

HEARTSONG YOGA

AND  THE HARD & THE SOFT
YOGA INSTITUTE

Live “In-Person” 200 hour **Integrative** Yoga Teacher Training
Hard & Soft Yoga: The Heart of HeartSong & the Power of Flow

Director Sheila Magalhaes, founder HeartSong Yoga Center,
Featuring Beryl Bender Birch & teachers from HeartSong’s Senior Faculty.

Application 2022/23. Please scan and return via email or mail, print clearly.
\$500. deposit is due upon your acceptance to the program.

Name: _____ Preferred Pronouns _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____ Cell Phone: _____

Email: _____ date of birth _____

Do you currently attend yoga classes on a regular basis? Yes _____ No _____

If so, where, and how frequently _____

Years Studied Yoga: _____ Where Studied: _____

Can you describe what brought you to your first yoga class?

Can you describe your most familiar/favorite style of yoga that you love to practice and...what style of yoga you most want to share with others?

(Feel free to **write more on the back of this sheet**.....)

If you could imagine who/how/what/where you might teach as a 200 hr. certified teacher, what is your dream? (Our program is designed to help you move towards your dharma!) **Write on the back.....**

Any Previous Yoga Teacher Training Experience: Yes_____ No_____

Other Certifications: _____

Current Occupation: _____

How did you learn about this Teacher Training Course? _____

What do you feel is your biggest challenge as you commit to this training? Could be physical, home/work/study balance, confidence, etc...**write on the back.....**

Payment: Please initial below to confirm that you understand that your payment of \$500, upon your acceptance to the program, reserves your space and is nonrefundable.

_____ I understand that my \$500 deposit paid upon acceptance is non-refundable

_____ I agree to pay in full prior to **Early Bird, Aug. 31**: \$2,950 total (includes deposit)

Or total \$3050:

_____ I agree to pay the balance by before Oct. 1 (\$2,550 after deposit)

Or total \$3,200:

_____ I agree to a payment plan of 8 payments (after your deposit) of \$337.50 x 8 paid each weekend we meet, checks/cash preferred, thank you.

_____ Once the program has begun I agree that the program is non-refundable.

_____ I understand and agree that I may be asked to wear a mask if it is a government mandate in the future, and if circumstances of COVID or with weather challenges we may shift to virtual zoom on line fully or partially.

_____ I understand that makeups are challenging, and can delay your completion. Make up time may also cost you money, to enroll in a program approved by Sheila.

Put these dates on your calendar! Fridays 6 - 9 pm, Saturdays 9 - 5:00, Sundays 9 - 4:30.
1: October: 7 - 9. 2: November 4 - 6. 3: December 2 - 4. 4: January 6 - 8
5: February 3 - 5 6: March 6 - 5 7: March 31 - April 2 8: April 28 - 30

We are pleased to accept applications to award partial scholarships for those who self identify BIPOC and/or anyone who is from traditionally underrepresented groups, along with those facing economic hardships who are committed to teaching yoga within their communities.

_____ **Check here if you self identify** as one who qualifies for support, the application is on the website, download and fill it out. If you are awarded, we will adjust the payment schedule.