

Zen Hot Yoga Teacher Training Certification 2023

Information Packet and Application for the
200 Hour Certification Program



Full Name: _____

Please review all information before submitting your application.
This document serves as a binding contract. Dates and times will be determined by Director of Teacher Training. All applications must be submitted by week one of training. Late entries will not be accepted unless approved by Zen Hot Yoga Teacher Training Director.

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Zen Hot Yoga Teacher Training Certification 2023

Zen Hot Yoga offers Yoga Teacher Certification at the 200-hour level. The student must complete the application form, and remit the required \$50.00 application fee by at least one week prior to the start date in order to be admitted to the program. Admissions after the deadline will be reviewed and subject to an additional fee.

Zen Hot Yoga is a Yoga School that meets the Yoga Alliance requirements for the 200-hour registry.

MISSION

- To enhance the Yoga Community through the positive personal development of training.
- To provide a safe haven of positive energy and support for our students' mental and physical growth.
- To inspire excellence, in and out of Zen Hot Yoga Teacher Training.
- To provide exceptional service to both our Yoga students and members of our Teacher Training Program.

We purposely keep our trainings small and intimate. This assures you have complete understanding of the course matter and more single teaching time (as opposed to group teaching) all to allow you to become comfortable and knowledgeable as a Yoga teacher. There is always time for questions and it allows the participants to get to know each other better. We support you the entire way.

NON-DISCRIMINATION POLICY

Zen Hot Yoga does not discriminate in admission, activities, education, employment, housing, public accommodation or public service on the basis of age, color, gender, disability, handicap, height, marital status, political affiliation, race, religion, sexual orientation, veteran's status, or weight.

PREREQUISITES AND ENTRANCE REQUIREMENTS

Applicants to the Level 200-hour program must have at least one year of yoga practice to qualify for entry. Zen Hot Yoga reserves the right to refuse admittance should qualifications for entry not be sufficiently met.

CERTIFICATION REQUIREMENTS

Students are awarded Zen Hot Yoga Teacher Certification upon completion of all requirements in the 200-hour program.

WHAT DOES THE NAME MEAN?

In Zen, the circle represents the process of continuous perfection, leading to a self with a difference. This process has no beginning and no end. The practitioner following a long pathway around the circumference of a circle, which eventually leads back to the starting point, but now he or she has had the experience of the journey and is changed from the person he or she once was. So, in other words, Zen is your life and your experiences. And only you have the power to improve your life and experiences. Let us help you on that journey!

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ABOUT US:

Zen Hot Yoga Studio has served the Virginia Beach community since 2008. Zen Hot Yoga is a supportive, non-competitive, family friendly environment where everyone is welcome. Our primary focus is to help our students achieve their personal goals, attain good health, and become aware of their ability to create and direct their own Yoga experience. We deeply believe in giving individual attention to each practitioner. We have seen the power that a Yoga practice can have for personal transformation and our teachers are committed to help you achieve and sustain it.

GRADING SYSTEM

Grading is complete/incomplete. Any incomplete may be made up per Late or Absent Policy. All quizzes and tests are a pass/fail grade. If failed, student may have the opportunity to retest one additional time. The Owner and/or training director reserve the right to deny certification to any student who does not fulfill course obligations or who does not meet the Zen Hot Yoga Teacher Training Course standards. In the event that certification is withheld, it will be at the sole and final discretion of Zen Hot Yoga to grant permission to retake portions of the course.

ATTENDANCE POLICIES

Zen Hot Yoga's criteria for obtaining certification follows guidelines set by Yoga Alliance, and either meets or exceeds those national standards. Therefore, in maintaining the integrity of this professional standard, all classes must be attended in full. With the exception of emergencies, the ZHYTT Program expects full attendance of all sessions in order to earn a certificate at the end of the course. Receipt of certificates is pending the successful outcome of a student's participation, understanding and exam success. Attendance is defined as participation in all facets of each scheduled session: discussions, asana practice, meditation, teaching clinics, workshops, etc.

