Please answer the questions by writing below each question. If possible, use font of a different colour.

1) Name:

2) Cell phone:

3) Home phone:

4) Address:

5) Email address:

6) Birthdate:

7) Occupation:

8) Language(s)

Health

9) Anything important I should know about your learning needs (hearing, vision, attention, etc)

10) Please describe in detail any physical limitation or injury that you may be experiencing at this time. Specify if it is chronic or acute. Please make sure to list any postures and movements that have been suspended by your health-care practitioner.

11) Please describe any illness or disease you may have. Please list all recommendations made by your health-care practitioner, especially concerning yoga practices.

Your yoga practice

12) Please describe your yoga practice. How long you have been practicing, style(s) of yoga, regularity of practice, challenges, abilities, etc.

13) Do you have a meditation practice? How long you have been practicing, tradition/style of meditation, name of meditation teacher, regularity of practice, challenges, etc.?

14) How familiar are you with *prāṇayāma* (breathing techniques)? Please list all the *prāṇayāma* techniques you have learned. Do you practice them regularly?

15) Are you familiar with chanting and reciting in Sanskrit?

16) Have you done any kind of yoga immersion, intensives or teacher’s programs? Please provide concise description of the program(s).

17) Have you been on yoga or meditation retreat before? Please give a concise description of your experience.

18) Why are you signing up for this program?

**19) Please read carefully the following paragraphs and initial in the blue parenthesis**

**Why the hour count?**

Since Deepen and Refine is a foundational program and preparation for the Teach Yoga program, it requires a particular count of required hours of class time and practice with the teacher. If you are planning on teaching yoga, then you want to make sure that you do gather the necessary hours for certification. This means that if you are absent on occasion you will make up your hours with the teacher through a future class or workshop.

However, if you have no plans to teach and are signing up solely to deepen your own personal practice, then you won’t need to be concerned about the hour count.

The Deepen and Refine program offers you the opportunity to complete 190 hours of teacher/student time and additional hours (at least 60) of personal study and home practice time, for a total minimum of 250 hours.

Initials ( )

**Calendar**

Class time runs from mid-September to end of June of any given year. Students are required to complete the Deepen and Refine program within a maximum time-frame of two calendar years.

Initials ( )

**Tuition**

**$1500.00 (taxes included)**

Tuition for Deepen and Refine must be paid in total by completion date of the program.

Initials ( )

Tuition does not include books. Books will be approximately $300.

(special payment plans can be arranged with the individual student)

Initials ( )

**To register**

***Students signing up for Deepen and Refine your Understanding Program are required to have an authentic meditation practice. Please consult with Eliot about this requirement.***

1. Complete and sign this form
2. Provide $500 non-reimbursable deposit
3. In case the student cancels his or her participation in the program, his or her participation hours to that date will be calculated and deducted from any reimbursement made. The $500 deposit is non-reimbursable.

Initials ( )

You can send this

**By mail**

A check made to the order of Centre Yoga Aylmer

142 Frank Robinson avenue

Gatineau Quebec J9H 4A6

**By email**

Make your payment by interac transfer from your online banking site

**In person**

Cash or check to the order of Centre Yoga Aylmer

**Participant Release Form**

**I** understand that the benefits of yoga are many, and that part of the beauty of yoga is to listen well to my inner voice, and to make intelligent choices for my own body.

**H**owever, I also understand there are risks inherent in any physical activity, and while the instructor will make every effort to create a healthy environment, it is possible that discomfort or injury could result from participating in the practices of yoga.  
**B**y signing this form below, I hereby accept full responsibility for any results from participating in the Deepen and Refine Program and agree that the instructor, Eliot Acuña, and all other Centre Yoga Certified Teachers and the other participants are not liable in any way.

**M**ay we all gain strength, flexibility, knowledge and greater peace from this time together.

Today’s date:

Below, please type your name to sign or sign by hand on paper copy.