

1. APPLICATION INSTRUCTIONS

Nava™ Weekend Warrior™ Teacher Training Level 1: Oct.'08–Jan.'09

Important dates

1. Orientation Weekend / application:
Sept. 20 2007 10.30 am – 16.30

2. Weekend 1: 3 – 5 October:
Fri: 18.30 – 20.30
Sat: 9.30 – 16.30
Sun: 9.30 – 16.30

3. Application deadline:
None! This course is open and missed Weekends can be taken during the 2nd Cycle of each level. Every 6-month a new Level 1 will commence.

Application requirements

Applicants must include all the following 4 items, delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A. Completed application form
- B. 2 current letters of recommendation
 - One from a yoga teacher
 - One from an employer or mentor (non family)
- C. A recent photo of you alone (a full body shot, if possible).
- D. HRK 600 (six hundred), which covers:
 - 200 Kn application form
 - 400 Kn Materials

Payment must be in the form of wire transfer, credit card, money order or cash at the studio. See payment details below.

For R1 contact Nava's administration:
Dijana@poweryogapilates.com

Deliver Application w/payment to:
Nava Power Yoga & Pilates

Attn: Yoga Weekend Warrior© – Biljana Kovacic

Trg Bana Jelacica 2
10.000 Zagreb
Croatia

Tel: +385.1. 492 2257 / +385.91. 429 2257
Fax: +385.1. 492 2267

Physical Requirements

All applicants must have a consistent yoga practice of at least one year and / or Teacher recommendation

Acceptance notification

Applicants who have been accepted will be notified via email. If you do not use email regularly, contact Biljana Kovacic on the acceptance notification date (Wednesday September 5).

Tuition payments

Participants can chose to pay their tuition in installments. Credit card, check, money order, bank transfer or cash at the studio can make payments. **600kn must be submitted with this application.** The deposit will be deducted from the total tuition due one the course starts.

Tuition refunds

Cancellations received before the first day of the course will be fully refunded, minus a 200Kn-processing fee. No refunds permitted after the first weekend. Incapacitated student may obtain credit for a course starting at a later date.

Questions? Contact:

Biljana Kovacic: course coordinator
Navatt@poweryogapilates.com
www.poweryogapilates.com

APPLICATION FORM

NAVA WEEKEND WARRIOR ©®

POWER YOGA TEACHER TRAINING 200HRS INTENSIVE Fall 2008 – Winter 2009

Course Dates: *Orientation Weekend: 20 September 2008*

Level 1, 1st Semester: From : 3 – 5 October 2008 to 9 - 11 January 2009

Level 2, Second Semester: From : 6 – 8 February 2009 to 5 - 7 June 2009

Level 3, Third Semester : From : 25 – 27 September 2009 - 7– 9 January 2010

Dates may be subject to minor changes. All students will be informed in due time.

Please provide the following information and answers 1- 5 on a neatly typed page. Word document available upon request.

Name:

Date and place of birth:

Profession:

Address:

Phone:

Mobile phone:

E-mail:

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4. Please describe any medical concerns you have. Are you currently taking any medication?

5. Where do you currently practice yoga? If so, with whom / which style of yoga?

6. Do you have a regular meditation practice? Please elaborate.

7. Have you participated in any other teaching programs, special workshops or practice intensives (list all)? RYT 200 may take drop weekends during Nava™ 's weekend warrior program to become a Nava™ Power Yoga Teacher and qualify for a Nava™ Franchise.

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8. Why do you practice yoga?

9. What do you feel the role of a yoga teacher is?

10. What prerequisites do you think are necessary to qualify one as a yoga teacher?

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Tuition

Circle the session you are applying to:

- Level 1 Oct. 2008 – Jan. 2009 : 3,600.00 Kn
- Level 2: Feb. 2009 – June. 2009 : 3,600.00 Kn
- Level 3: Sept. 2009 – Dec. 2009 : 3,600.00 Kn
- Drop in day: 500 kn – Nava™ TT graduates of previous editions pay 250kn
- Drop in weekend: 750 kn – Nava™ TT graduates of previous editions pay 500kn

The tuition includes:

1. 30 free Nava Yoga classes per level and / or 100kn monthly unlimited for those signing up for **ALL THREE LEVELS**. 200kn unlimited those signing up for **level 1 only**.
2. 10% discount on ALL Nava™ Workshops
3. 10% discount on ALL Nava™ Retreats
4. Become eligible to open Nava™ Franchise (see Franchise Memorandum for all benefits)
5. Teach at Nava™ & its affiliated studios and Corporate Off Site locations during & after course
6. Assist Sr. teacher in class during Course,
7. CEU
8. International Exchange Teaching: Teach at Nava™ affiliated Studios the world.