A student who does not meet the attendance minimum will not receive his or her teaching certificate. If a student's excessive absence is due to a legitimate reason, such as an illness or other health emergency, he or she may join a future ZHYTT at a cost of 25% of the course. The student must successfully attend all classes and pass all exams in order to earn the course certificate. Otherwise, should certification be withheld due to unexcused absences, the student may – upon reapplication to the program and re-approval – re-attend the ZHYTT Program at a future date for the full program fee.

We ask that you carefully consider the time commitment required to participate in our program and obtain certification.

LATE or ABSENT MAKEUP POLICY

Students must be present at all classes. Any student arriving late or leaving early must make up the time to qualify for certification. Students have one month from the date of the absence to make up. Any make-ups beyond that time may not be accepted. Missed classes can be made up by appointment only, with the appropriate instructor, with an \$50 hourly fee. If arrangements for make-up classes are not made within one month of the date(s) missed, the student may be dismissed without refund. If attendance policy is not adhered to, it is at the YTT director's discretion as to allow participation in the program.

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TUITION AND FEES

Tuition-\$3350.00 + \$50 Application fee = \$3400

Payment Plan-\$3600 + \$50 Application fee = \$3650

Discount of \$50 if tuition is paid by check or cash.

Students must pay all fees and tuition by the applicable due date whether or not an invoice is received. If the student is paying in full, \$3350.00 is due by August 1st, 2023. If paying incrementally, the total cost is \$3600.00 to cover the processing and credit card fees. Application fee is separate from all pricing and does not go toward tuition. There is only 1 payment plan option with the program: Six payments of \$600 are due the 15th of each training month, beginning September 15th, 2023. You may pay by major credit card, check, money order or cash. If you have not paid by the due date, your enrollment is subject for review. In the event that your check is returned unpaid for insufficient funds a charge of \$25 NSF fee will be charged to your account. A NSF may affect your enrollment. Online payments can be made automatically. Any declined card will receive a \$3.50 NSF Fee. Workshop and other events may not be covered in your tuition. A payment plan must be set up prior to first training session.

REFUND POLICY

A partial application fee of \$25.00 may be retained by the school if the application is denied. All tuition paid by the applicant shall be refunded, if requested within three (3) business days after signing a contract with Zen Hot Yoga. All requested refunds will be returned within thirty (30) days. Once the three (3) business days have elapsed, the following policy will apply: No refunds will be granted after the first 30 days of training and the training binder must be returned. Any refunds requested prior to the 30 days will be pro-rated. Refunds for withdrawal of application by the applicant are granted in full, less \$25 of the application fee, up until the start of the program.

CONTINUING EDUCATION

Continuing education is an important part of any career. It keeps you refreshed and up to date. You will inspire your students as well as yourself to grow in your teaching and practice. Required programs include workshops, posture clinics, foundation courses, retreats and seminars. We offer CEU's at Zen Hot Yoga multiple times throughout the year. See below for Yoga Alliance guidelines.

YOGA ALLIANCE REGISTRATION

Zen Hot Yoga is a Yoga Alliance® approved school. Yoga Alliance® registers both individual Yoga teachers and Yoga teacher training programs (schools) meeting minimum educational standards established by North American yoga professionals. Yoga Alliance maintains a national *Yoga Teachers' Registry* in order to recognize and promote teachers with training that meets their approved standards. Yoga Alliance® also maintains a *Registry of Yoga Schools* to acknowledge approved Yoga teacher training programs at the 200 and 500 levels. Yoga Alliance requires Continuing Education Units after certification in order to maintain status as a Yoga Alliance approved teacher. Zen Hot Yoga is a Yoga Alliance® approved school from which to receive CEUs.

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SICKNESS/COVID POLICY

Students who are able are expected to continue with their studies even if in quarantine/isolation. Provided students feel well enough, the expectation is that they continue with their studies so that they do not fall behind. Not only are online courses accessible from anywhere, in-person courses will also provide remote access into the classroom for students who are in quarantine/isolation so that they can keep up with their coursework. Faculty have been advised to plan ahead to support students who are unable to attend in-person, including hands-on teaching, lectures and classes.

To ensure our success, we all must accept a certain amount of personal responsibility. Personal responsibility is critical to keep training continuing through the 6 months. We trust that all trainees will make responsible choices in regards to the health and wellbeing of our fellow Yogis. Make it a goal to keep everyone safe. Please show compassion and patience for your fellow trainees and teachers as we begin our 2023 training.

