

**200 HOUR MINDFULNESS YOGA TEACHER TRAINING  
CONFIDENTIAL APPLICATION**

TODAYS DATE: \_\_\_\_\_ TRAINING LOCATION: \_\_\_\_\_

FULL NAME:

\_\_\_\_\_

To be printed on your certificate of completion.

PREFERRED NAME:

\_\_\_\_\_

EMAIL:

\_\_\_\_\_

BEST NUMBER:

\_\_\_\_\_

ALT NUMBER:

\_\_\_\_\_

STREET ADDRESS:

\_\_\_\_\_

CITY

\_\_\_\_\_

STATE \_\_\_\_\_ /ZIP \_\_\_\_\_

Please initial: \_\_\_\_\_ I have read and accept Bramasole Fitness and Wellness Retreat LLC,  
policies on page 4&5

I plan to pay the training tuition in full \_\_\_\_\_

RETURN APPLICATION BY EMAIL TO [info@bramasolewellness.com](mailto:info@bramasolewellness.com)

Or to Address Below (if mailing please let me know you are sending so we may place your name  
on our registration list ASAP).

Bramasole 57 Slab Meadow Road Morris, Ct. 06763

**CONFIDENTIAL HEALTH HISTORY**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_ Occupation: \_\_\_\_\_

What is the present state of your health? \_\_\_\_\_

Does your physician know you are participating in this training program? \_\_\_\_\_

Describe your fitness program now: \_\_\_\_\_

List any medications you are taking and its purpose: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

| Do you have now or have you had in the past:                                      | YES   | NO    |
|---|-------|-------|
| 1. Advice from a physician not to exercise?                                       | _____ | _____ |
| 2. Do you have difficulty with exercise?  | _____ | _____ |
| 3. Recent surgery (within last year)?   | _____ | _____ |
| 4. History of Diabetes or Thyroid condition?                                      | _____ | _____ |
| 5. History of heart problems, chest pain or stroke?                               | _____ | _____ |
| 6. History of lung or breathing problems?   | _____ | _____ |
| 7. Blood Pressure Problems?   | _____ | _____ |
| 8. Cigarette smoking habit?   | _____ | _____ |
| 9. Obesity (more than 30 lbs over ideal body weight)?                             | _____ | _____ |
| 10. Increased blood cholesterol?  | _____ | _____ |
| 11. Pregnant (now or within last 3 months)?                                       | _____ | _____ |
| 12. Chronic illness or condition?   | _____ | _____ |
| 13. Depression, Anxiety, Eating Disorder<br>or other Mental Health Problems?      | _____ | _____ |
| 14. Muscle, joint or back disorder or any previous<br>injury still affecting you? | _____ | _____ |

Please explain any "Yes"  
\_\_\_\_\_  
\_\_\_\_\_

I am allergic to the following medications: \_\_\_\_\_

Name & Relation of Emergency Contact: \_\_\_\_\_

Cell/Home: \_\_\_\_\_

**RELEASE OF LIABILITY**

I, \_\_\_\_\_, hereby acknowledge that I have voluntarily applied to participate in activities related to physical training involving Yoga.

**I AM AWARE THAT THE ACTIVITIES DESCRIBED ABOVE MAY BE HAZARDOUS AND I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH.**

As lawful consideration for being permitted by Bramasole Fitness and Wellness Retreat LLC, or one of its affiliated organizations to participate in these activities and use the facilities at which these activities are conducted, I hereby agree that I, my heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Bramasole Fitness and Wellness Retreat, LLC, or any of its affiliated organizations and/ or the owner or lessor of the premises where the activities are conducted for injury or damage resulting from the negligence or other acts, howsoever caused, by any employee, agent or contractor of Bramasole Fitness and Wellness Retreat, LLC, or its affiliates, as result of my participation in aerobic training involving Yoga. In addition, I hereby release and discharge Bramasole Fitness and Wellness Retreat, LLC, and its affiliated organizations from all actions claims or demands I, my heirs, distributees, guardians, legal representatives or assigns now have or may hereafter have for injury of damage resulting from my participation in the above described activities.

