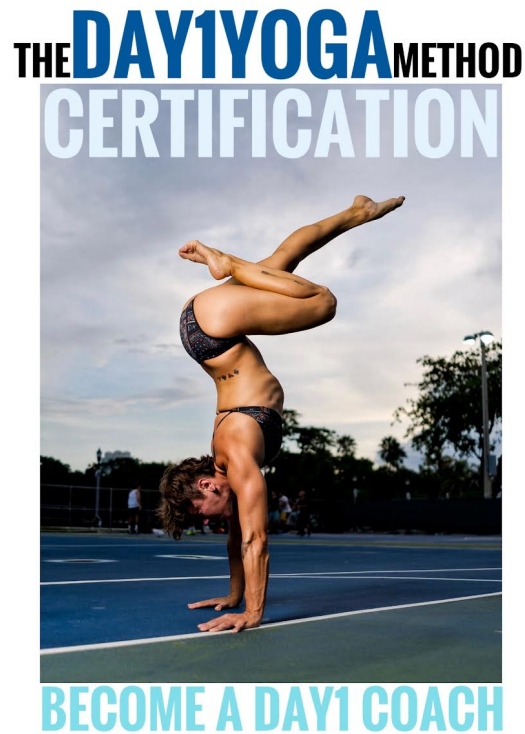


The DAY1YOGA Method

Certification Course



\$3,999.00

PAYMENTS DUE

DEPOSIT UPON APPLICATION: \$500

SEPTEMBER 1: \$1500

OCTOBER 1: \$1000

NOVEMBER 1: \$999

If you are accepted, your deposit will be applied to the final balance. If, for any reason, your application is not accepted, your \$500 will be refunded. Day1Yoga LLC reserves the right to deny anyone entry into the Certification Course. Application form below.

DESCRIPTION:

200 HOUR CERTIFICATION COURSE. Yoga Alliance Accredited.

The **DAY1YOGA Method** training is meant to educate and train you to become a coach in the style and philosophy of The Day1Yoga Method.

SCHEDULE & IMPORTANT DATES:

ALL TIMES ARE WRITTEN IN USA EASTERN STANDARD TIME

PREPARE FOR UP TO 2 HOURS PER SESSION. ALL LIVE CLASSES, MAY GO UP TO, BUT WILL NOT EXCEED 2 HOURS.

INFO SESSION: JULY 23 at 10am

**Please attend the live info session if you want your specific questions to be answered. A recording will be made available.*

SATURDAY AUGUST 27 AT 10AM
ORIENTATION

SATURDAYS 10AM
SEPTEMBER 3- NOVEMBER 26
COURSE WORK

DECEMBER 3
FINALE

OCCASIONAL & **ADDITIONAL DAYS/ DATES** MAY BE ADDED TO THE SCHEDULE.

EXPECTATIONS & REQUIREMENTS:

ATTENDANCE:

Though it is not possible for every participant to have perfect attendance, **MAJORITY LIVE SESSION ATTENDANCE IS EXPECTED.**

IF FOR ANY REASON YOU ARE UNABLE TO ATTEND A LIVE SESSION A RECORDING WILL BE MADE AVAILABLE. We will take missed classes on a case-by-case basis.

LIVE MONTHLY CLASS PARTICIPATION

including Stretchletic, Foundations, Stronger Together, Leg Day Drills & Skills class Participation.

1on1 MEETINGS

It is the Participant's responsibility to schedule 1on1 meetings REGARDING THESIS PROJECTS.

INDEPENDENT ASSIGNMENTS:

Each module will have its own specific course work that must be completed and turned in independently.

-QUIZZES AND EXAMS:

Each module will have their own quizzes and an exam. These may be live or written.

-THESIS:

It is up to each participant to choose a thesis topic based on an aspect of course material and expand upon it based on outside topics of personal interest and present its research and results in written form. The thesis may be accompanied by video presentation or other means if approved.

WHAT'S INCLUDED?

As a trainee in THE DAY1YOGA METHOD CERTIFICATION COURSE, you are automatically enrolled for all:

-Membership for the months of September, October, and November, which includes all MONTHLY PRACTICE CLASSES: STRETCHLETIC, FOUNDATIONS DRILLS, STRONGER TOGETHER DRILLS, LEG DAY DRILLS, and SKILLS CLASSES.

-All COURSES: including and not limited to The 4 Pillars Course Expanded, The Handstand Course, The More is Less Course

-Saturday Check-in & Coaching Sessions

-Any and all additional classes, workshops, or seminars.

