



**TANTRA FLOW YOGA™**  
200 Hour Teacher Training  
Student Information/Application Form

Date:

Name:

City where you reside:

City of origin:

Contact info (email/phone/address):

Which program are you applying for?

200hr Teacher Training

300hr Part 1

300hr Part 2

300hr Part 3

Which location:

What styles have you practiced? (Which ones did you like? Which ones did you not like so much?)

What part of yoga still feels inaccessible to you?

What teachers, if any, made a significant impression on your learning?

If any, can you describe why they are so impressionable?

Have you taken a teacher training in the past or any other relevant education/workshops?

If so, please list the style, the teacher and the location.

What is your current yoga practice?

How many years have you practiced?

How often do you currently practice?

Where?

Are you able to do Handstand?

Are you able to do Headstand?

Are you able to do Upward Bow, sometimes called the Wheel pose?

What is your favorite pose?

What is your least-favorite pose?

Anything else you'd like to share?

Please list any injuries or aches you have in your body, or mind.

Please list any medications that might affect your practice or ability to learn with us in the training environment. (All of this information will be kept confidential.)

Are there any other circumstances or issues that might present obstacles for you during the course of this program?

This program requires a dedicated time commitment. Do you have any other major commitments (school, more than one job, or other?) that would prevent you from participating fully?

Are you able to commit to a regular home practice?

Are you currently a yoga teacher? If so, please include a resume or list of your teaching history and the types of students you teach.

Do you want to become a yoga teacher?

What is your intention and what do you hope to get from this training?

What are you most afraid of with this training?

What are you most looking forward to?

How did you hear about the program?

Is there anything else you would like us to know?

In order to reserve your space within the training you must complete the following:

- Attach a photo with submission of this application that will allow Jeanne to identify you
- Complete a deposit payment of 250€ (please note all deposits are non-refundable)
- Read and initial below that you understand all of the policies with respect to the training including requirements, cancellation, refund policy.
- Sign completed application and submit to [jeanne@jeanneheileman.com](mailto:jeanne@jeanneheileman.com)

**Please initial each item and sign below.**

\_\_\_\_\_ **RELEASE:** In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Jeanne Heileman or the Tantra Flow Yoga™ Training, for injury or damage resulting from

my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity.

\_\_\_\_\_ **ACKNOWLEDGEMENT:** I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities.

\_\_\_\_\_ **PAYMENT POLICY:** Full tuition/payment for the training must be paid in full before the start date of the program in order for the student to participate. Without full payment the student will be unable to attend the program and no refund will be issued if prior cancellation has not been made (see cancellation policy below).

\_\_\_\_\_ **CANCELLATION POLICY:** All cancellations up to 30 days before the training start date are eligible for a full refund on paid fees less the non-refundable deposit of 250€ . Any refunds between 7-29 days before the training are eligible for credit towards future Tantra Flow Yoga™ Trainings equal to the amount already paid less the non-refundable deposit. Any refunds within 7 days before the start of the program are eligible for receive 1/2 of the tuition credit towards another training with Tantra Flow Yoga, less the deposit.

\_\_\_\_\_ **PROGRAM COMPLETION:** 1) 100% Attendance at all TT weekends and other classes/events as required. If any part of the program is missed, Jeanne Heileman, at her discretion, will offer makeup opportunities. Additional costs will apply for makeup sessions. 2) Satisfactory completion of all written assignments. 3) Satisfactory demonstration of your ability to teach a safe and cohesive yoga class, including asana, pranayama, meditation and philosophy. 4) Passage of any in-class and take home exams if they are part of the training.

I hereby submit my application for consideration to participate as a student in study with Tantra Flow Yoga™, and declare that the above information is true to the best of my knowledge and belief.

Applicant signature: \_\_\_\_\_ Date: \_\_\_\_\_