



Aerial Yoga Teacher Training 60 Hour Program

Teacher Training Dates: September 30 - October 21 Friday - Monday

Hosted by Citra Fitness & Movement 2315 Locust St Suite 13b, St. Louis, MO 63103

APPLICANT REGISTRATION

Full Name: _____ Date: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Phone: _____ Email _____

Emergency Contact: _____

Phone: _____

TUITION AND PAYMENT INFORMATION

Tuition for the 60-hour program is **\$1500**. _____

QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS SO THAT WE CAN GET TO KNOW YOU BETTER. USE THE BACK OF THIS PAGE IF NECESSARY.

1. How did you hear about Aerial Yoga Houston Teacher Training Program?
2. Are you a certified Yoga Instructor? If so, where and style (if applicable)?
3. What is your teaching experience in yoga or in any discipline, related or unrelated to yoga?
4. List any limitations that affect your practice, physical or otherwise:
5. What are your desires or goals for the training?
6. Anything else you feel is important for us to know?

RELEASE AND WAIVER OF LIABILITY

- 1. I warrant that I am over 18 years of age, in good health, and have no physical or mental condition that would prevent me or render it inadvisable for me to participate in Aerial Yoga Houston 60-hour teacher training program.
- 2. I hereby agree to release and discharge from any liability whatsoever, and waive any and all claims I may have against any person or entity involved with this program in any manner, including but not limited to Aerial Yoga Houston, or to Nicole Haagenson, as a result of any injury or damage, including death, sustained by me or to my property while participating in this program, whether caused by the negligence of any of the above named parties or others, and whether foreseen or unforeseen.
- 3. I understand that not all aerial yoga exercises or practices are suitable for everyone and that participation in the suggested exercises and practices may result in injury. With the knowledge that any of these exercises and practices can result in injury, I hereby expressly assume all risks associated with participation in this program, including the risk of injury or damage resulting from performing any of these exercises and practices.
- 4. I further agree to indemnify and hold harmless any of the above named parties from any claim by or against me arising out of my participation in this program, including all of their attorney's fees and costs.
- 5. I understand that the instruction and advice presented in this program is not intended as a substitute for medical advice and counseling, and that one should consult a physician prior to the start of any new exercises or practices. I consent to and permit emergency treatment, medical or other wise, in the event of injury or illness. I further release all persons associated with this program in any manner from any claim whatsoever on account of treatment or service rendered to me during this program.
- 6. I understand that all materials included in the Aerial Yoga Houston program, written, electronic are not to be copied, reproduced or distributed by any means without written permission of instructor and Aerial Yoga Houston.

I understand and agree to the above.

Print Name _____

Signed: _____ Date: _____

NON-COMPETITION AGREEMENT FOR AERIAL YOGA HOUSTON

Participants of Aerial Yoga Houston teacher training programs acknowledge and agree that Aerial Yoga is a unique form of yoga that generally is not offered by other yoga studios in the Greater Houston area. As a result, Aerial Yoga Houston Teacher Trainee information, photos, manuals, class sequences, marketing strategies, business operations are unique and proprietary to Aerial Yoga Houston.

By signing this Agreement, participant agrees that, during the term of this Agreement and for a period of three (3) years following the effective date participant will not teach Aerial Yoga teacher training classes/programs for the benefit of himself or herself or for the benefit of any other yoga studio or other business enterprise (profit or non profit) (including, but not limited to, dance studios and health clubs) located within a 20 mile radius of anywhere Aerial Yoga Houston teaches classes. Participant agrees that, in the event he or she violates the obligations imposed by this agreement, Aerial Yoga Houston shall be entitled to immediate injunctive relief, as well as liquidated damages in the amount of Ten Thousand Dollars (\$10,000.00) per violation, compensation for reasonable attorneys' fees incurred by Aerial Yoga Houston in enforcing this Agreement, and any other damages available at law or in equity.

Aerial Yoga Houston teacher Trainee (Print Name)

Date

Signature