



APPLICATION FORM  
300-hour Yoga Teacher Training  
Yoga Alliance 200 accreditation

Please complete and email to [joey@updogyoga.com.au](mailto:joey@updogyoga.com.au) as part of your application.  
A NON REFUNDABLE deposit of \$500 will be required to secure your place.

Training Date  
Legal Full Name  
Preferred Name  
Email  
FB / Instagram  
Date of Birth  
Current Occupation  
How did you hear about our YTT?

**YOGA HISTORY  
& TEACHER TRAINING INTEREST**

How long have you practiced Hatha and/or Vinyasa yoga?

What other style(s) do you regularly practice? Please include names of primary teachers, studios and styles.

Are you currently a certified teacher? If yes, please provide the following: The School, the Style, and the Graduation Year.

Please list the 3 primary things you hope to get out of this teacher training?

What most appeals about 'The Present' program?

What is your greatest strength (personally or professionally) that you bring to this training program?

What is your greatest area for growth, personally, and professionally?

### **Personal writing piece**

Please submit a short essay (300 words) on how you have witnessed the power of yoga influence your life.

### **Limitations / Injuries / Medication**

Do you have any physical limitations/injuries that may prevent you from an extensive asana practice or for sitting for extended periods of time?  
If yes, please describe:

Are you currently taking any form of medication?

Is there anything else it would be helpful for us to know about you or your past?

Do you currently smoke?

### **Emergency Contact Details**

Please provide a primary contact plus an alternative contact in the case we cannot get in contact with your primary contact.

Full Name  
Relationship to you  
Email  
Phone Number  
Full Name  
Relationship to you  
Email  
Phone Number

## LEGAL DISCLAIMER AND WAIVER

Financial and personal commitments:

By submitting this application to 'The Present', I agree that I understand the financial commitments and the time commitments required, if accepted to participate in this program. I agree to pay all tuition and fees in a timely manner. I agree to commit to the rigorous physical and educational experience for the entire duration of the curriculum, dedicate the time it takes me to complete assignments, and demonstrate proficiency in all earnest. I understand that completing this training does not automatically guarantee Yoga Alliance Certification.

I understand that yoga includes physical movement. Physical activity carries with it certain inherent risks that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation in 'The Present' 300-hour Yoga Teacher Training program is voluntary and that I knowingly assume all such risks. I recognize it is my responsibility for speaking with the teacher if I come to class with injuries or other physical or health related issues including pregnancy.

Yoga is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against UpDog Yoga & 'The Present', its owners, educators, teachers, contractors, and other Teacher Training participants. I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the Yoga Teacher provided by 'The Present'.

Note: By sending this application to 'The Present', you are agreeing to the terms of the Disclaimer and Waiver as provided above.  
When you arrive at UpDog for 'The Present' training you will be asked to sign this Legal Disclaimer and Waiver.

Thanks for answering all of these questions and providing the 'Personal Writing Piece'. These will assist us in designing sections of the training just for you!

We will review your application and let you know if you have been accepted, as soon as possible, so that you can start your own planning.

We will be in touch with you soon.  
Kind regards,  
Joey, Shelley & The Present Crew