

Rasa Yoga Cikitsa Program Application



Pre-requisites

Rasa Yoga Cikitsa program requires the completion of a 200-hour yoga teacher training course. Students may meet this requirement through several paths:

- Rasa Yoga Virarupa I Certification
- Rasa Yoga TT200 Certification plus Bridge Program
- 200-hour Teacher Training course from another yoga school plus Bridge Program

In addition to a 200-hour teacher training certification, students applying to the Rasa Yoga Cikitsa [program](#) must also have a *minimum* of:

- One (1) year of personal practice
- One (1) year of teaching experience

Students applying with a 200-hour teacher training from outside Rasa Yoga School of Ayurveda Yoga will complete a Bridge Program before beginning the Rasa Yoga Cikitsa program.

Application Instructions

Application Components:

- Completed application form (in this package)
- Biographical resume including yoga experience, training, future teaching plans, and statement of purpose for applying to the Rasa Yoga Cikitsa program
- One letter of recommendation from a previous yoga teacher
- Three (3) page essay describing how you see yourself in 5 years, emphasizing how you see the Rasa Yoga Cikitsa program as a necessary part of your path.

**Submit Completed Application in person,
email to doyoga@rasayogaschool.org,
or Mail To:**

Rasa Yoga
17226 Mercury, Suite 108
Houston, TX 77058

Induction Meeting:

After application into the **Rasa Yoga Cikitsa** Program, the Program Director will conduct an Induction interview to discuss your application, intention for training as a yoga therapist and discuss program requirements. This is typically a 1- to 2-hour meeting.

Rasa Yoga Cikitsa Program Application

1. PERSONAL INFORMATION (please include a recent photo)

Name: _____

Home Phone: _____ Cell Phone: _____

Office Phone: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

2. YOGA PRACTICE INFORMATION

What style(s) of Yoga do you practice regularly? _____

How long is your daily practice (in hours)? _____

If you are currently teaching Yoga, how many hours do you teach per week? _____

What style(s) of Hatha Yoga do you teach? (if applicable) _____

Approximately what year did you start to practice Yoga and teach Yoga (if applicable)?

Please provide the names of your principal teachers or schools: _____

If you meditate, how long have you been meditating, and how often do you meditate?

3. HEALTH INFORMATION (Confidential)

If you are under medical treatment or supervision, for which condition(s)?

If you are pregnant, when is your due date? _____

If you are currently receiving psychotherapy, psychiatric treatment, and/or counseling, for which condition(s)?

If you have ever been hospitalized or received psychiatric treatment, when did this occur and for which condition(s)?

If you have any chronic physical impairment (e.g., vision, hearing, movement, etc.), what is the nature and extent of your health challenge?

Do you have any communicable diseases? _____

During the past three years have you been addicted to drugs or alcohol? If so, please explain.

If you are using any prescription medication, please indicate type, dosage, and frequency:

4. EMERGENCY CONTACTS

Name: _____ Phone: _____

Physician: _____ Phone: _____

Therapist: _____ Phone: _____

5. ADDITIONAL INFORMATION

How did you learn about **Rasa Yoga Cikitsa** training program?
(Thank you for indicating all applicable.)

____ Rasa Yoga teacher/student _____

____ Rasa Yoga Website

____ Facebook _____

____ Google _____

____ Family/friend/health care provider _____

____ Other: _____

6. DECLARATION OF DISCLOSURE AND ACCEPTANCE OF TERMS

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for rejecting this application, expulsion from the program, or revocation of certification. I have read the Code of Conduct and understand and accept the conditions, requirements, and agreements therein. I understand that I am entitled to NO refunds, credits, or adjustments resulting from my failure to uphold any of these conditions.

7. REFUND POLICY

No refunds or transfers on Rasa Yoga Cikitsa program tuition or fees. Tuition and fees includes all courses, induction, mentoring, 10 private lessons, assessment and administrative fees. Boutique credit on unused and unopened yoga therapy supplies purchased within 14 days. No refund or credit on books. No refunds or credit may be given on accommodations and travel to residential trainings required for Rasa Yoga Cikitsa Program.

8. SIGNATURE

By applying to this training program you agree to comply with these terms. Your signature below acknowledges your agreement with this policy.

Signature: _____ Date: _____