*I believe in small group trainings with a big focus on personal attention to each trainee’s professional development. I, along with our compassionate and experienced mentor teachers, have offered over 45 Yoga Alliance 200 hour teacher trainings since 2001. We feel our job is to help you become the teacher you envision guiding others in the style that fits your passion, and to do this safely and ethically. Our focus is to help you feel comfortable, knowledgeable, and prepared to teach yoga. There are over 500 certified Lotus Gardens Yoga Teachers sharing their passion for yoga and we are happy you are contemplating joining them through Lotus Gardens Yoga School (LGYS). Lara Ward, Founder & Director*

*We want you to be fully informed, so our application begins with our policies. Read them over before delving into the application on pages 4-67 and don’t hesitate to reach out with questions or request for clarifications.*

**2023-2024 REGISTRATION INFO & POLICIES**

Each Trainee must successfully complete a total of 200 hours as outlined below to be eligible for a *Lotus Gardens Yoga School* 200 hour Yoga Teacher Certificate as follows:

**On Demand Videos \* Begin at Registration – Finish Before Graduation**

History, Eastern & Western Anatomy, Teaching Methodology & Techniques, Business, Ethics – total of **32 hours**

**Wednesdays 6:30-9:00 pm \* Online or In Person in New Fairfield – discuss, practice, question!**

2023: Oct 4, 11, 25, Nov 1, 8, 15, 29, Dec 6, 13, 20,

2024: Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28, March 6, 13, 20, 27

**Sundays \* 12-7:15pm \* Phoenix Yoga Seymour, CT**

Oct 22 \* A Day of Traditional Hatha Postures & Breathing Techniques

Nov 12 \* Moving Prana & Sun Salutations

Dec 10 \* Restorative Yoga understanding Support & Alignment

Jan 7 \* Developing Vinyasa Flows – Gentle to Powerful

Feb 4 \* Yoga for Every BODY \* teaching specialty populations

March 3 – Teach What You Love

**Mentored Hours \* 37.5 yoga class/personal practice hours**

4 hours: these hours are by appointment and your option of in person or online. The first 30 minutes will be with Director Lara Ward to discuss your personal and professional aspirations and intentions for your yoga teacher training journey*.*

33.5 hours of Practice either:

a) Live or zoom with Lara Ward (schedule through March 2024)

Mondays 9-10am \* Live Zoom or In Person \* private studio New Fairfield

Tuesdays 9-10am \* Live Zoom or In Person \* New Fairfield Senior Center

Wednesdays 5:15-6:15pm \* Live Zoom or In Person \* New Fairfield Senior Center

Thursdays 9:30-10:30am \* Live Zoom or In Person \* Jewish Community Center Sherman

Thursdays 11am \* Live Zoom or In Person \* Sherman Senior Center

Fridays 9-10am \* Live Zoom or In Person \* private studio New Fairfield

b) Live Yoga classes at Phoenix Yoga – Schedule at [*https://www.phoenixyogact.com/schedule*](https://www.phoenixyogact.com/schedule)

c) private sessions are available on request and for additional fees

d) On Demand is available but may not earn Yoga Alliance registry option

e) additional option of working with professional mentor may be available upon request and subject to Director’s approval

**Page 1**

**Applicants must have access to email, the internet, and On-Demand videos.** Please let us know on this application if internet/email access is a challenge for you.

**We recommend applicants have a minimum of one year consistent home or in studio practice.** Reach out to Lara Ward if you have any questions regarding your experience.

**August 2023-March 2024 Fees**

**EARLY REGISTRATION PAID IN FULL BY SEPT 5 $2,550**

**$2,750 PAID IN FULL**

**PAYMENT PLAN $3,000 \* 8 payments of $375 (first $375 payment is the deposit) payments are due prior to start of elements 1-8**

**In depth Study (no certificate issued $2,100\***

**\*Wish to immerse into yoga studies without earning a teacher certification? Study elements 1-7 eliminating final teaching assignments and practice classes are limited.**

**TO APPLY:**

**1. Complete this application, and email to** [**LaraWard@LotusGardensYoga.com**](mailto:LaraWard@LotusGardensYoga.com) **or mail to** Lotus Gardens, LLC at P.O. Box 8045 New Fairfield, CT 06812.

**2. Make your non-refundable deposit of $375 at** [www.LotusGardensYoga.com](http://www.LotusGardensYoga.com)**/ or mail with your application. S*ales tax is not included in tuition fee. If mailing check, be sure to include 6.35% CT sales tax for a total of $23.81.***

**3. Upon receiving your application and deposit, we will reach out to set up your *Intention Meeting and Training Plan* with Lara Ward.**

**4. A follow-up Commitment Letter with a link to your first On-Demand Video will be sent to you.**

**CANCELATION /REFUND POLICIES**

The training is a total of 200 hours divided into 9 *elements comprised of 18-24 hours of guided lessons.* **You have up to 1 year from start date to complete each *Element***. Once paid, the Element fee is non-refundable.

