



INSTRUCTIONS

HOW TO APPLY

- 1) **Fill** out the attached application.
- 2) **Submit** application by email or U.S. Mail:
Email: teachertraining@dou-yoga.com
Snail Mail:

Dou Yoga Teacher Training
281 Greene Ave 1st Floor
Brooklyn, NY 11238

Monitor your inbox. We will contact you once we receive your application and discuss next steps.

- 3) **Reserve your spot** in the Dou Yoga Teacher Training: **The only way to reserve your spot in the teacher training is to make a deposit.** Please follow payment instructions below

TUITION

RATE CATEGORY	DEPOSIT	AMOUNT	FINAL DUE DATE
Earlier Bird	\$500.00	\$2,900.00	12/15/2023
Early Bird	\$500.00	\$3,200.00	1/15/2024
Regular Tuition	\$500.00	\$3,400.00	2/15/2024
Payment Plan	\$1000	\$3,500.00	\$625 (4 monthly payment)

FINANCES

Currency Accepted

Preferred method of payment:

- Check made out to “**Dou Yoga**”
- Cash

We also accept:

- Major Credit Cards (Visa, Master Card, American Express)

Payment Instructions

- **To pay by check** please mail to:

Dou Yoga Teacher Training
281 Greene Ave 1st Floor
Brooklyn, NY 11238

- **To pay by credit card** include your credit card information on the application. Be sure to indicate how much you want to be charged upon receipt of the application (deposit, or tuition-in-full).
- **To pay by cash** please wait for us to contact you. We will make an arrangement to receive the cash payment. **DO NOT MAIL CASH. DO NOT HAND DELIVER CASH TO THE YOGA STUDIO.**



Deposit

For all rates except the payment plan, a \$500 non-refundable deposit is due with your application. The deposit will count towards your total tuition. If the full tuition payment is not received within one week prior to the start of teacher training, the deposit will be forfeited. Your deposit will secure which rate category you have selected if the application and deposit are submitted by the deadline listed above.

Payment Due Dates

- **Payment Plan Rates:** The payment plan option allows you to pay the tuition in installments throughout the training. The initial deposit for the payment plan is \$1000 and then 4 monthly installments of \$625 will be set up to be withdrawn automatically from a credit card you provide.
- **Regular Tuition:** payment in full is due by **February 15th, 2024**
- **Early and Earlier rates:** payment in full is due by the designated date for that rate. There is no installment option available for these rates.



200-Hour Teacher Training Application

PERSONAL INFORMATION

Name _____ Birthday (mm/dd/yyyy) _____

Address _____

_____ City _____ State _____ Zip Code _____

Phone # _____ Email _____

Emergency Contact

Name _____ Phone # _____ Relationship _____

How did you find out about the training? _____

YOGA EXPERIENCE

1. How long have you been practicing yoga and how has your practice affected your life?

2. Where do you currently practice and how often?



3. Which aspects of yoga practice and philosophy are you most drawn to?

4. What do you expect from this training? What do you hope to gain (or lose) through it?

5. Are you interested in a career as a yoga teacher?

6. Are you presently working with any injuries or physical conditions?

7. Please tell us about a teacher (of any kind) who has significantly altered the course of your life...



PAYMENT

- Earlier Registration \$2900 | \$500 Deposit / Full Payment due by 12/15/2023
- Early Registration \$3200 | \$500 Deposit / Full Payment due by 1/15/2024
- Regular Registration \$3400 | \$500 Deposit / Full Payment due by 2/15/2024
- Payment Plan \$3500 | \$1000 Deposit / 4 Monthly Payments of \$625 Monthly Auto Billing

I am paying by check (Please write it to "Dou Yoga" & mail the check and the application to the address given above)

I am paying by credit card

I am paying by cash (Please arrange with Dou Yoga to deliver the cash at the studio)

Credit Card # _____ Verification # _____

Name as it appears on the card _____ Expiration Date _____

I hereby authorize a payment of \$ _____ **Please Initial:** _____

I understand that if I have paid the full tuition and complete all of the requirements of the Dou Yoga Teacher Training program including passing the in-class exam I will receive a Yoga Alliance certified certificate of completion. Paying for the program and completing the hours alone does not guarantee that I will pass the program.

I understand that Dou Yoga reserves the right to ask me to leave the program if my behavior is inappropriate, disruptive or affecting the overall learning environment or students in a negative way. In such circumstances, I understand I will not be refunded my tuition.

I understand that if I show up more than 15 minutes late, that I will be considered tardy. If I am tardy twice, the third time I will be asked to leave and will be required to make up the class. If I leave 15 minutes early more than twice I will also be required to make up the class.

If I cancel 14 days prior to the start of the training, my deposit may be transferred to a future training, depending on availability. If I cancel within 14 days before the start of the training, I forfeit the deposit, but the remaining balance will be refunded.

I agree that Dou Yoga is in no way responsible for the safekeeping of my personal belongings while I participate in the teacher training program. I understand that there may be moments in the program that are physically strenuous and I will acknowledge my body's capabilities and voluntarily participate in them, if I decide to do so, with full knowledge that there is risk of personal injury. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Dou Yoga, its officers, employees, teachers and members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I have read the above release and waiver and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Print _____ **Signature** _____ **Date** _____