ONE FLOW YOGA®

200-Hour Yoga Teacher Training

COURAGE. CONFIDENCE. CHANGE.

February 10 – May 23, 2027

Please thoughtfully complete this application.

Please Tell Us About Yourself

First Name: _____

Preferred Name: _____

Last Name: _____

Birthday (Month/Day/Year): _____

Mailing Address

Street: _____

City: _____ **State:** _____ **Zip Code:** _____

Preferred Contact Phone Number: _____

Email: _____

Yoga / Teaching Experience

How long have you practiced yoga? _____

We require a minimum of 1 year of continuous practice.

What style(s) have you practiced? _____

What workshops or yoga teacher training programs have you taken before? Please list:

_____

_____

Are you actively teaching right now? ☐ Yes ☐ No

If yes, how many total classes have you taught approximately? _____

If no, is teaching a goal you have? ☐ Yes ☐ No

Yoga Alliance Registered Yoga School (RYS 200)

Essay Questions

Please thoughtfully answer each of the following questions. Type your responses in a separate document and submit them with your completed application. Please number your responses to correspond with the questions below.

1. Why do you want to do teacher training now, and what do you hope to gain from it?
2. Why do you practice yoga, and what is yoga to you?
3. Tell us about something difficult you committed to and completed over time. What did it require of you?
4. Tell us about a time you received feedback that was difficult to hear. What did you do with it?
5. Describe a teacher, mentor, or coach who had a significant impact on you. What was it about the way they worked with you that mattered?

Your Health

Do you have any physical, mental, or emotional health concerns, injuries, or other circumstances that could affect your ability to participate fully in or complete this training?

☐ Yes ☐ No

If yes, please tell us what you think would be helpful for us to know.

A "yes" answer does not necessarily prevent you from participating. We ask because this is an intensive, experiential group training, and we want to understand anything that could affect your participation or ability to complete the program.

Policies & Code of Ethics

Participation Agreement

One Flow Yoga's Teacher Training is experientially based. This means you learn and get the benefit by trying, doing and acting — even when it may be uncomfortable or difficult. We are here to support you as you go through this process.

As a participant, you agree to:

1. Participate in all teacher training exercises, group discussions and teaching groups.
2. Show up prepared and ready to "do the work."
3. Complete the assigned reading and homework.
4. Act with respect, integrity and kindness.
5. Listen, hold the space for others and show encouragement and support so that they may do their own work.
6. Practice vulnerability and openness to the experiences offered during this program.

Code of Conduct and Behavioral Expectations

To ensure a safe and respectful environment, you agree to:

1. Respect personal and professional boundaries, refraining from unsolicited physical contact, unwelcome advances, or behavior that causes discomfort.
2. Communicate respectfully, avoiding manipulative, coercive, or pressuring language.
3. Foster an inclusive environment by avoiding disparaging remarks, offensive jokes, or discriminatory comments.
4. Report concerns to Kate or Tracy if you witness or experience behavior inconsistent with this statement.

Violations of these principles may result in actions up to and including removal from the program.

Our collective commitment to these values ensures a space where everyone feels safe, respected, and empowered to grow.

I have read and agree to the Participation Agreement and Code of Conduct for One Flow Yoga Teacher Training.

Participant Signature: _____ **Date:** _____

Attendance & Requirements to Receive Your 200-Hour Certificate

This is a 100% in-person training.

To receive your 200-Hour certificate:

1. Attend 100% of scheduled training hours, subject to the Attendance Note below.
2. Complete all required reading and homework given throughout the training.
3. Complete all required supplemental practices and practicum hours outside of scheduled training.
4. Practice teach 25 classes.
5. Pass all quizzes with a 90% or better score.
6. Pass the final exam.

Attendance Note

We understand that things come up. You may miss up to a total of 16 hours of the training and still complete the program.

If you miss more than 8 training hours, you must make up 8 hours by attending additional classes with the lead teacher at your own expense. You are also responsible for completing any reading, homework, or assignments associated with the material you missed.

> *If you already know about a scheduling conflict, please contact us before enrolling so we can talk it through with you.*

Copyright & Liability Release

As a participant of One Flow Yoga® Teacher Training, you give your consent to having any photos or videos produced by One Flow Yoga® be distributed without limitation and without compensation.

You also agree to the use of your likeness, portrait, pictures, voice or biographical material for the purposes of education and promotion.

By signing below, I agree to release One Flow Yoga®, its agents and assigns all liability which may arise from any and/or all claims by me or any third party in connection with my participation in Teacher Training.

Signature: _____ **Date:** _____

Payment & Refund Policy

An $800 deposit is due with your application and is required to hold your space in Teacher Training. If you are not accepted, your deposit will be returned. After acceptance, the deposit is non-refundable.

If you select the Payment Plan, a separate payment agreement outlining the payment schedule and requirements will be sent to you and must be signed before you enter the program.

If medical or unusual circumstances prevent you from completing Teacher Training, special consideration, at the discretion of One Flow Yoga®, may be made for you to retake parts of the program at your expense.

> *Any amount paid for Teacher Training is non-refundable regardless of how many hours you have participated in. If you select the Payment Plan and do not complete the program, you are still responsible for the remaining balance. Please make this decision carefully.*

Emergency Contact Information

First Name: _____ **Last Name:** _____

City: _____ **State:** _____ **Zip Code:** _____

Relationship: _____

Phone: _____ **Alternate Phone:** _____

Email: _____

Tuition Options

STANDARD TUITION	PAYMENT PLAN
$3,495 The $800 deposit submitted with your application is applied toward your tuition. **Remaining balance due in full by January 10, 2027.**	**$800 deposit + monthly payments** **Total Investment: $3,800** The remaining $3,000 balance will be divided into equal automatic monthly payments based on your enrollment date. Your payment schedule will be set so that your final payment is made no later than May 16, 2027. This Payment Plan covers the full program tuition and is not a month-to-month membership. By selecting this option, you agree to the complete payment schedule. *All payments must be current to remain enrolled and receive program access.*

Additional books and resources are approximately $200.

Early Enrollment

A limited Early Enrollment tuition may be available. Please refer to the Teacher Training webpage for current Early Enrollment tuition and availability at the time you apply.

Payment Preference

☐ Pay in Full

Your tuition will be based on the Pay-in-Full tuition available to you at the time of enrollment.

☐ Payment Plan — $3,800 total

$800 deposit plus equal monthly payments based on your enrollment date.

Acceptance

By signing below, I acknowledge that I have read and understood this application and the policies of One Flow Yoga Teacher Training. All information I have provided is true and complete.

Signature: _____ **Date:** _____

Application Checklist

- ☐ Completed Application
- ☐ Attached typed responses to the five Essay Questions
- ☐ A clear photo of yourself (doesn't have to be fancy — it's to help us know you)
- ☐ $800 Deposit

Submitting Your Application

Please submit your application electronically to:

tt@oneflowyoga.com

You may also mail or bring it to:

One Flow Yoga® — Attention: Teacher Training
5600 H Street, #130, Sacramento, CA 95819

Upon acceptance into the program, you will be notified by Kate. If we at One Flow Yoga can answer ANY questions or provide more information, please contact us at tt@oneflowyoga.com.

Thank you so much for applying.

Love, Kate