.**

### **Requirements to receive your 200-Hour certificate**

1. **Attend 100% of offered training hours.**
2. Complete all required reading and homework given throughout the training.
3. Fulfill all relevant practices assigned as supplemental, outside of the classroom, practicum hours.
4. Practice Teach 25 classes
5. Pass all quizzes with a 90% or better score.
6. Pass final exam.

### **Copyright & Liability Release**

As a participant of One Flow Yoga® Teacher Training, you give your consent to having any photos or videos produced by One Flow Yoga® be distributed without limitation and without compensation. You also agree to the use of your likeness, portrait, pictures, voice or biographical material for the purposes of education, and promotion.

By signing below, I agree to release One Flow Yoga®, its agents and assigns all liability which may arise from any and/or all claims by me or any third party in connection with my participation in teacher training.

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

## Payments

An \$800 non-refundable deposit is due with your application and is required to hold your space in teacher training. If you are not accepted, your deposit will be returned. Once you are accepted, at the discretion of One Flow Yoga®, a general contract, including payment requirements will be sent to you and must be signed in order to enter the program.

After acceptance, deposits are non-refundable. If medical or unusual circumstances prevent you from completing teacher training, a special consideration, at the discretion of One Flow Yoga®, may be made for you to retake parts of the program at your expense. The remaining balance of full tuition is due by the start of the first day of the teacher training. Any amount paid for the teacher training is non-refundable—regardless of how many hours you have participated in. If you do not complete the program you are still responsible for the balance. **Please make this decision carefully.**

## Emergency Contact Information

First Name:\_\_\_\_\_ Last Name:\_\_\_\_\_

City:\_\_\_\_\_ State:\_\_\_\_\_ Zip Code:\_\_\_\_\_

Relationship:\_\_\_\_\_

Phone:\_\_\_\_\_ Alternate Phone:\_\_\_\_\_

E-mail\_\_\_\_\_

## Costs & Payment

One Flow Yoga® 200 Hour Vinyasa Yoga Teacher Training Regular Rate	\$3495
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Non-Refundable Deposit Required with Application: Applied to total balance of the program.	\$800
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All balances due prior to start of program, September 4, 2024\*  
Cash, Checks and Credit Cards accepted.

\*Unless the Payment Plan option has been selected. Please contact speak Tracy directly to make arrangements.

## Acceptance

By signing this below, I acknowledge that I have read and understood this application, participation requirements, as well as the policies of One Flow Yoga's Teacher Training. All information I have provided is true and complete.

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

### One Flow Yoga® 200-Hour Vinyasa Yoga Teacher Training Application Checklist

\_\_\_\_Completed Application

\_\_\_\_Attached Essays

\_\_\_\_A clear photo of yourself (Doesn't have to be fancy, it's to help us know you.)

\_\_\_\_\$800 Deposit

Please submit your applications electronically to [tt@oneflowyogastudio.com](mailto:tt@oneflowyogastudio.com).

You may also mail or bring it in to:

One Flow Yoga®

Attention: Teacher Training

5600 H Street, #130

Sacramento, CA 95819

Upon acceptance of the program, you will be notified by Kate. If we at One Flow can answer ANY questions or provide more information, please contact us at: [tt@oneflowyogastudio.com](mailto:tt@oneflowyogastudio.com)

Thank you so much for applying.

Love,

*Kate*