**I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND BRAMASOLE FITNESS AND WELLNESS RETREAT, LLC, AND/OR ITS AFFILIATED ORGANIZATIONS, AND I HAVE SIGNED IT OF MY OWN FREE WILL.**

Dated: \_\_\_\_\_ Signature: \_\_\_\_\_

**Information and Policies**

**APPLYING:**

**1. Apply: Complete & email your application.** Applicants must have a minimum of one year yoga practice; home, studio or gym practice is acceptable. Consideration is made for those in compatible fields. Please contact our office if you have questions regarding your eligibility before applying.

**2. Interview:** Once your Deposit and Application is submitted and received, Elizabeth Aleksinas, will contact you for a phone/personal interview to discuss your participation. This is a great opportunity to discuss all questions you may have regarding your Yoga journey.

**3. Deposit:** Make Your \$500 non-refundable deposit using the paypal link below or mail check to Bramasole Fitness and Wellness Retreat LLC 57 Slab Meadow Road Morris, Ct. Deposit is due by March 15<sup>th</sup>, 2018. Your Deposit will be deducted from the total class cost. Total Tuition is \$2,200 plus tax. (\$139.70)

**4. Confirmation:** Once deposit is made, your Commitment Letter is emailed to you outlining your training information.

**5. Books:** Your Books will be distributed the first day of class.

**6. Total Tuition Payment:** Tuition balance is due on or before April 1, 2018, either using the paypal link below or send check to Bramasole Fitness and Wellness Retreat LLC 57 Slab Meadow Road Morris, Ct. 06763.

**\* EARLY YOGI PAY IN FULL & SAVE \$100 \* \$2,100 (must add \$133.35) CT sales tax.** To receive early Yogi Pay in Full Savings, application and payment must be received by the following date: **March 1<sup>st</sup>, 2018.**

**CERTIFICATION REQUIREMENTS:**

Each trainee is required to attend and successfully complete all outlined assignments, classroom instruction and module hours to earn their Mindfulness Yoga Teacher Training Certificate.

**PAYMENT / REFUND POLICIES**

- Deposits are non-refundable.
- Tuition fees are refundable up to 10 days prior to the training start date.
- Within 9 days to start date, there are NO REFUNDS for registered trainings. Credit maybe awarded towards an equal training course within 2 years.

Acceptable forms of payment:

On-Line: [PayPal](#)

Mail: Personal or Bank Checks

In Person: Cash, Personal or Bank Checks. All cash receivables are given receipt.

Any returned payments will be subject to Bramasole Fitness and Wellness Retreat LLC.  
Bank/Merchant Service fees.

**YOGA STUDIES, EXPERIENCE & BACKGROUND**

*(Please add additional space as needed)*

- 1) What first brought you to study yoga?
  
- 2) What experience do you have in Yoga (years of study, styles...)?
  
- 3) What is your current yoga/meditation practice?
  
- 4) Have you read any of the ancient yoga texts such as Yoga Sutras, Bhagavad Gita, Vedas? If so, which one(s)?
  
- 5) Do you have a personal yoga philosophy? If so, what is it?
  
- 6) Are you familiar with Hinduism &/or Buddhism? Are they important to you?
  
- 7) Are you familiar with Sanskrit? Is this important to you?
  
- 8) Identify **one** aspect of yoga you find most important and why?
  
- 9) Are there any aspects of yoga you shy away from? If so, do you know why?
  
- 10) What is your experience of anatomy (classes from high school, college or self study...)?

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10) What is your experience of anatomy (classes from high school, college or self study...)?

11) Do you have any Certifications, Licenses or Degrees in Healing, Therapy, Body or Energy Work, Fitness or Academic Teaching? If so, please list:

12) What is your current diet (i.e. vegan, vegetarian, healthy American)?

13) Do you wish to teach when you complete this program? If so, what will be your focus?

14) Is there anything in your personal life right now that may hinder your ability to fully concentrate/participate in your training? Is your family supportive of your studying and/or teaching yoga?

15) Anything else you'd like to add?