

# Yoga Intensive Application

## 200 Hour Yoga Intensive Studies 2020 / 2021 Program

This Yoga Intensive Studies Program is a seven month in-depth study of the traditional system and practice of yoga and the related arts and sciences. The program is open to all students who demonstrate honest interest, self-discipline, and commitment to completing the program. There are no prerequisites, other than enthusiasm and a willingness to learn and grow. Students of all levels of physical fitness are welcome.

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

### **MEDICAL CONDITIONS**

Do you have any medical conditions or injuries that may influence your ability to perform yogic exercises?  
YES \_\_\_ NO \_\_\_ If you are uncertain, please consult your physician for proper medical advice.

List below any injuries or medical conditions:

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### **YOGA EXPERIENCE**

Please briefly list your experience with yoga or any related physical exercise system, and/or spiritual or contemplative practice (martial arts, dance, mediation, etc.):

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## **PERSONAL INTENTIONS**

Please answer the following questions honestly and to the point:

1. Why are you interested to deepen your study of yoga?
  
  
  
  
  
  
  
  
  
  
2. What are the top three things you hope to gain from completing the program?
  
  
  
  
  
  
  
  
  
  
3. Are you interested in teaching yoga, or simply in deepening your own knowledge and practice? (It's fine either way).
  
  
  
  
  
  
  
  
  
  
4. How do you feel yoga fits into your "greater vision" or "life purpose"?
  
  
  
  
  
  
  
  
  
  
5. Please feel free to share any other information you feel is relevant.

## **TUITION PAYMENTS**

Tuition for the entire course is \$2750.00 if registered and paid in full by May 9, 2020. After May 9, 2020, tuition for the entire course is \$2950.00

### **Register before May 9, 2020 – Pay full amount of \$2750.00**

The non-refundable \$100 application fee will be applied to the tuition payment. Upon acceptance into the program a \$500 deposit must be submitted within 15 days to hold a place in the class for the student. The remaining balance of \$2150 is due on or before May 9, 2020

Total payment \$2750.00 – No refund after August 21, 2020

### **Register after May 9, 2020 – Pay full amount of \$2950.00**

The non-refundable \$100 application fee will be applied to the tuition payment. Upon acceptance into the program a \$500 deposit must be submitted within 14 days to hold a place in the class for the student. The remaining \$2350.00 is due by June 9, 2020.

Total payment \$2950.00 – No refund after August 21, 2020

### **6 auto payment option – Pay full amount of \$2950.00**

There is a non-refundable \$150 administration fee for this option. The non-refundable \$150 application fee will be applied to the tuition payment. Upon acceptance into the program a \$800 deposit must be submitted within 10 days to hold a place in the class for the student. 5 monthly auto payments of \$400.00. Student must sign a financial contract to agree to pay in full even if student does not complete the training.

Total payment \$2950.00 – No refund after August 21, 2020

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Signature

Date

Dollar Amount Enclosed: \_\_\_\_\_

Please Mail Application to:

**Lotus BloomYoga  
777 Hillside Ave  
Prescott, AZ 86301**

www.LotusBloomYoga.com cwlotusbloom@q.com 928-499-1553

**Student Information Sheet (for student to take)**

**REQUIRED TEXTS:**

Bhagavad Gita – Stephen Mitchell  
Living Your Yoga – Judith Lasater  
Light on Yoga – B.K.S. Iyengar  
Hatha Yoga Illustrated – Martin Kirk and Brooke Boon  
Key Muscles of yoga Volume 1 – Ray Long  
The Secret Power of the Yoga Sutras – Nischala Devi Joy

**RECOMMENDED TEXTS:**

The Upanishads – Penguin Classics  
The Yoga Sutras of Patanjali – Alistair Shearer  
Yoga Anatomy – Leslie Kaminoff  
Pick a Sutra – Desikachara  
Heart of Yoga – Desikachara

**2018 PROGRAM SCHEDULE:**

**Start Date:** August: 21 – 23, 2020

**Ending Date:** April 9 – 11, 2021  
The program meets for nine months in Prescott, AZ.

**PROGRAM DATES:**

**2020 DATES:**

August: 21 - 23  
September: 18 - 20  
October: 9 - 11  
November: 20 - 22  
December: 11 - 13

**2021 DATES:**

January: 15 - 17  
February: 12 - 14  
March: 2 - 14  
April 9 - 11

**PROGRAM HOURS:**

Fridays: 4:00 pm - 8:00 pm  
Saturdays: 9:00 am – 5:00pm  
Sundays: 8:30 am - 4:30 pm

\*Make-up classes and assignments can be arranged for students who have to miss some scheduled contact hours. Additional fees for contact hours may apply.

Feel free to call with any questions or concerns at 928-499-1553 or email [cwlotusbloom@q.com](mailto:cwlotusbloom@q.com).

Thank you for registering for Lotus Bloom Yoga Intensive Studies Program. I look forward to being a part of your transformational journey.

Namaste!

Cheryl Walters

Lotus Bloom Yoga (formally named Cheryl Walters Hatha Yoga School) is licensed by the State of Arizona, and is a 5 star Yoga Alliance 200hr and 300hr registered school for YTT.