COMPLETION OF PROGRAM

Upon completion of the ZHYTT Program, you may independently teach Yoga provided that you will do so in a professional style and manner. You may teach at any location you choose so as long as you do not open your own yoga studio within 20 miles of another Zen Hot Yoga unless agreed to in writing. You may not open a Yoga studio bearing the name Zen Hot Yoga unless agreed upon in writing.

Student hereby authorizes Zen Hot Yoga to use students' picture or other likeness in any advertisement, marketing ad, journal, magazine, website or other promotional material.

Your certification as a Yoga instructor does not make you an employee of Zen Hot Yoga. You will remain a separate entity. Employment at Zen Hot Yoga will only be available after successful completion and graduation of our program.

FACULTY AND STAFF

Muning Hu, ERYT-500, YACEP

Susan Casciato, ERYT-500

JulieBeth Mezzy, YT-200, BCTMB, NBCR, Reflexology Educator (Anatomy)

Jennifer Harrington, CYT-500, C-IAYT

Julie Biller, ERYT-200 (Owner)

Alternating Zen Hot Yoga RYT's

ZEN HOT YOGA APPLICATION DETAILS

Application fee: Please remit check, credit card, cash or money order in the amount of \$50, with the completed application form. This fee does not count towards tuition. It may be paid online.

Tuition (\$3350 or \$3600) will not be invoiced to you until you have submitted answers to the questions below, your acceptance into the program is approved in writing or by email, and your intention to attend is confirmed. If you are accepted, you will receive an email letter of acceptance, a textbook list and list of yoga supplies including a binder and syllabus. You are responsible for purchasing your own books. We have studio yoga equipment, belts, blocks, etc., which you are welcome to use.

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A payment plan must be set up before the program begins. No exceptions. This document contractually binds you for full payment after the first 30 days of training. If you are unable to complete the course, for any reason, you will be credited with the hours you have attended. All training materials must be returned. No certificate of completion is granted until all requirements are met. No refunds are granted after October 20th, 2023.

COURSE DATES & TIMES

Zen Hot Yoga Teacher Certification 200 Hour Teacher Training Program (ZHYTT) operates as a 7-month program depending on scheduling. All required subjects for certification are included. By successfully completing ZHYTT 200, all academic requirements for certification are met.

Please note that all state, national, or religious holidays are taken in consideration, however, classes may occasionally take place on holidays.

*Training Takes Place at Zen Hot Yoga South

2023 Course Dates:

September 22-24

October 13-15

November 3-5 (Holiday month, meeting only one weekend)

December 1-3 (Holiday month, meeting only one weekend)

January 5-7th

February 2-4th

February 23-25th

March 15-17th

April 5-7th (Finals Weekend)

Schedule:

Practice times at least once a week

Friday Evenings: 5:30pm-8:30pm

Saturday: 9:00am - 6:00pm

Sunday: 9:00am - 6:00pm

Times and dates subject to change

PLEASE INITIAL EACH PAGE AND RETURN THIS PACKET IN ITS ENTIRETY WITH YOUR \$50 APPLICATION FEE. YOU WILL RECEIVE A COPY OF YOUR SIGNED CONTRACT.

Zen Hot Yoga reserves the right to makes changes. If changes in this guide affect a student contract, both the student and Zen Hot Yoga must sign a new contract.

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ZHYTT APPLICATION FOR ADMISSION

Please fill out the form, and answer the following questions:

Name: _____

Address: _____

City _____ State/Zip _____

Telephone _____ Alt. phone _____

Date of Birth _____ Email _____

Application fee \$50.00 enclosed (CC, check, money order or cc)

Do you choose to:

Pay in full before or on August 1st, 2023- \$3350.00

Automatic Payment Plan- \$600.00 deducted on the 15th of each training month. Total of 6 payments- \$3600.

