

Jeannine Plaiche

100-HOUR ANUSARA IMMERSION WITH JEANNINE PLAICHE APPLICATION FORM

Thank you for your interest in the Anusara Yoga Immersion Program. The information provided in this application will be used to make an informed decision about your capacity to fully participate in and successfully complete all aspects of the immersion training. Please answer the questions honestly and completely.

All information provided in this application is for school use only and will be used to determine eligibility for the Anusara Immersion Program begin hosted by Jeannine Plaiche. All information will be held in the strictest confidence and will be shared with no one.

COURSE DATES AND SCHEDULE:

Immersion 1 – April 14-15, May 12-13, June 16-17

Saturday & Sunday: 9am-5pm (with 1.5hrs lunch break)

Immersion 2 – September 7-8-9 & October 12-13-14

Friday: 5-9pm

Saturday & Sunday: 9am-5pm (with 1.5hrs lunch break)

Immersion 3 – November 9-10-11 & December 8-9-10

Friday: 5-9pm

Saturday & Sunday: 9am-5pm (with 1.5hrs lunch break)

COURSE LOCATION:

Longueuil, Qc

(contact Jeannine for exact address. Space is limited please reserve early)

COURSE OVERVIEW:

The Anusara Immersion is a unique and rewarding opportunity to study yoga and deepen your understanding of the Anusara yoga method. Here's an overview of the topics covered in each immersion:

Immersion 1: The Anusara yoga method, Universal Principles of Alignment™, Non-Dual Tantric philosophy and worldview & workshops in pranayama.

Immersion 2: Patanjali's Yoga Sutras including the principles of yogic moral conduct, restorative yoga workshop, the history of yoga, going deeper into topics covered in immersion 1.

Immersion 3: Bhagavad Gita, workshop in esoteric/subtle body anatomy (koshas, vayus, chakras), introduction to Ayurveda, going deeper into topics covered in immersion 1 and 2.

Each part includes 1-2 asana classes or workshops per day, anatomy study, chanting, group discussions, group activities, and journaling exercises. Students will be required to complete homework assignments and to begin an at-home yoga practice.

WHO THIS TRAINING IS FOR:

- Serious students and practitioners of yoga who seek to bring their practice to the next level,
- Serious students and practitioners who would like to begin the Anusara Teacher Training process,
- Current yoga teachers who are looking to refining their knowledge of alignment and biomechanics OR those who are looking to specialize in a method of Hatha yoga.
- Those who are ready to embark on a journey to their heart

CURRICULUM:

The Immersion is considered an *INTENSIVE 100-hour training. It is divided into 3 parts. Each part may be taken individually, however they must be taken in order (eg: Part 1 is the pre-requisite for part 2 and so on). This is a standard training program offered by the Anusara School of Hatha Yoga. Should you later decide to continue towards a teacher training please note that successful completion of the immersion is a prerequisite for the teacher training and fulfills the first 100-hours of the 200-hour Anusara Yoga Teacher Training.

ADMISSION CRITERIA:

- You must be 18 years of age or older
- You must be physically, mentally and emotionally prepared to participate fully in group discussions, partner work, and attend all scheduled sessions.
- You must have a functional understanding of the English language as all course materials and lectures are in English.
- You must fulfill **at least one (1)** of the following criteria:
 - 1 year Anusara Yoga experience (weekly classes and/or workshops)
 - Completion of the 12-hour Universal Principles of Alignment workshop offered by Jeannine
 - Yoga Teacher Training Course Certification
 - Receive teacher's written consent to participate

TUITION*:

	Early bird (\$550 received by March 15 th , 2018)	Regular price (payment received after March 15 th , 2018)
Full 100-hour Immersion	1550	1650
Part 1 only	550	600

*All prices are in Canadian Dollars and include all applicable taxes. Course fees do NOT include the cost of training manuals and textbooks (please see below for list of texts). **Immersion part 1 fees are due in full by April 1st, 2018. Immersion part 2 & 3 fees are due in full by June 1st, 2018.** For payment plan please contact Jeannine.

