

Final Checklist

check applicable qualifications

_____ I have read and understand The Studio Teacher Training Catalog Vol _____

_____ I am 18+ years of age

If under 21, I have included (one of these must be checked):

_____ A Letter of recommendation from my yoga teacher **Or**

_____ I have attended at least 60 classes with Program Director,
Training Faculty, or other The Studio Instructors.

_____ I have Six Months of Regular Yoga Practice **or** _____ Program Director's Consent (one of these must be checked)

_____ I judge myself to exercise maturity in the following areas:

- **Commitment and Personal Follow Through**
- **Understanding of Basic Human Logic & Emotion** (I have the ability to discern my emotions from facts and both from my judgments.
- **Empathy:** I have the ability to take on another's point of view and set mine temporarily aside.
- **Open Mindedness:** I have the ability to seriously consider that my first thought, emotion, or judgment may not accurately reflect reality.

_____ I have included my Personal Application Letter (essay).

_____ I have Computer Literacy (comfort with email, navigating websites, and playing online video) or will get this literacy before my first module.

_____ I have enclosed the minimum Application Deposit of \$350 (\$150 is non-refundable) payable to The Studio or have already made such a payment to The Studio. (You may pay in full at this time)

_____ I have purchased the required reading materials and will bring them to each session.

_____ I understand that all time I miss will need to be made up in private. (p 11 of Catalog)

_____ I have read the section on Training Culture (p 4-8) at least twice. I understand all the sections, particularly on confidentiality, video recording, values/biases, and "This Training is not for Everyone."

_____ I also understand that there will be some things that may be out of my comfort zone. While I know that I will need to Lean into my Edge (p8), I also make it my responsibility and no one else's to report my limits.

_____ I understand and have signed the Release for Video Recordings.

Signature _____ Date _____