

# O2 Yoga Teacher Training Program Application



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

Are you and O2 Member? If so, which studio? \_\_\_\_\_

Location and lodging information: O2 Yoga Somerville is located at 288 Highland Avenue (on the corner of Highland and Cedar) in Somerville, MA (in the Boston area). We are easily accessible by public transportation.  
O2 Yoga Boston is located at 121 E Berkeley St in Boston s historic South End neighborhood. We are easily accessible by public transportation.  
Please contact Elliott for further information: [elliott@o2yoga.com](mailto:elliott@o2yoga.com) or 617.625.0267.

**Please indicate which course(s) you would like to register for by checking the appropriate space(s) below:**

**The full 200-hour program** (includes all programs below plus monthly intensives at O2 Yoga Studios). .

**40- hour Week-long Teacher Trainings:**

- Primary Series Training, Feb 13 - Feb 19
- O2 Yoga Level One Teacher Training, April 12 - 18
- O2 Yoga Level Two Teacher Training, June 14 - June 20

**10-hour Weekend Workshop**

- Second Series Adjustments, Feb 20 - Feb 21 (10 hrs)
- Philosophy and Energy of Yoga, March 13 - 14 (10 hrs)
- Modifications for Injury and Pregnancy, April 10 - 11 (10 hrs)
- Teaching Advanced Postures, June 12 - 13 (10hrs)

**Please complete the following:**

Please describe the style(s) of yoga you practice, how long you've practiced, and how often you practice:

Are you currently a teacher? If so, where?

List other teacher trainings you have taken (if any):

Do you have any injuries or a physical/medical condition we should know about?

Why are you interested in taking this training? What are you hoping to learn?

**If you are registering for an individual week-long or weekend training, please ONLY fill out the payment area below. Do not fill out Part II.**

**If you are applying to the full 200-hour program, skip this section and go to Part II of the application.**

**Cost for each weekend workshop: \$200 / \$170 for O2 Yoga Members.** Full payment is needed to hold your spot.

**Cost for each week-long workshop: \$800 / \$680 for O2 Yoga Members.** Deposits of \$250 per training are needed to hold your spot, full payment due 2 weeks prior to start of the workshop.

**Total You are Enclosing: \$ \_\_\_\_\_**

**Indicate:  I've enclosed a check  I am paying with a MC / Visa # \_\_\_\_\_ exp \_\_\_\_\_**

Cancellations made 30 days or more prior to the start of the program will receive a full refund. Cancellations made 29-14 days prior to the start of the program will receive a refund (less a \$50 processing fee). Cancellations made less than 14 days prior to the start of the program will only receive a refund (less a \$50 processing fee) if someone else takes your space. If you do not attend, or if you leave the workshop early for any reason, no refund is available.

I have read and understand the O2 Yoga cancellation policy: \_\_\_\_\_

*Your application will not be processed without your signature above.*

**Mail this application to: O2 Yoga, 288 Highland Ave., Somerville, MA 02144 Attn: Teacher Training**



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

**Note on Scheduling:**

This program is designed to be completed within 6 months. If your schedule does not allow you to complete all the workshops within the program in 6 months, you may make up individual sessions during the 2011 program. You must complete all of the 200-hour program requirements within 24 months of beginning the program.

**Please fill out the following ONLY if you are applying to the 200-hour program:**

Have you completed any trainings with Mimi Loureiro which you would like to transfer into this program? If so, which ones? (Please list location and date.)

Why are you choosing to do the O2 Yoga teaching training?

Describe a great yoga class, workshop or teacher you've experienced. Describe why that experience had an impact on you.

Do you have any teaching experience? Tell us about it. It doesn't have to be teaching yoga.

Tell us anything else about yourself that you think is pertinent to who you are in relation to yoga, teaching or where you are in your life.

---

**Payment:**

**Cost for full 200-hour Teacher Training: \$2900 / \$2250** for O2 Yoga Members. \$800 down payment is required. \$100 of this is non-refundable unless you are not accepted to the program. If you are not accepted into the program, you will get a full refund.

**The balance is due prior to YOUR second week-long training (this date will vary depending on when you join the program)**

**Total You are Enclosing: \$\_\_\_\_\_**

Indicate: \_\_\_ I've enclosed a check \_\_\_ I am paying with a MC / Visa # \_\_\_\_\_ exp \_\_\_\_\_

Cancellations made 30 days or more prior to the start of the program will receive a full refund. Cancellations made 29-14 days prior to the start of the program will receive a refund (less a \$100 processing fee). Cancellations made less than 14 days prior to the start of the program will only receive a refund (less a \$100 processing fee) if someone else takes your space. If you do not attend, or if you leave the workshop early for any reason, no refund is available.

I have read and understand the O2 Yoga cancellation policy: \_\_\_\_\_

**Your application will not be processed without your signature above.**

**Mail this application to: O2 Yoga, 288 Highland Ave., Somerville, MA 02144 Attn: Teacher Training**