

# **Big Bear Yoga Teacher Training Registration Information**

Thank you for your interest in the Big Bear Yoga Teacher Training. Please complete the following registration form for review and acceptance. We are excited to work with you to explore yoga and teaching yoga. Questions? Please contact Big Bear Yoga at [bigbear yoga@hotmail.com](mailto:bigbear yoga@hotmail.com) . Please give this registration form to one of the teachers at Big Bear Yoga, email to [bigbear yoga@hotmail.com](mailto:bigbear yoga@hotmail.com)

## **Requirements**

Computer access with internet, online video accessibility, and in-person for required classes. An interview with Annalisa ( [bigbear yoga@hotmail.com](mailto:bigbear yoga@hotmail.com) ) or Lisa Ann ( [lagoldyoga@gmail.com](mailto:lagoldyoga@gmail.com) / 310-435-7223) to guide our training with you in mind.

## **Payment, Cancellation, and Refund Policies**

### **Payment**

We offer several payment plans, and we accept money orders, checks, cash, PayPal, Zelle, Visa & Mastercard. Total cost of the training depends on the payment plan chosen. Cost varies depending on the type of training you select. Please contact us for rates and options.

### **Refund and Cancellation Policy**

Please carefully consider if you are in a position to completely commit to the entire Teacher Training course. If you have any questions, please contact us prior to registration. Once you register and provide payment for the course, there are NO REFUNDS. However, 100% of payment will be credited toward group yoga classes and workshops at Big Bear Yoga, and expires 1 year from the date of payment. No other refunds or credits are available.

# **Big Bear Yoga Teacher Training Application and Registration Form**

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First Name:

Last Name:

Mailing Address Line 1:

Address Line 2:

City:

State/Province:

ZIP/Postal Code:

Country:

Phone (Primary):

Phone (Secondary):

Email:

Website:

Birth Date:

Occupation:

Emergency Contact Name:

Emergency Contact Phone:

*-Why are you interested in Teacher Training?*

*-What are your expectations for this training? What do you hope to gain, learn or work on?*

*-Please list any other training or experience that you believe may be relevant.*

*-How comfortable are you speaking in front of people? Do you have any experience with public speaking or teaching?*

*-Tell us about any major illnesses, surgeries, injuries or conditions we should know about.*

*-Please list other physical activities, health practices, diet, beliefs, etc. you are involved in or practice, such as running, vegetarian diet, etc.*

*These are the major categories of training. Please mark which ones you are most interested in and drawn to.*

- Introduction to Yoga
- Philosophy, Lifestyle and Ethics
- Training and Practice
- Introduction to Teaching Methodology
- Introduction to Anatomy & Physiology

*-What style(s) of yoga are you interested in focusing on in your training? (For example, Gentle, Iyengar, Restorative, etc.)*

*-Other Interesting Things - Feel free to share!*

*-How did you hear about this Teacher Training?*

## **Waiver**

I, the undersigned, do hereby consent and agree to the following provisions as are set out in this waiver and release of liability and assumption of risk agreement. By signing below I accept the terms and conditions of class participation, and agree to the below:

- I understand the nature and purpose of yoga and yoga oriented classes I participate in. I confirm that I have read, understood and agreed to the payment and refund terms.

- By my participation in classes or activities I agree to take full responsibility for not exceeding my limits. I am aware that any strenuous physical activity involves certain risks. I also understand there exists the possibility of certain physiological changes occurring during exercise or treatments I participate in.

- I recognize that there is the possibility of physical injury. I assume the risk of any and all accidents or injuries of any kind, which may be sustained by me in connection with my participation. I understand the risks of being active at high elevations. I am responsible for any results or injuries from these things.

- It is my responsibility to ascertain that there is no medical reason to prevent my participation. I further state that I am physically fit, in general good health and that I hereby release and hold Big Bear Yoga, Big Bear Yoga Teacher Training, its officers, directors, agents, subcontractors, instructors and all other individuals in any way associated with the training and/or any of the programs offered harmless from all claims of any kind whatsoever that I may now or at any time in the future have for damages or injuries arising out of my attendance and/or participation in said program, event or activity. This includes injury from or during the travel to or from the location, and other activities related to the training. I am solely responsible for the safety of my person & property.

- I release, discharge, and absolve Big Bear Yoga, Big Bear Yoga Teacher Training and their respective Teachers, Instructors, parents, affiliates, subsidiaries, offices, directors, employees and agents from any and all liability or responsibility for any such accident or injury. Should any incident occur it is agreed by both and all parties that "Binding Informal Arbitration" (The submission of a dispute to an unbiased third person designated by the parties to the controversy, who agree in advance to comply with the award—a decision to be issued after a hearing at which both parties have an opportunity to be heard. will settle the issue that arise.) This release shall be binding upon my heirs, executors, administrators and assigns.

- I understand the refund, cancellation and payment policy. I have carefully considered my ability to completely commit to the entire Teacher Training course. I understand once

I register and provide payment for the course, there are NO REFUNDS.

I hereby represent and warrant that either:

I am at least eighteen (18) years of age and am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document. By signing below I certify that I have read and understood every part of this Agreement and I agree to comply with all of its terms and conditions; OR I am the parent / legal guardian of the applicant (the Applicant). I understand that I assume full responsibility for the Applicant while he or she is participating in the Big Bear Yoga Teacher Training and all classes and related activities. By signing below I certify that I have read and understood every part of this Agreement and I agree to the terms and conditions thereto on behalf of and for the Participant. I represent and warrant that I am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document.

By signing below I affirm and agree to the above waiver. I have read this waiver and understand all terms. I execute it voluntarily and with full knowledge of its significance.

PRINT NAME:

SIGNATURE:

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Submit your application to: [bigbearyoga@hotmail.com](mailto:bigbearyoga@hotmail.com) and [aberns@hotmail.com](mailto:aberns@hotmail.com)