

yoga ● pearl power vinyasa 2008

Please complete and return to Yoga Pearl (attn: Tiffany)
or email to Tiffany (Tiffany@AthletesPoint.com)

Name: _____ DOB: ____ / ____ / ____

Address: _____

Phone: _____ Email: _____

How often do you practice? _____ Power Vinyasa? _____

How long have you practiced yoga? _____ Power Vinyasa? _____

Favorite Style of Yoga? _____

Occupation _____

Any injuries or health conditions?

Are you on any medications (please list & why)?

Practice experience, what styles are you familiar with?

Do you have a meditation & or pranayama practice (how much, how often)?

How has yoga changed your life?

Why do you practice yoga?

Are you a teacher now? Where? How long have you been teaching?

Teachers with whom you have studied:

Do you practice at Yoga Pearl? Where else?

Reason for applying to teacher training (do you intend to teach in the future):

Why do you want to teach?

What do you hope to gain from our program?

What areas do you struggle with in your practice & what areas are easier for you?

Please explain your willingness to be fully committed and attend 100% of the training:

Pre-requisites: *Minimum of one year of a consistent Vinyasa/Power Vinyasa practice, and a current 4-6day/week yoga practice (Power Vinyasa at least 3x a week)*

Application process: Download and email (Tiffany@AthletesPoint.com) or hand in application at Yoga Pearl (attn: Tiffany), each application is reviewed and accepted on an individual basis.

Dates: Whidbey Island, Washington retreat Sept 14-21

Yoga Pearl Sundays 2-5pm: Oct 5, 19, Nov 2, 9, 23, Dec 7, 14, Jan 4, 11, Feb 1

Sanskrit Immersion: Fri Oct 10, 7-9pm, Sat Oct 11, 1:30-4:30pm & Sun Oct 12 12-5pm

Sayulita, Mexico retreat Jan 17- 24

Graduation Sun Feb 7 2-4pm

Price: \$2990 shared room, 6-8 people/room in Mexico, 4 people/room in Whidbey Island
\$3290 double occupancy, 2 people/room in Mexico, 4 people/room in Whidbey Island
\$3990 single occupancy (only 3 available)
\$500 deposit will secure your space*

Price includes: Food & lodging at both retreats (organic whole foods), yoga training, manual, a special Sanskrit immersion with Dave & Cheryl Oliver, a registered Yoga Alliance program*** and some detox supplies.

Not included: Airfare to Mexico, transportation to Whidbey Island (we will try to arrange carpools), books and a passport!

*Payment is due in full by August 1. Because of the retreat reservations there will be *no refunds* issued after August 1. Refunds will be issued for cancellations made prior to August 1, minus a \$50 application fee.

**Payment plans are available on an individual basis.

***Please note that in order to be eligible for registration through the Yoga Alliance you must attend all classes unless prior arrangements have been made.

Contact: Tiffany Viehmann (tiffany@athletespoint.com) for more information

Thank you! We look forward to sharing the gift of yoga with you!