If Lotus Gardens, LLC cancels this program before the start of the training a FULL REFUND will be issued. If for any reason, Lotus Gardens, LLC must cancel a program after it has begun (do note in 22 years, this has never occurred and we do not foresee any reason for it to occur), refunds will be issued at the per hour fee paid for the current element i.e., you will be refunded for the hours that have not been taught yet have been paid for during that element. No refunds will be issued for the elements that are completed and a letter of hours completed along with syllabus will be issued.

If Lotus Gardens, LLC is required by law or we have reasonable health concerns forcing the in-person portion of the program to move to a fully on-line format, there will be NO REFUNDS and trainees will be required to complete training hours on-line.

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**NON-CERTIFICATION PARTICIPATION**

Participation as a non-certification trainee is welcomed. This is a wonderful experience to increase your personal practice and expand your knowledge of all aspects of yoga. Non-certification participation should be outlined prior to the start of the course. Participants will be allowed to opt out of any/all assignments, meetings, and student teaching hours. Non-certification fee is $1800 *(plus CT sales tax)* and requires participation in only 8 of the 10 elements. Trainees may change their status to or from Certification Earner at any time by informing Lara Ward in writing for an update on syllabus, fees, and requirements.

Lotus Gardens 200 Hour Teacher Training and Lotus Gardens Yoga School are programs offered by Lotus Gardens, LLC

**NO RECORDING**

Yoga Teacher Training and Classes are created to be safe and sacred space for all attending. No photos, video, and or, audio recordings are allowed during any training hours whether it is online or in person without permission from first Lotus Gardens Director or teacher presenting and all participating students and trainees.

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**200 HOUR YOGA TEACHER TRAINING CONFIDENTIAL APPLICATION**

DATE: I PLAN TO EARN A CERTIFICATE:

FULL NAME:

(to be printed on Certificate)

PREFERRED NAME:

EMAIL:

CALL/ TEXT NUMBER:

STREET ADDRESS:

(Incase materials need to be mailed)

City ST ZiP

WHEN OPTIONAL PREFERRED PARTICIPATION ONLINE or INPERSON

Please initial:

I have read and accept Lotus Gardens, LLC/Lotus Gardens Yoga School’s teacher training registration info and policies \_\_\_\_\_\_\_\_.

RETURN APPLICATION BY EMAIL TO [LaraWard@LotusGardensYoga.com](mailto:LaraWard@LotusGardensYoga.com) or mail

To: Lotus Gardens, LLC

26 Smoke Hill Drive

New Fairfield, CT 06812

*\*If mailing, please let the office know to be on the lookout for your application.*

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**RELEASE OF LIABILITY**

**I**, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby acknowledge that I have voluntarily applied to participate in activities related to physical training involving Yoga.

I AM AWARE THAT THE ACTIVITIES DESCRIBED ABOVE MAY BE HAZARDOUS AND I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH.

As lawful consideration for being permitted by Lotus Gardens, LLC, or one of its affiliated organizations to participate in these activities and use the facilities at which these activities are conducted, I hereby agree that I, my heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Lotus Gardens, LLC, or any of its affiliated organizations and/ or the owner or lessor of the premises where the activities are conducted for injury or damage resulting from the negligence or other acts, howsoever caused, by any employee, agent or contractor of Lotus Gardens, LLC, or its affiliates, as result of my participation in aerobic training involving Yoga. In addition, I hereby release and discharge Lotus Gardens, LLC, and its affiliated organizations from all actions claims or demands I, my heirs, distributees, guardians, legal representatives or assigns now have or may hereafter have for injury of damage resulting from my participation in the above described activities.

**I HAVE CAREFULLLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILTY AND A CONTRACT BETWEEN MYSELF AND Lotus Gardens, LLC, AND/OR ITS AFFILIATED ORGANIZATIONS, AND I HAVE SIGNED IT OF MY OWN FREE WILL.**

Dated: \_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Use as much space as you need for all answers.

1. Please share your experience with Yoga practice and studies. Include how long you have been practicing, the styles and teachers (if known).
2. What first brought you to study yoga?
3. What is your current yoga/meditation practice?
4. Do you have a personal yoga philosophy? If so, what is it?
5. Who inspires your yoga practice the most (authors, teachers, influencers, podcasters, you tube teachers…)?

7) Are you familiar with the following? If so/are they important to your yoga experience?

Sanskrit?

Yoga Sutras?

Buddhism?

Hinduism/ Bhagavad Gita?

Vegetarianism/Veganism?

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8) If you can, identify ***one*** aspect of yoga you find most important and why?

9) Are there any aspects of yoga you shy away from? If so, do you know why?

10) How comfortable are you with Anatomy (classes from high school, college, or forgot everything I learned)?

11) Have you earned any helpful certifications, licenses or degrees in Healing, Therapy, Medicine, Body or Energy Work, Fitness or Academic Teaching? If so, please list:

12) What is your vision of teaching yoga when you’ve earned your certificate? What will be your ideal class?

13) Is there anything in your personal life right now that may hinder your ability to fully concentrate/participate in your training? Is your family supportive of your studying and/or teaching yoga?

15) How did you hear about Lotus Gardens Yoga Teacher Training?

16) Anything else you’d like to add?

*Revised 8/16/23*

*Lotus Gardens, LLC A Registered Yoga Alliance School since 2001.*

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