



LIGHTHOUSE
YOGA CENTER

502 KENNEDY ST. NW
WASHINGTON, DC 20011
LIGHTHOUSEYOGACENTER.COM

YOGA AND MEDITATION FOR ALL AGES

KRI Level 1 Kundalini Yoga Teacher Training Program **March to November, 2020**

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/Day: _____ Evening/Cell: _____

Email: _____ Birth Date: _____

Emergency Contact: _____

Phone Number: _____ Relation: _____

How did you hear about us? _____

Course Details

Lead Trainer: Sada Sat Kaur. Guest Instructor: DukhNiwaran Kaur. Administrator and Professional Trainer: Jiwan Shakti Kaur (Julie Eisenberg)

Class Schedule: Please plan to attend all course meetings. Any student who misses 20 hours of class time (contact hours) will not be able to graduate from the training until all assigned make-up work is completed. Make-up work will be at the student's expense and must be approved by the lead trainer.

- Fridays, 6-10 pm
 - Saturdays, 9:00 am to 6:30 pm
 - Sundays, 10 am to 6:30 pm
- Note: Sadhana will begin on Sundays at 5 am. Trainees are required to attend a minimum of 5 group sadhanas during the course.

Dates:

March 6-8

April 3-5

May 1-3

June 5-7

July 17-19

August 14-16

September 11-13

White Tantric Yoga (October 10)

October 16-18

November 13-15

Registration Applications are due by February 10, 2020. A \$500 deposit is required to hold your space. Please submit a check made out to Lighthouse Yoga Center with this registration form to guarantee your participation in the course.

Course fees include:

- 200 hours of classroom instruction
- Membership in the International Kundalini Yoga Teacher's Association (IKYTA)
- The Aquarian Teacher Textbook and Kundalini Yoga Manuals

Additional costs:

- Day of White Tantric Meditation
- Additional yoga manuals (optional)
- Yoga classes – a minimum of 20 are required during the course. Discounted memberships to Lighthouse will be available for all trainees.

We request that payments be submitted by check or Venmo. A small surcharge may be added to credit card charges.

Refund Policy:

Refund requests prior to March 1 may be granted in part, excluding a \$200 administrative fee. After March 1, partial refunds may be granted in part, excluding a \$500 administrative fee.

There are no refunds/credits once the course begins.

Payment in full:

- Pay \$500 deposit upon registration and pay in full by February 1, 2020 and save. Total cost: \$3195.
- Pay in full after February 1, 2020: \$3295.

Payment plan options:

- Non-refundable and non-transferable deposit of \$500 due on February 1, 2020.
- Payment option 1: Submit 4 payments of \$725 in March, April, May and June. Total cost: \$3400.
- Payment option 2: Submit 6 payments, 2 of \$500 in March and April, then 4 of \$490 in May, June, July and August. Total cost: \$3450.

Waiver of Liability {Please read}:

I understand that yoga includes physical activity and movement. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will adjust the posture, ask for support from the teacher, and discontinue practice. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga and/or specific poses are not recommended and are not safe under certain medical conditions (e.g., cardiac illness, post-surgery, etc.). The student assumes the risk of their yoga practice and releases the teachers and studio from any liability claims. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to release and waive any claims that I have now or hereafter may have against Lighthouse Yoga Center and its principals and employees.

I also acknowledge that I understand the refund policy for the Lighthouse Yoga Center Teacher Training Program and agree with the terms. Lighthouse Yoga Center reserves the right to withhold your certificate, without a refund, for lack of participation and attendance. I fully accept all of the above terms.

Signature _____

Date _____

Please return this registration form along with the questionnaire in person at LYC or by mail to:

Lighthouse Yoga Center

Mailing address: 822 Crittenden Street NW, Washington DC 20011

202-670-8354

Application Questionnaire

1. Can you tell us about your background and experience with Kundalini yoga and other yoga practices?
2. What is it that you most enjoy about yoga?
3. What challenges you most in your practice?
4. Where do you currently practice yoga? What styles and with whom?
5. What motivates you to join in Lighthouse Yoga Center's teacher training program?
6. Tell us about any teaching experience you have had.
7. Do you anticipate any times that you will not be able to participate in the scheduled training dates? Please note that you are required to attend 20 classes during the course with a KRI-certified instructor. Do you foresee this being a problem?
8. Any injuries or health conditions we should know about?