

**Application for Yoga Teacher Training**  
**Dharmakaya Center for Wellbeing**  
**in Cragsmoor, NY ~ January 31 - February 21, 2025**  
*with Anna Winkler and Donna Amrita Davidge*

Name\_\_\_\_\_

Address\_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone\_\_\_\_\_

E-mail\_\_\_\_\_

Date of Birth\_\_\_\_\_

**Please provide an emergency contact person:**

Name\_\_\_\_\_ Address\_\_\_\_\_

Phone\_\_\_\_\_ Email\_\_\_\_\_

Please list any allergies and what medications you are taking.

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Please consult your physician before committing to the training, if you are unsure about your physical or mental health for the duration of the training.

Why are you interested in Yoga Teacher Training? What do you hope to gain? How do you intend to use the skills you acquire during the training?

How long have you been practicing yoga? What brought you to the practice of yoga?

What style(s) of yoga have you been practicing and where do you practice? Which of your teachers has inspired you most and why?

Do you have a home practice? How often? What does it consist of?

Do you have a meditation practice? Are you familiar with pranayama?

How has yoga changed you/helped you/inspired you?

What do you consider your strengths in your yoga practice? Why? Favorite pose(s)?

What are you challenged by in your practice? Why? Least favorite pose(s), etc.?

What unique skills will you bring to this learning situation and to your teaching? What aspects of your personality do you feel will aid you in your teaching practice?

What parts of yourself do you see as perhaps being a challenge in your learning and teaching?

How would you describe the relationship between learning and teaching?

Do you have any injuries or medical conditions that may hinder the practice in any way? If so what are they?

How did you find out about our training?

## **Ethical Guidelines**

During the training we will be eating a vegetarian diet; should you have special dietary needs please let us know. A vegetarian diet is suggested but not required in a yoga lifestyle. This will be a lacto-ovo menu which includes dairy.

The use of drugs and alcohol are strictly prohibited during the training and at the Retreat Center, also to be considered as ethical guidelines as a yoga practitioner and potential teacher.

We will be reviewing the Yama and Niyamas, guidelines for yoga lifestyle, and applying these in our training and homework. Please be prepared to treat yourself and others kindness and compassion.

## **Things to Bring**

A journal or notebook, pens, pencils.

Yoga clothes and comfortable, casual clothes, toiletries, robe for bathroom maybe.

It is always most hygienic to have your own mat, but the Center has mats, blankets, blocks and belts that can be used, as well as Zafus and Zabutons for mediation and pranayama. Slip on shoes for going in-between buildings (though it is winter, so there will be snow. All buildings in the retreat center are shoes off.

## **Program Requirements**

To receive your teaching certificate you must attend the entire program of 181 contact hours. You can miss up to 12 hours of this, but anything more than that must be made up in a private session (1 hour private tutoring per 3 hours missed) at a rate of \$95/hour. If you miss more than 19 contact hours, you cannot make it up in private sessions and you will not receive a teaching certificate, even though you have paid in full for the training.

You must complete all homework assignments (including teaching, giving and receiving feedback) and the final exam.

## **Yoga Alliance Certification**

You will need your Yoga Teacher Training Certificate of Completion (received at the end of the training. Go to [www.yogaalliance.org](http://www.yogaalliance.org) and follow the directions there.

## **Yoga Teacher Training at the Dharmakaya Center for Wellbeing Liability Waiver and Consent Form**

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Anna Winkler, Donna Davidge or any other instructor or practitioner at the Dharmakaya Center for Wellbeing.

Although strict measures are being taken by the Dharmakaya Center for Wellbeing, to prevent the spread of COVID-19 (such as social distancing, staggered classes, and deep sanitization, etc.), the undersigned acknowledges that attending classes at the Dharmakaya Center for Wellbeing could result in COVID-19 infection. Accordingly, in addition to all waivers and limits on liability already agreed to by the parties and because of the COVID-19 Pandemic, the undersigned, **HEREBY WAIVES AND RELEASES**, indemnifies, holds harmless and forever discharges the Dharmakaya Center for Wellbeing and its members, agents, employees, officers, directors, contractors, affiliates, successors and assigns, of and from any and all claims, demands, debts, prosecutions, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to participation in any of the events or activities conducted by, on the premises of, or for the benefit of, Dharmakaya Center for Wellbeing, provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct, further, it is acknowledged that operation during the pandemic does not fall into these categories.

I also understand that the activities that I will participate in may be considered inherently dangerous and may cause serious or grievous injuries, including bodily injury, COVID-19 infection, loss of/damage to personal property and/or death. On behalf of myself, my heirs, assigns and next of kin, I waive all related claims for damages, injuries and death sustained to me or my property that I may have against Shakti Yoga & living arts, LLC.

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, COVID-19 infection, death or damage to personal property associated with Dharmakaya Center for Wellbeing, including but not limited to receiving yoga training at the facility, using the facility and its equipment in any manner, form or fashion, and practicing and/or engaging in yoga activities or other related activities on and off the premises.

I specifically agree that Anna Winkler, Donna Davidge, Dharmakaya Center for Wellbeing, and their officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of the facilities or participation in yoga and movement exercises within or without the premises, and I agree to hold Anna Winkler, Donna Davidge, Dharmakaya Center for Wellbeing harmless from same.

I have read, understand and fully agree to the terms of this Agreement. I understand and confirm that by signing the Agreement I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver. By signing below, I am agreeing to follow Dharmakaya Center for Wellbeing's social distancing and safety protocols.

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Signature \_\_\_\_\_