



powerflow school of yoga

35 HOUR TEACHER TRAINING: YIN

Led By: Stacey Bell

WHAT TO EXPECT: A yin yoga practice is designed to balance you: physically, mentally and energetically. Inspired by the teachings of hatha yoga, Taoism and Traditional Chinese Medicine, yin yoga is a tender complement to a stressful, active fitness routine. In this 35-hour training, you will practice and learn to teach the foundational yin yoga poses. Your trainer Stacey Bell has over 16 years of experience guiding students into a quieter, unencumbered state of being. Her inclination toward subtle practices like Craniosacral Therapy and Alexander Technique affirm Stacey as a trusted yin yoga expert. You'll leave this training with a well-developed understanding of the physiological effects yin yoga has on joint health and connective tissue like fascia. This training is suitable for yoga teachers and practitioners of all experience levels. Upon completion, you'll receive a yin yoga teaching certificate. This training is approved by the Yoga Alliance, and you are eligible to receive 35 hours of continuing education credit.

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: \$675 if application and deposit received 30 days prior to training start date

Regular Rate & Deadline: \$750 if application and deposit received 5 days prior to training start date

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?



4. Why do you want to do Powerflow's Yin Training?

5. What do you hope to gain from this training?

6. Have you attended any teacher trainings in the past? If so, where?

7. Please list any injuries or medical conditions that may affect your ability in certain movements.



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

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

10. Please circle one: T-Shirt or Tank Top Size

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 days notice. No refunds will be issued with less than 21 days 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 AND WAIVER OF LIABILITY

I, _____, hereby agree to the following: That I am participating in yoga classes and in 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 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:

Signature:

Date:

Print Name:

**If you have any questions about this application please email or call
Christine Joseph: teachertraining@powerflownj.com / 973.986.8994**