DISCOUNTS & CREDITS ELIGIBILITY:

Any discounts or credits will be applied to the final payment.

Please submit with your application an additional attachment of your history and current membership status in The DAY1YOGA Method in order to be considered for credits or discounts

ANY CURRENT DAY1YOGA MONTHLY MEMBERS MAY BE ELIGIBLE TO RECEIVE A \$100 DISCOUNT.

ANY YEARLY MEMBERS MAY BE ELIGIBLE TO RECEIVE UP TO \$450 CREDIT.

ANY PAST PARTICIPANT IN THE 4PILLARS COURSE MAY BE ELIGIBLE TO RECEIVE A \$125 CREDIT

ANY PAST PARTICIPANT IN THE 4PILLARS *EXPANDED* COURSE MAY BE ELIGIBLE TO RECEIVE A \$350 CREDIT

ANY PAST PARTICIPANT IN THE HANDSTAND COURSE MAY BE ELIGIBLE TO RECEIVE A \$125 CREDIT

ANY PAST PARTICIPANT IN THE MORE IS LESS COURSE MAY BE ELIGIBLE TO RECEIVE A \$125 CREDIT

SCHOLARSHIP ELIGIBILITY:

- 1 Full Scholarship is available per Course.
- 2 Half Scholarships are available per Course.
- 3 Quarter Scholarships are available per Course.

Please submit a 1-2 page essay on why you should receive a Day1Yoga scholarship along with your application. Include your history of participation in The Day1Yoga Method.

APPLICATION:

PLEASE FILL OUT THE FOLLOWING APPLICATION AND ATTACH A PHOTO OF YOURSELF. You may use additional space or copy and paste the questions to your own document.

NAME:

DATE OF BIRTH:

ADDRESS:

COUNTRY:

PHONE NUMBER PLUS COUNTRY CODE:

EMAIL:

HOW LONG HAVE YOU PRACTICED YOGA?

WHAT STYLES OF YOGA HAVE YOU PRACTICED AND WHAT STYLE OF YOGA DO YOU CURRENTLY PRACTICE? INCLUDE IF YOU HAVE PRACTICED WITHIN THE DAY1YOGA METHOD.

HOW OFTEN AND HOW MUCH TIME DO YOU CURRENTLY DEVOTE TO YOUR YOGA PRACTICE?

ARE YOU CURRENTLY A YOGA TEACHER?
IF YES, WHAT CERTIFICATE(S) DO YOU HOLD & HOW LONG HAVE YOU TAUGHT?

WHAT IS YOUR ATHLETIC BACKGROUND?

WHAT PAINS/INJURIES HAVE YOU HAD IN AND OUTSIDE OF YOUR YOGA PRACTICE? PLEASE EXPLAIN THE INJURY IF NEEDED.

ARE YOU CURRENTLY EXPERIENCING ANY PAINS OR INJURIES? PLEASE DESCRIBE, IF ANY.

WHAT, IF ANY, OTHER MEDICAL OR PHYSICAL ISSUES DO YOU HAVE THAT MAY INTERFERE WITH YOUR TRAINING?

WHAT DOES YOGA MEAN TO YOU?

WHY DO YOU WANT TO BE A DAY1YOGA METHOD CERTIFIED COACH?

DO YOU PLAN TO TEACH IN THE DAY1YOGA STYLE, SHOULD YOU BECOME CERTIFIED?

By submitting the application form, I agree to the following information:

I agree that DAY1YOGA LLC and other service providers associated with this package are not responsible for any personal injury, illness, delay, loss or damage to property or health.

I agree to assume all risks associated with participating in a certification course. I understand that if I do not meet all requirements satisfactorily, that I may not be certified. This is a risk I am willingly choosing to take. Just as any educational undertaking, it is my responsibility to participate in the certification course through the following items, including, but not limited to: complete course requirements in a timely and satisfactory manner, attend live classes & recorded programming, pass exams and quizzes, show an exemplary understanding of course material. DAY1YOGA LLC reserves the right to deny certification to any participant if these terms are not met without refund.

Our package prices exclude any course materials needed such as yoga equipment: mats, towels, bands, blocks

DAY1YOGA LLC reserves the right to change the program schedule, if necessary.

Upon submission of your application, the \$500 deposit is non-refundable. Only if your application is not accepted your \$500 will be returned.

Printed Name

Signature Date