Forms of payment accepted: Interac E-Transfer , Personal Check

Required texts (not included in tuition fee):

- Anusara School of Hatha Yoga Teacher Training Manual – publication date 9/2015
- Anusara School of Hatha Yoga Master Immersion Manual – publication 9/2015+
(*ASHY Training Manuals can be purchased through Jeannine Plaiche for \$55.00)
- The Yoga Sutras of Patanjali – by Edwin F. Bryant (Immersion 2 only)
- The Bhagavad Gita, by Eknath Easwaran (Immersion 3 only)
- Anatomy of Movement, by Blandine Calais Germain

REFUND POLICY FOR STUDENTS:

The refund to which a student is entitled is calculated on the total tuition fees due less the **non-refundable \$150 registration administration fee**. Where total tuition fees have not yet been collected, Jeannine Plaiche is not responsible for refunding more than has been collected to date and a student may be required to make up for monies due. If Jeannine Plaiche has received fees in excess of the amount it is entitled to, the excess amount must be refunded.

In the event of cancellation:

- 60 days or more prior to the training start date: your remaining balance will be refunded (less \$150 registration admin fee).
- 59-30 days prior to the training start date: 50% of your remaining balance will be refunded (less \$150 registration admin fee)
- 29 days or less prior to the training start date: No refunds will be issued

Other:

- FULL REFUNDS of ALL fees will be issued if Jeannine Plaiche cannot move ahead for any reason that is of no fault or not related to the students applying (i.e. minimal attendance, Jeannine Plaiche cancels the program etc.).

- In case of a student's medical emergency any time prior to the start of program, full CREDIT will be issued with official documentation from a Medical Doctor, to be used for future programming.
- In case of a student's medical emergency at any time during the program, fees credit will be granted, and the student may continue on during an upcoming scheduled program. If you are on a payment plan, payments will be processed accordingly.
- A minimum of 3 registrations per part are required to hold each part of the immersion. Please note that while there is an option to take only Immersion Part 1, priority will be given to those who register before March 15th, 2018 for all 3 parts. Should your registration not be accepted for this reason you will receive a full refund of ALL fees paid.

APPLICATION (Please mail in the following, along with your deposit or payment):

NAME: _____ **DATE OF BIRTH:** _____

HOME ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____

EMERGENCY CONTACT: _____

Please use the space provided to describe any health related conditions, diagnosis, past or present injuries, physical pain, psychological conditions that you may have:

Are you taking any long-term prescription or over-the-counter medication(s)? If yes, which ones?

How long have you been practicing yoga for? _____ YEAR(S) / _____ MONTH(S)

How long have you been practicing meditation? _____ YEAR(S) / _____ MONTH(S)

Please provide a detailed description of your yoga/meditation experience (style or method of yoga/meditation, teachers, frequency, etc...)

Please explain in detail your intention behind applying for this training (The Anusara Yoga 100-hour Immersion) at this time in your life (feel free to use extra sheets):

Would you be interested in continuing towards doing the Anusara Yoga Teacher Training?

- Yes
- Maybe
- No

STUDENT AGREEMENT:

Please initial each point:

_____ I meet (or exceed) the criteria outlined in the section titled "ADMISSION CRITERIA".

_____ I understand that, although the teacher is bilingual and I may ask questions and participate in French, this course will be given in English and that all course materials are in English.

_____ I agree to attend all scheduled sessions (please review full schedule above before initialing).

_____ I agree to arriving on time and staying for the duration of the class.

_____ I understand that any missed classes that I wish to receive credit for will have to be made up at my own expense.

_____ I agree to complete all homework assignments on time.

_____ I have read and understood the contents of the section titled "TUITION" in this registration form, including the point that mentions that I am responsible for purchasing the required texts for this course

_____ I have read and understood the contents of the section titled "REFUND POLICY FOR STUDENTS" of this registration form

I acknowledge that I have thoroughly read and understood ALL the above sections in this application form and that all information submitted in this application is true and accurate.

Applicants Signature

Date

Applicants Printed Name

Please send a minimum payment of \$150 (non-refundable deposit), the early bird payment, OR full payment -AND- completed registration form to the following address (Please make checks out to: JEANNINE PLAICHE):

**Jeannine Plaiche,
100 Sacré-Coeur #306,
Longueuil, QC,
CANADA, J4L 1A8**

Registration deadline: March 15th, 2018