

Cloud Nine Yoga Santa Ana - Anaheim Branch:
200-hr In-Depth Yoga Training & Teacher Certification (RYT 200)

Inner Space
607 E. Santa Ana Blvd.
Santa Ana, CA 92701

Facilitators: Lauren Horn and CNY Faculty

Registration Information & Agreement Form

Please READ and fill out this form COMPLETELY to register. Include your initials in designated areas, make a copy for yourself and mail the ORIGINAL, along your \$400 deposit payment to:

*Cloud Nine Yoga c/o Lauren Horn
2960 Champion Way #1407
Tustin, CA 92782*

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____
(The one you use most) (The one you check most)

BIRTHDAY: _____ NICKNAME: _____

Emergency Contact Name: _____

Relation to you: _____

Emergency Contact number: _____

Please answer the following questions regarding your yoga experience (use separate sheets or the back of this form as needed):

1. How many years have you been practicing yoga? Where are you practicing? How many hours per week? What style/type of class?

2. Tell us about your most memorable experience taking a yoga class.

3. What subject/topic excites you most about this training? Why?

4. Which specific aspects of this "Training Experience" attracted you?

5. List your Goals/Intentions as you embark on this transformation adventure:

Please answer the following questions regarding your medical/health history:

1. What medications are you currently taking?

2. Do you have any allergies? If so, list specifics and what you do to prevent/treat them.

3. Are you currently suffering from an injury? If so, please describe in detail where in your body, the diagnosis from your physician, what happened and what you are doing to nurture healing (use separate page if needed).

4. On a scale from 1 – 10 (one being poor and ten being perfect), rate your emotional/mental health. Explain why you chose this number.

5. Do you have a religious/spiritual practice? Tell us a bit about it.

6. What other physical activities/sports are you involved in?

7. Describe a typical day in your life.

** Cloud Nine Yoga collects this information to get to know you. All answers are seen by our facilitators and kept confidential. We do not discriminate based on age, race, religion, sexual orientation or background. Questions are offered to better serve you as a student of our Teacher Training Program. We reserve the right to refuse an applicant. We take pride in creating a safe space of acceptance, healing and unconditional love. We do not claim, nor desire to be an alternative for proper medical or psychological care. All applicants are screened and treated equally.*

Payment Options:

(Please ✓ only one)

A. () Paid in full (\$2,999); \$200 discount if paid in full one month before training start date.

B. () Installment method (\$400 due with this application, 4 remaining payments of \$650 each on or before designated due dates, as outlined in the class schedule).

_____ (Please initial): I agree to a \$50 late fee for any installment payment past due five (5) days or more. I will automatically include this fee when I make a late installment.

My Preferred Payment method:

() Cash () Money Order () Check () Chase Quick Pay () Cash App

~ Are you writing a check or money order for the application fee? Please make it payable to: Cloud Nine Yoga

Balance Due & Refunds: All balances are due before graduation date. *There are no refunds offered.* Any change in your participation in the program must be discussed with the head trainers. Any remaining credit in your account will be offered toward further offerings with Lauren Horn.

_____ (Please initial): I have read and understand the refund policy above.

HOURS (BREAKDOWN):

As a student of Cloud Nine Yoga Huntington Beach-Tustin, you will receive a minimum of 80 hours of Accredited Yoga Training Curriculum in the weekly classes provided in the syllabus. Retreat must be purchased separately. You are responsible for personal studies, home/in-class yoga practice and homework (a minimum of 10 hours completed outside of class). An internship with a mentor yoga teacher (a minimum of 20 hours in their personal class, as an assistant) will be explained at the first meeting. *Seva, "selfless service"* (10 hours of volunteer work) are also required to complete certification. In addition, you are responsible for maintaining a personal yoga practice in the presence of a Cloud Nine Yoga teacher throughout the training (a minimum of 40 hours) as it is through this personal practice that students are able to integrate the material learned.

RETREAT:

Cloud Nine Yoga is unique in that we require every student to complete a 3-5-day Yoga Retreat. Several Cloud Nine Retreat options are available throughout the year and more details will be provided during the training. The cost of such retreats ranges from \$600 to \$900, depending upon the length and location of the retreat.

ACKNOWLEDGEMENT

It is my responsibility to be proactive about the health and safety of my body temple.

_____ (initial) I hereby release Lauren Horn, guest teachers, assistants and Cloud Nine Yoga from any liability or responsibility having to do with my personal health and physical safety.

ASSUMPTION OF RISK

_____ (initial) I am aware that participation in the Cloud Nine Yoga Santa Ana - Anaheim Yoga Teacher Training, including all classes, outings, workshops and retreats offsite or at the training host sites may be hazardous activity. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I am voluntarily participating in these activities with the knowledge of the risks of injury for which I will voluntarily assume. I acknowledge that I have read the **LEGAL LIABILITY RELEASE** and agree to the terms outlined in this entire document.

LEGAL LIABILITY RELEASE

“As consideration for being permitted to participate in Cloud Nine Yoga classes, activities, outings and travel, I _____ hereby agree that I, myself, my assignees, heirs, guardians and legal representatives will not claim against, sue or attach the property of Alisha Vasquez, Lauren Horn, Inner Space Yoga Studio, and/or Cloud Nine Yoga for injury or damage resulting from my participation in any lesson, class, workshop, excursion or activity. I hereby release Lauren Horn, Inner Space Yoga Studio, and/or Cloud Nine Yoga and all agents and heirs from any and all such actions, claims or demands that I, my assignees, heirs, guardians and legal representatives now have or hereafter may have for injury or damage associated with my participation. I hereby release Cloud Nine Yoga, LLC and all teachers, sites, and hosts for all claims, injury, damages or liability suffered by me in connection with my training, including retreats, classes, and intensives.”

Individuals hereby acknowledge that before participating in an exercise program that they should consult with a physician.

“I have carefully read this entire agreement and fully understand the above contents. I am aware of and agree that this is a complete release of liability voluntarily assumed for my participation in ALL activities with Lauren Horn and Cloud Nine Yoga, LLC”

Printed Name

Signature

Date

PLEASE MAKE A COPY OF THIS ENTIRE FORM FOR YOURSELF BEFORE MAILING.