



200Hr Vinyasa Yoga Teacher Training With Kim Zegil ERYT and Guests

Application Process:

Please submit Application below either via Snail Mail or Electronically to kimz@gottayogastudio.com accompanied by required \$300 deposit. Please contact Kim by email for questions regarding curriculum or to decide if program is right for you. Kim is also available via phone by request. Deposit will be processed on acceptance of application.

Cancellation Policy:

All Deposits and or Tuition can be refunded (-\$150 Administration Fee) if Cancellation notice is received 7 days prior to First Module. A 75% Refund of Tuition (-150 Administration Fee) can be returned if Cancellation is received within 3 Business days of First Module. Once training has begun there is No Refund.

Participation and Certification:

Full class participation, successful completion of the assigned curriculum and self-study are required to receive your Gotta Yoga/Yoga Alliance 200hr Teaching Certificate of completion.

If life finds it necessary to miss some training sessions, hours can be made up at the rate of \$65 per hour with Kim. Please make every effort to attend required hours. There will be short reading/homework assignments to be completed by in between modules.

Required Reading:

There is a Required Reading/Book list accompanied with this application. It is your responsibility to have these books with you first day of training and recommended although not required to go ahead and begin reading. Lots of information!! One Teacher Training Manual per student will be provided and included in tuition.

Current YTT Offered:

3 Week Modules Fall of 2010

Sept. 16-21, Oct. 14-19 and Nov. 18-23

Times will be 8:30 am — 6:00 pm each day

Please print

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

I accept the tuition, curriculum, certification and cancellation policies for this program, and give Gotta Yoga permission to use my photograph, image or any videos taken during training for training purposes and/or promotional use, without compensation.

1. Describe your yoga practice/experience... How long? How often? Style?

2. Why do you practice yoga?

3. What is your intention for this Teacher Training?

4. What is your current occupation?

5. Do you have any injuries or physical limitations that could effect this training or your practice?? Please list current medications.

5. How would you describe yourself to someone that did not know you??

6. Do you have any fears or doubts in regards to the Teacher Training? If so, please share.

Required Reading:*

Lasiter, Judith: *Living Your Yoga*

Long, Ray: *The Key Muscles of Hatha Yoga*

Roach, Michael: *How Yoga Works*

Gates, Rolf: *Meditations From the Mat*

Fuerstein: *Patanjali's Yoga Sutras*

*** Books are not included in Tuition and may be available at Gotta Yoga*

Submit Both Application and Fees

**Gotta Yoga Studio
9539 Pinnacle Dr, Suite 300
Charlotte, NC 28269**

**704-688-7256
kimz@gottayogastudio.com**

Credit Card Authorization *Or call: 704-688-7256*

Card Type: VISA MasterCard (MC)

Credit Card Number: _____ Expiration Date: _____

Name on Credit Card: _____

Billing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Purchaser's Name (print): _____

Purchaser's Signature (sign): _____ Date: _____

By signing this form I affirm that I am authorized to use the above credit card,
and agree to accept full responsibility for all authorized charges.