



powerflow school of yoga

35 HOUR TEACHER TRAINING: YIN

Led By: Stacey Bell

WHAT TO EXPECT:

Powerflow's Yin Yoga Teacher Training will both immerse you in the healing practice of Yin Yoga; and will equip you to design and teach your own class. In this 35-hour training, you will practice and teach the foundational yin yoga poses; cultivate mindful awareness; dive into anatomy and the teachings of Traditional Chinese Medicine; learn Yin methodology and intelligent sequencing. You'll leave this training with a deep understanding of how the Yin practice benefits physiology, mind, emotion and spirit. Upon completion, you'll receive a Yin Yoga certificate which can be applied to your continuing education credits for Yoga Alliance.

PAYMENT & DEADLINES:

In order to secure your space and rate in teacher training, you will have to submit your complete application and payment.

Early Bird Rate & Deadline: \$625 if application and deposit received 30 days prior to training start date.

Regular Rate & Deadline: \$700 if application and deposit received 5 days prior to training start date.

Zoom Rate: \$600 TUITION (for zoom) (\$525 rate for PFY teachers or PFY School of Yoga graduates). Early bird discount does not apply to zoom training.

REFUND POLICY:

IMPORTANT: PLEASE READ THE BELOW REFUND POLICY AND ACKNOWLEDGE

Refund Window: Should you cancel your training reservation within 21 days or more prior to teaching start date, you will receive a refund minus a \$75 processing fee.

I have read and accept the above terms and requirements:

Yes: No: (Please initial)

PERSONAL INFORMATION:

Name:
Street Address:
City, State, Zip Code:
Phone:
Email Address:
Occupation:

EMERGENCY CONTACT:

Name:
Phone:
Relationship:

ADDITIONAL INFORMATION

1. How long have you been practicing yoga? If you are a yoga teacher, how long have you been teaching yoga?

2. Do you practice at Powerflow Yoga? At which studio do you primarily practice?

3. Do you have any experience with yin or yin/yang yoga?

PROGRAM PARTICIPANT AGREEMENT:

- I understand that I must pay in full and fulfill all the requirements of the training including in-class hours and homework to receive my 35-hour certification
- I understand that Stacey Bell reserves the right to ask me to leave the program if my behavior is disruptive, inappropriate, negatively impacting other students learning, unethical or violates Powerflow Yoga's ethical guidelines. Under such circumstances, I understand I will not be refunded my tuition.
- I understand that I will receive a full refund and a \$75 processing fee if requested with at least 21 day's notice. No refund will be issued with less than 21 day's notice.
- I understand that if I am unable to complete the teacher training, I will not be refunded.
- I understand that all training materials are proprietary and cannot be reproduced or distributed by me without the permission of Powerflow Yoga.
- I understand that if I am unable to complete the teacher training that I need to return the Powerflow Yoga teacher training manual and other training materials that were provided to me.

I have read and accept the above terms and requirements:

Yes: No: (Please initial)

ASSUMPTION OF RISK, HEALTH WARRANTY, RELEASE LIABILITY WAIVER

I, _____, hereby agree to the following: That I am participating in yoga classes and training at Powerflow Yoga, LLC during which I will receive information and instruction about yin yoga. I recognize that yoga requires physical exertion that may be strenuous and may cause injury. I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the yoga class/training. I further understand that if I become pregnant it is my responsibility to inform the instructor and consult a physician prior to and regarding my participation in yoga class/training. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation I yoga classes/ training. I understand that instructors may sometimes physically adjust a student during yoga classes/training. If I do not want such physical adjustments. I will inform the instructor at the beginning of each class or training. I also acknowledge that it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time. In consideration of being permitted to participate in yoga classes/training, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participation in the yoga class/training. In further consideration of being permitted to participate in yoga classes/training, I knowingly, voluntarily and expressly waive any claim I may have against Powerflow Yoga, LLC, its owners, instructors, employees and agents for any injury or damages that I may sustain during or as a result of participating in the yoga class/training. I, my heirs or legal representative forever release, waive, discharge and covenant not to sue Powerflow yoga, LLC, this includes Powerflow Yoga’s owners, instructors, employees, agents and representatives for any injury or death caused by their negligence or other acts. Powerflow Yoga, LLC is not responsible for any personal belongings I bring to or leave at the studios. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to terms and conditions.

I have read and accept the above release and waiver.

Yes: No: (please initial)

Signature:

Print Name:

Date:

If you have any questions about this application please email Stacey Bell: sbell@powerflownj.com