DRAGONFLY
YOGA STUDIES

P.O. Box 2322
Ft Walton Beach
Florida 32549

850 244 0184

dragonflyyoga.com

Teacher Training Programs

Launch February 26, 2022

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Application and Enrollment Instructions and Check List

Yay! You are applying for the Dragonfly Yoga Teacher Training 200hr Program. This is a ten month, 200hr program. We will meet once a month.

Prerequisite

- ☐ Knowledge of the basic asana practice
- ☐ Two Letters of Recommendation

Requirement for Graduation

- ☐ Completion of required hours
- ☐ Regular home and studio practice
- ☐ Exit requirement: Evaluation and written examination (if certifying)

Application/Enrollment Check list:

- ☐ Application Form
- ☐ $300 non-refundable deposit
- ☐ Photo (to help us familiarize ourselves with you)

Application Process:

- You will be notified by us of your acceptance status within two weeks of submittal of this application.
- Additional information regarding the training will be made available after your deposit is received and you have been accepted.

Mail or drop off your application to:

Dragonfly Yoga PO Box 2322 Ft Walton Beach, FL 32549 Attn: 200hr Yoga Teacher Training

*Please also email a copy of the Application Form and headshot (if possible) to: lauratyreehealth@gmail.com

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Personal Information

Name: _____

Address: _____

Phone: _____

Phone: _____

E-mail: _____

Emergency Names	Phone	Relationship
1. _____	_____	_____
2. _____	_____	_____

Application Questions (please answer on a separate page)

- ☐ I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions.
- ☐ How long have you studied yoga? List styles and main teachers.
- ☐ Do you have experience teaching in any other field(s)?
- ☐ List other trainings or experience relevant to yoga and/or teaching?
- ☐ What motivates you to become a yoga teacher, or explore yoga more deeply?
- ☐ Please describe your home, or studio, yoga practice.
- ☐ List any injuries or illnesses and how they affect your current condition.
- ☐ List any medication you are currently prescribed

Additional information

- Each applicant will be evaluated on an individual basis.
- General experience of the poses, and average physical stamina are required.
- It is not required that you become a certified teacher to in this program.
- You must participate in a weekly asana class with Laura, or Melissa. There are no exceptions unless you live outside the county. If so, you must take a weekly class with a qualified instructor.
- You must complete all dates and trainings.

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Payment information

- DEPOSIT: $300 non-refundable deposit is due with your application, regardless of payment choice.
- EARLY BIRD RATE: $2800 by December 1st (Total cost includes deposit)
- AFTER THE BIRD: $3000 after December 1st (Total cost includes deposit)
- INSTALLMENTS: $3200 (Total cost includes deposit) see below for installment details

_____Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.
Make your check payable to Dragonfly Yoga Inc.

_____Paying by credit card. ___ Mastercard ___Visa ___Amex

CC# _____exp _____3 digit code_____

Name as it appears on card_____

Address and Zip code of card billing address

_____state_____zip_____

I hereby authorize the office of Dragonfly Yoga to withdraw payment of
$ _____ or deposit and program installments at 8 week intervals until Paid in Full.
Sign here to verify authorization of withdrawal:

_____ date _____

A voided check must be included for the bank account option.

Installment Plan

- DEPOSIT: $300 non-refundable deposit is due with your application
- Remaining tuition paid in 3 installments. No penalty for early payment.
- Installment schedule is on an eight-week rotation.
- ***Installment will be auto debited from our cc system. This set up must be completed by January 15, 2022***

Installment one $975 Due Launch Day (start date)
Installment two $975 Due 8 weeks after start date
Installment three $950 Due 16 weeks after start date

Other payment options are available. To receive your certification, you must pay the entire amount owed for the training hours.

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The reading material cost is not a part of tuition. Plan the purchase of one, (occasionally two) books per month. These are standard yoga texts that you may already own and will serve as reference guides for the training. You will need to bring your yoga mat and manual for each of the trainings.

This will be a fun and intense two days! Adequate rest and methodical study throughout the month prove to be the best practices for internalizing the information.

Program Agreement: It is my understanding that I must fulfill all the requirements set forth by the Advanced Dragonfly Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, quizzes, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Dragonfly Yoga and its teaching staff reserves the right to ask me to leave the program at any time if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

I have read and accept the above terms and requirements: ____Yes ____No
Sign here to verify my review and acceptance of the terms and requirements of the program:

_____ date _____

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Training Dates

Please keep this page for your information

Dates: Dragonfly Yoga 2022

February 26 - 27

March 26 - 27

April 23 - 24

May 21 - 22

June 25 - 26

July 23 - 24

August 27 - 28

September 24 - 25

October 22 - 23

November 12 - 13

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Recommendation Letter Guidelines

Two letters of reference

- one yoga related letter
- one personal letter

Name of Applicant _____

Program applied for _____

Recommending Teacher _____

Teacher's Phone Number _____

Teacher's Email_____

To Teacher: The applicant above is applying for the Advanced Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend _____ for this program and endorse with my

signature _____date _____

Thank You! Please mail this form to the address above.

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Name of Applicant _____

Program applied for _____

Recommending Person _____

Phone Number _____

Email_____

The applicant above is applying for the Advanced Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this person capable of working consistently with others with an attitude of willingness to grow and learn?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend _____ for this program and endorse with my

signature _____date _____

Thank You! Please mail this form to the address above.