

# POWERFLOW SCHOOL OF YOGA

## 95 HOUR KIDS YOGA TEACHER TRAINING: LEAD THE WAY

**Led By: Kimie Mittman**

**WHAT TO EXPECT:** This training will include how to teach to kids of all ages including children with special needs. We emphasize what is developmentally appropriate for each. You will learn how to create a dynamic lesson plan, and we will provide you with a format to keep classes grounded, organized and creative. We will teach you principles of behavior and you will understand why children behave the way they do. You will also learn how to teach yoga in the classroom, community center, urban and suburban schools. We will provide you with hands on experience in observing, assisting and teaching!

**PAYMENT & DEADLINES:** In order to secure your space and rate in teacher training, you will have to submit your complete application and \$300 non- refundable deposit.

**Early Bird Rate & Deadline:** \$1,750 if application and deposit received 30 days before training start date

**Final Deadline:** 5 days before training start date

**Regular Rate:** \$2,000

**Monthly Payment Plan Available:** \$25 processing fee will be added per payment

### REFUND POLICY

**IMPORTANT: PLEASE READ THE BELOW REFUND POLICY AND ACKNOWLEDGE**

**Refund Window:** No refunds will be given less than three weeks before training start date

Should you exercise the refund option, there will be a \$100 processing fee

\$300 deposit is non-refundable

**I have read and accept the above terms and requirements: Yes No Please initial:**

### YOGA ALLIANCE

**IMPORTANT: PLEASE READ THE BELOW POLICY AND ACKNOWLEDGE** According to Yoga Alliance (YA) requirements, to become a Registered Children's Yoga Teacher (RCYT), you are required to take a 95 hour training. You must be a 200 hour Registered Yoga Teacher (200RYT) or enrolled in a 200 hour program. If you have a YA approved 200RYT certificate, Powerflow Yoga will issue you a certification as an RCYT. If you do not have a YA approved 200RYT certificate, Powerflow Yoga will issue you a certificate stating that you completed a study in kids yoga but note this will not be recognized by Yoga Alliance.