Payment increments subject to change based on length of program

The Tuition paid by the applicant shall be refunded, if the application is rejected by the school before enrollment. An application fee of not more than \$25 may be retained by the school, if the application is denied or withdrawn. All tuition paid by the applicant shall be refunded, if requested, within three (3) business days after signing a contract with the school. All refunds shall be returned within 30 days. Once the three (3) business days have elapsed, the following policy will apply: No refunds will be granted after the first 30 days of training. Any refunds requested prior to the 30 days will be pro-rated.

Your signed application and \$50.00 application fee signifies your intention to complete this program and to abide by the conduct rules and attendance rules stated in this packet.

Signature _____

STAFF ONLY:

Application & Fee Received by:

Date: _____

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RELEASE AND WAIVER.

I HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE ANY AND ALL LIABILITY, CLAIMS, AND DEMANDS OF WHATEVER KIND OR NATURE AGAINST ZEN HOT YOGA, LLC. AND ITS CONTRACTORS AND EMPLOYEES TO THE FULLEST EXTENT PERMISSIBLE BY LAW, INCLUDING BUT NOT LIMITED TO DAMAGES OR LOSSES CAUSED BY THE NEGLIGENCE, FAULT OR CONDUCT OF ANY KIND ON THE PART OF THE RELEASED PARTIES, INCLUDING BUT NOT LIMITED TO DEATH, BODILY INJURY, ILLNESS, ECONOMIC LOSS OR OUT OF POCKET EXPENSES, OR LOSS OR DAMAGE TO PROPERTY, WHICH I, MY HEIRS, ASSIGNEES, NEXT OF KIN AND/OR LEGALLY APPOINTED OR DESIGNATED REPRESENTATIVES, MAY HAVE OR WHICH MAY HEREAFTER ACCRUE ON MY BEHALF, WHICH ARISE OR MAY HEREAFTER ARISE FROM MY PARTICIPATION WITH THE TRAINING.

ASSUMPTION OF THE RISK. I acknowledge and understand the following:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist;
2. I knowingly and freely assume all such risks related to illness and infectious diseases, such as COVID-19, even if arising from the negligence or fault of the Released Parties; and
3. I hereby knowingly assume the risk of injury, harm and loss associated with the Training, including any injury, harm and loss caused by the negligence, fault or conduct of any kind on the part of the Released Parties.

MEDICAL ACKNOWLEDGMENT AND RELEASE. I acknowledge the health risks associated with the ZHY Teacher Training, including but not limited to transient dizziness, lightheaded, fainting, nausea, muscle cramping, musculoskeletal injury, joint pains, sprains and strains, heart attack, stroke, or sudden death. I agree that if I experience any of these or any other symptoms during the Training, I will discontinue my participation immediately and seek appropriate medical attention. **I DO HEREBY RELEASE AND FOREVER DISCHARGE THE RELEASED PARTIES FROM ANY CLAIM WHATSOEVER WHICH ARISES OR MAY HEREAFTER ARISE ON ACCOUNT OF ANY FIRST AID, TREATMENT, OR SERVICE RENDERED IN CONNECTION WITH MY PARTICIPATION IN THE TRAINING. BY ATTENDING AND/OR PARTICIPATING IN THE TRAINING, YOU ARE DEEMED TO HAVE GIVEN A FULL RELEASE OF LIABILITY TO THE RELEASED PARTIES TO THE FULLEST EXTENT PERMITTED BY LAW.**

Print Name _____

Signature _____ **Date:** _____

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Please answer the following questions.

1. When did you begin practicing yoga and why?

2. Tell us briefly about your Yoga teacher(s) and your yoga experience.

3. Do you have a daily home practice? If so, please tell us about it:

4. Do you attend yoga classes now? If so, where?

5. What special interests or talents do you bring to your teaching/practice?

6. Why do you want to participate in ZHY Teacher Training?

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7. Are you interested in teaching a certain “type” of Yoga?

8. Do you have any special conditions or physical needs?

9. How did you hear about Zen Hot Yoga Teacher Training?

10. Are you currently teaching Yoga? If so, where?

11. Do you anticipate missing any schedules training dates or times?

12. Is there anything else about yourself you would like us to know?

STAFF ONLY:

Interviewed By: _____ Date: _____

Accepted by: _____ Date: _____

Please return the completed application and \$50 application fee to Zen Hot Yoga.

Thank You & Namaste!