



# Norway Yoga Teacher Training

A 200 Hour Yoga Alliance Registered Program  
with Laurel Hodory & Guest Lecturers

## Application for Enrollment

July 7-29, 2013

Meets daily 8am-8pm with Sundays off

### Student Registration Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Best Number to reach you:

Home \_\_\_\_\_  Work \_\_\_\_\_  Cell \_\_\_\_\_

Primary E-mail: \_\_\_\_\_

Secondary E-mail: \_\_\_\_\_

### Tuition Payment

Total cost of tuition is 21000kr. Full payment may be submitted with the application or applicants may elect to submit a 5000Kr deposit with application. The balance of 16000Kr is due May 1. There is a 1000Kr discount for early registration by March 1. Application deadline is April 1. Please select your payment plan below.

- Pay in Full Plan (Early)      20000KR submitted with application by March 1st
- Pay in Full Plan (Regular)      21000KR submitted with application by April 1st
- Deposit + Balance Plan (Early)      5000KR submitted with application by March 1st; 15000KR due by May 1
- Deposit + Balance Plan (Regular)      5000KR submitted with application by March 1st; 16000KR due by May 1

### Deposit & Tuition Payment

- Enclosed is my check payment.
- I would like to pay via credit card online. Go to [www.laurelhodory.com/shop/norway](http://www.laurelhodory.com/shop/norway)
- I will submit my payment electronically to Anne Devismes or in person at [anne@samyama.no](mailto:anne@samyama.no).

*Please note, your application is not complete until your Deposit or Pay in Full is received.*

APPLICANT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Cancellation Policy

### Cancellation Policy

Upon acceptance to the Yoga Teacher Training, a student is considered to be registered. Registrants who withdraw from the Yoga Teacher Training Program before its completion are responsible for paying the full remaining balance on their tuition.

*If you are not accepted into the program, 100% of your initial payment will be refunded to you. If you are accepted, but withdraw at least 30 business days prior to the start of the program with written notice, 100% of fees paid less a \$100 administrative fee will be refunded to you. No refunds with less than 30 days cancellation notice.*

I have read and agree to the late payment and cancellation policies:

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Application Questions

Please answer the following questions on a separate, typewritten sheet of paper. Be as detailed as possible in your responses. Submit the completed questions below to [laurel@laurelhodory.com](mailto:laurel@laurelhodory.com). Your application must be accompanied by a 5000KR deposit or full payment. Payment along with the Director Referral and submit with deposit or full payment to:

[laurel@laurelhodory.com](mailto:laurel@laurelhodory.com) or through the web site

1. How long have you been practicing yoga?
2. Describe your yoga practice schedule and curriculum. How frequently and for what duration do you practice?
3. Where do you currently take classes?
4. Is there a particular style of yoga that you prefer, or a particular teacher you study with regularly? Please explain.
5. Have you studied with Laurel, and if so, for how long?
6. Do you regularly practice *sirsasana* (headstand) and *salamba sarvangasana* (shoulder stand)? Please describe.
7. Can you do *urdva danurasana* (backbend) with straight arms?
8. Can you do handstand at the wall?
9. Are you currently teaching? If so, please describe your classes, where you teach, and how frequently.
10. Do you practice meditation? If so, please describe your practice.
11. Do you practice pranayama? If so, please describe your practice.
12. Do you have any physical limitations? If so, please describe.
13. Do you have any medical conditions? If so, please describe.
14. Why do you want to participate in the Yoga Teacher Training with Laurel Hodory?
15. How will you contribute to the program?