

Sewall House Yoga Retreat with Donna Amrita Davidge, 200-Hour Yoga Alliance

Please answer the 6 questions at the beginning of the application and e-mail to amrita@mindspring.com or mail to PO Box 254 Island Falls Maine, 04747, along with the signed agreement on page 2. This training is limited to 5 participants and will be uniquely small compared to many other (larger) training.

1. Why are you interested in taking this teacher training?
2. What are your specific interests (type of yoga, asana, meditation, etc.) and what do you hope to get from/are your reasons for taking this training in terms of your specific interests?
3. What type(s) of yoga have you practiced? For how long have you been studying yoga?
4. Which of your teachers has inspired you most and why?
5. What do you expect to get from the training and how do you hope/plan to apply it?
6. Please write a little about your life and professional history and how this may have affected your coming to yoga.

Can you be committed and available for 3 weeks.

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 that includes dairy.

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

We will be reviewing the Yama and Niyamas, guidelines for the yoga lifestyle, and applying these in our training and homework. Your first assignment will be to write a 500-1000 word paper on these guidelines and submit it at least one week before we begin.

Please come at least familiar with the Yoga Sutras as well.

Fees and Tuition:

The cost for the training will be \$2700 if paid in 3 increments of \$900.

The cost will be \$2400 if paid in full before the training begins. (\$2500 with cc).

The cost for room and board will be \$100 per night plus a 9% state tax.

PLEASE CHECK THE WEBSITE FOR THE CURRENT TRAINING PRICE

The total cost per night for course/room/board comes to \$200 before tax.

You may pay as arranged with us. Credit card information will be required for those not paying up front as once the training has begun you are expected to pay all fees for the full training.

You are responsible for transportation to and from the retreat/required reading materials. .

**EXTRA CHARGE FOR AIRPORT TRANSPORT/ SPECIAL DIETARY NEEDS/
TEACHER TRAINING MANUAL**

We can offer transportation to and from Bangor for a fee. (or we can meet you at the bus in Sherman).

Please sign the agreement below and send it with your application:

By completing this application, I am ensuring I am in good health and will inform the trainers of any existing medical conditions before we begin. I agree to sign the Sewall House consent form on arrival to the training and be responsible for my well-being during the training. I also will communicate any needs or concerns that arise as it sees fit, and in private, with the trainer, Donna/Amrita.

_____ Name
_____ Date

Please consult your physician before committing to the training.

Things to Bring with you:

A journal or notebook for notes, pen.

Yoga clothes (you may bring your own mat but we have mats, sheepskins, blankets and blocks), meditation shawl if you have one (not required).

Comfortable casual clothes.

Slippers for the house (barefoot is fine too).

Medications (prescriptions).

Please let us know if you have allergies and what medications you are taking.

Also please provide an emergency contact person: Name _____

Address _____ Phone _____ E-

mail _____

THANK YOU! Feel free to call 646-316-5151 with questions.