Payments

Monthly payments must be settled prior to the start of each weekend.

Application & Deposit: With the application form, students must submit 600kn . Tuition is due by the 1st of each calendar month.

Refund policy: Cancellations received before the first day of the course will be fully refunded, minus a 200Kn-processing fee. No refunds permitted after the first weekend. Incapacitated student may obtain credit for a course starting at a later date.

Payment Options:

Minimum payment now due with this application to reserve a spot is: 600kn

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- 200kn application
- 400kn materials.

Tuition will be due by the 1st day of every month for the whole duration of the course.

1. Credit Card (MasterCard, Visa or Amex): For monthly installment we will keep you credit card on file

Number: _____

Expiration date: _____

Signature: _____

I herewith authorize Nava™ Sonus d.o.o to charge my credit card every 1st day of the month for a total of _____ (fill in months) months, for the total amount of _____ (fill in the amount).

Signature for extended credit card payment: _____

2. Bank Transfer:

Account Name: Nava™ Sonus d.o.o, Trg Bana Jelačića 2/II, Zagreb

Bank: Raiffeisenbank Austria d.d. , Petrinjska 59, Zagreb

Account number: 2484008-1102130521

Routing number: _____

For wire transfers invoice can be emailed or faxed.

3. Cash @ Nava™ Studio:

Paid: _____ Signature: _____

Payment received by: _____

For R 1 and any further payment options and administrative issues contact: Dijana Dobras

Tel: 01.481 8298, Fax: 01.481 8299 or via email at Dijana@poweryogapilates.com

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CONTRACT

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POWER YOGA TEACHER TRAINING

This contract is fully binding. Once the course has started no refunds are available and the tuition is due in full. In the event of illness one make up class weekend will be made available by the program director.

I understand, _____ (applicant name) that if I fulfill all the requirements of the Nava™ Weekend Warrior © Level 1 – 70 hrs and or (Fill other levels you are applying for) intensive Teacher Training and pass the final exams, I will receive A 70hrs Certificate of Completion. *Only when completing all three levels, for a total of 240 hrs (210 contact hrs) will I qualify for a certificate of to become a RYS 200, in compliance with U.S. Yoga Alliance standards for 200 hrs registration.*

Only participants with a 100% attendance, qualify to take the final exams. Certificates will be issued upon successful completion of the course, including all weekend meetings and hands on practice and assisting and after payment in full of the full tuition.

I further understand that if I fail to meet all the requirements for any reason I have the option to retake parts of the program at an additional cost.

If medical or any other circumstances prevent me from completing my training, I will not be refunded the portion of fees unused. A special consideration will be made for me to retake parts of the program for no additional cost due to injuries or medical problems (medical records will be required).

I understand that Nava™ Studio reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. If those circumstances occur, I understand that I will not be refunded the portion of fees unused nor will be possible to retake parts of the program in the future.

In the highly unusual event where a refund is issued, Nava™ Studio will retain the minimum non-refundable fee of 500.00 kn for administrative costs.

I understand that Nava™ Studio or Nava™ 's teachers have no responsibility in case of lost of personal properties or injuries in Nava™ studio during the Teacher Training.

I understand that all Nava™ Teacher Training materials are under copyright protection and cannot be reproduced without the permission of the author. Failure to comply may result in legal action.

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Course Dates:

Level 1, 1st Semester: 70 hrs of training

1. 3 – 5 October 2008
2. 31 October 2008 – 2 November 2008
3. 28 – 30 November 2008
4. 12 – 15 December 2008
5. 9 - 11 January 2009

Level 2 , Second Semester: 70 hrs of training

1. 6 – 8 February 2009
2. 5 – 8 March 2009
3. 3 – 5 April 2009
4. 8 – 10 May 2009
5. 5 - 7 June 2009

Level 3, Third Semester : 70 hrs of training

1. 25 – 27 September 2009
2. 30 October– 1 November 2009
3. 27 – 29 November 2009
4. 11 – 13 December 2009
5. 7– 9 January 2010

Dates may be subject to minor changes. All students will be informed in due time.

I herewith confirm that I am signing up for the following course / s (circle your choice and initialize):

- Level 1
- Level 2
- Level 3
- All three levels

Signature of Applicant,
Date:

NAVA™ SONUS d.o.o
Date:

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