

APPLICATION

MASALA GENTLE/RESTORATIVE YOGA IMMERSION

Please review Admission Requirements & Immersion Description* on-line at www.masalayoga.com before completing this Application.

Candidates for admission into the Masala Gentle/Restorative Yoga Teachers' Immersion are required to have successfully completed a Yoga Alliance-registered 200-hour training. Teaching experience is helpful, but not a requirement. A self-guided Hatha Yoga practice is helpful, but not a requirement. This Application must be accompanied by a Letter of Recommendation from a qualified Hatha Yoga teacher who is actively teaching, a copy of the Certificate of Completion from the 200-hour training school, and a deposit check for \$150 or payment in full. The Letter of Recommendation must include the teacher's full name, address, studio location, phone number and email address. The Yoga Teacher Training Certificate of Completion must be accompanied by the contact information of the teacher and school where the training was taken. Send the application package to Ellen Pfeffer, 38 Evergreen Drive, North Caldwell, NJ 07006.

PLEASE PRINT CLEARLY

Name: _____ E-mail: _____

Street Address: _____ City/State/Zip _____

Phone #'s: Daytime _____ Evening _____ Cell _____

Please answer the following questions on a separate sheet of paper (preferably typed):

1. How long have you been practicing Hatha Yoga?
2. What style of Hatha Yoga do you practice, where, how often and who are your teachers?
3. Describe your personal self-guided Hatha Yoga practice.
4. What do you want to learn from this immersion, and how would you utilize these teachings?
5. Do you have certifications in other areas?
6. How did you hear of this immersion?
7. Do you have any comments or concerns which might affect your participation in this immersion?
8. Where and when did you complete your Yoga Teacher Training(s)? With whom did you study?
9. Do you presently or have you ever taught Hatha Yoga? Please be specific as to style, number of classes per week, number of students and how long you've been teaching.
10. Have you attended any Hatha Yoga workshops? With whom did you study, and which themes were covered?
11. Do you have any injuries, illnesses, or take any medications? Are you presently under the care of a medical doctor? Please explain fully.
12. Are you ready, willing and able to commit to the completion of this Immersion within the agreed-upon time-frame?

Requirements & Agreement

Please read these requirements carefully, as they are critical for obtaining the Certificate of Completion, which is given only after successfully completing the full immersion.

- All props and books listed in the **Immersion Description** must be obtained before the first session. All pre-training reading listed in the **Immersion Description** must be completed before the first session. Failure to obtain required props and books precludes participation in the Immersion. No exceptions.
- An immersion by its very nature is intensive, and must be completed within 90 days from the start date. No exceptions.
- Students are expected to arrive on time and remain for the full session. No late arrivals or early departures.
- If you have questions or concerns about your ability to fully participate in the immersion, they must be cleared with your medical professional prior to entry into the immersion.
- If you miss a session or wish supplemental instruction, you may request Private Instruction for a minimum fee of \$100 for every 2 hours or any part thereof. Private Instruction takes place at Masala Yoga, in North Caldwell, NJ.

Applicants will have a telephone interview with the teacher to demonstrate understanding and proficiency in teaching 3-part Yogic Breath (Dirgham Shvasam); Ujjayi Breath, including a description of how to create the sound in the throat, and the distinguishing characteristics associated with Ujjayi; Nadi Shodhana (Alternate Nostril Breath); Alignment principles from any alignment-based Hatha Yoga System; Fundamental Postural Set-up Techniques, from the ground up; Fundamental principles relating to Breath/Movement Techniques; a brief description of how the diaphragm works in relation to the breath; and a brief description of the Six Movements of the Spine.

If you are unable to complete the pre-immersion requirements, or cannot commit to the attendance requirements, please call Ellen at 973-226-4455 prior to the first session, and a refund will be issued in accordance with the Refund Policy below.

Registration & Payment

To register, send the completed Application, Letter of Recommendation, Basic Training Certificate of Completion, and \$150 tuition deposit, or payment in full (\$750) payable to Ellen Pfeffer, 38 Evergreen Drive, North Caldwell, NJ 07006. Payment plans may be arranged, and will incur an administrative fee of \$25 per payment. For additional information, contact Ellen Pfeffer at 973-226-4455.

Refund Policy

Refunds, less a \$50 processing fee, will be given for cancellations up to 7 days prior to the beginning of the immersion. Thereafter, refunds are given based on time spent in the immersion, calculated at \$50 per hour. No refund will be given 2 days prior to the commencement of the immersion.

Upon withdrawal from the immersion, the Masala Gentle/Restorative Yoga Teachers' Immersion Manual and all supplemental printed materials must be returned in exchange for the refund, less the \$50 processing fee, and time spent in the immersion calculated at \$50 per hour.

I, _____, have read the requirements for this immersion program and recognize the commitment required to enter into the program. By signing below, I am committing myself to completing all pre-training requirements, attending all scheduled sessions, and fully understand the Registration, Payment & Refund Policy.

Date: _____

Signature: _____