**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:

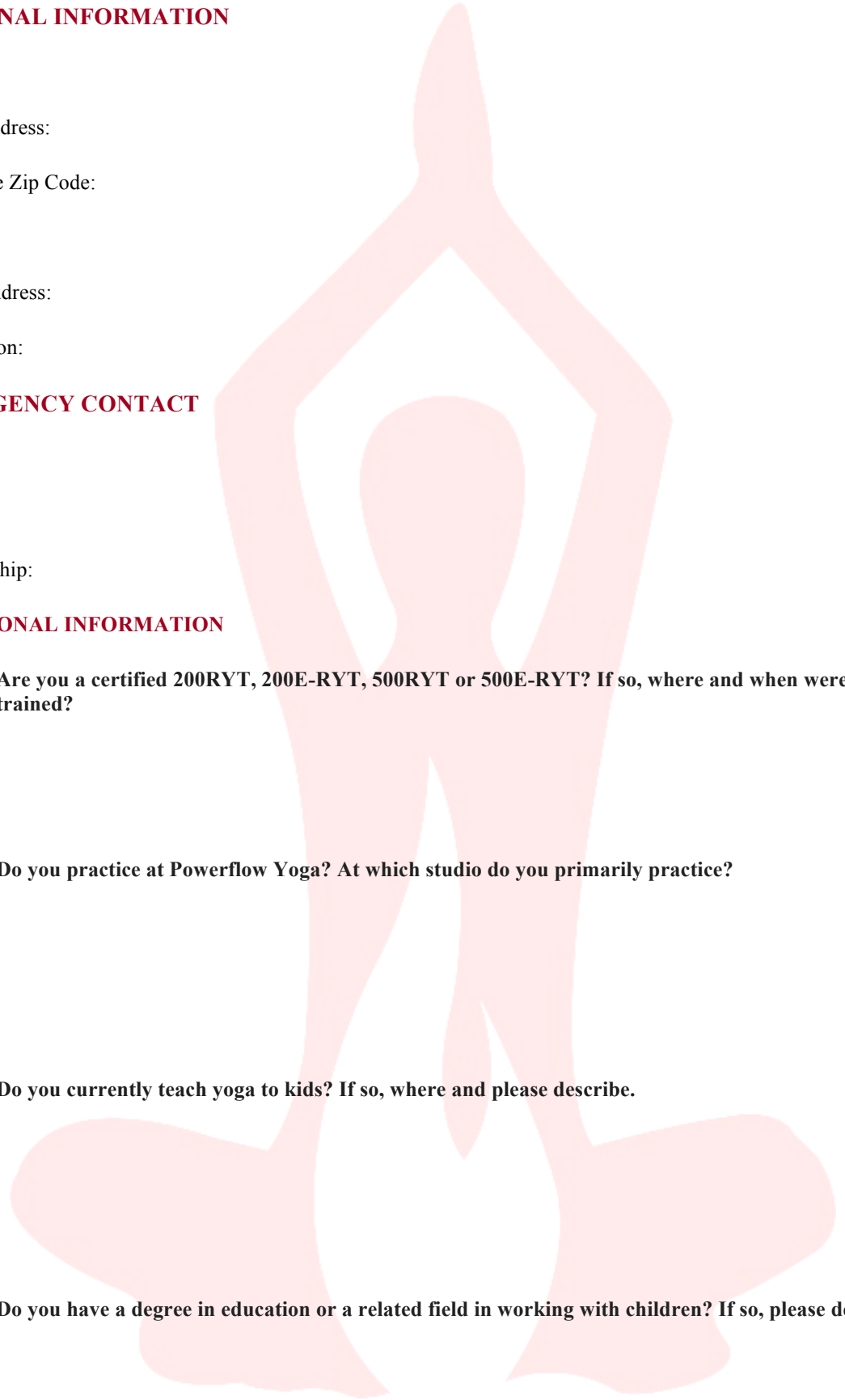
## **EMERGENCY CONTACT**

Name:

Phone:

Relationship:

## **ADDITIONAL INFORMATION**

- 1. Are you a certified 200RYT, 200E-RYT, 500RYT or 500E-RYT? If so, where and when were you trained?**
  - 2. Do you practice at Powerflow Yoga? At which studio do you primarily practice?**
  - 3. Do you currently teach yoga to kids? If so, where and please describe.**
  - 4. Do you have a degree in education or a related field in working with children? If so, please describe.**
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**5. Do you have experience in working with children? If so, please describe.**

**6. Why do you want to do Powerflow's Kids training?**

**7. Where and how do you see yourself using the kids teaching certification?**

**8. Please list any injuries or medical conditions that we should be aware of.**

**9. Please share anything else about yourself that you feel we should know.**

**10. Write your name exactly as you want it to appear on your certificate:**

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## **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 95 hour certification. I agree to observe a little kids class, big kids class, teens class and special needs class before the completion of my training. I agree to assist a little kids class, big kids class, teens class and special needs class before the completion of my training. I agree to teach 2 practicums before the completion of my training. Upon completion, my training hours can be submitted to the Yoga Alliance to register my hours if and only if I am a 200RYT, 200E-RYT, 500RYT or 500E-RYT. I understand that Kimie Mittman reserves the right to ask me to leave the program if my behavior is disruptive, inappropriate, negatively impacting other students or children in learning, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances, I understand I will not be refunded my tuition.

I understand that I will receive a full refund minus the \$300 non-refundable deposit and \$100 processing fee if requested no later than three weeks before training start date. No refunds will be issued less than three weeks before training start date.

I understand that if I am unable to complete the teacher training, and I am on a payment plan, I am still responsible to make all remaining payments due to Powerflow Yoga LLC.

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 AND WAIVER OF LIABILITY**

I, \_\_\_\_\_, hereby agree to the following: That I am participating in training at Powerflow Yoga, LLC during which I will receive information and instruction about yoga, specifically kids 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 the yoga class/training. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in 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 participating 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 the terms and conditions.

**I have read and accept the above release and waiver: Yes No Please Initial: Date:**

**Signature**