



Yoga For Moms with Ann Israel

Prenatal Yoga Teacher Training Registration Form

Your Name : _____

Date: _____

Date of Training: _____

Location of Training: _____

Contact Information:

Address: _____

Email: _____

Home Phone: _____ Cell Phone: _____

Please provide a brief overview of any experience you may have in any of the following areas:
Practicing or teaching Yoga (or any other form of movement – Tai Chi, Pilates, Dance), Childbirth
Education, Doula, Midwifery, Facilitating Groups, any other work in Childbirth Preparation:

Please briefly describe your interest in attending this training and how you plan to incorporate
what you will learn into your work:

How did you hear about this training? If on the internet please list which source.

Please enclose this form with your deposit (check payable to Ann Israel) and send to: Yoga For Moms, 601 Laurel Hill Lane, Baltimore, MD 21228

Payment Policy:

The full amount for Yoga For Moms Prenatal Yoga Teacher Training is \$600.00. A deposit of \$250.00 is due upon committing to attend the training. Once received, the deposit will reserve your space. The balance for the training (\$350.00) is due 30 days prior to the first day of the session.

Please make checks payable to: Ann Israel. Please mail deposits to:

Yoga For Moms
601 Laurel Hill Lane
Batlimore, MD 21228

Returned checks are subject to a \$25 check fee.

A **late registration** fee of \$75.00 (for a total of \$675.00) will be applied to any deposits received after the registration deadline. The deadline for early registration is one month prior to the first day of the training.

Refund Policy: Refunds are available up to the 30 days prior to the beginning of a training minus the \$250 deposit fee. After this time there will be no refunds or credits if you choose not to attend. Should you decide not to attend your scheduled training after a deposit or payment in full has been made, no credit will be made for a training on another date unless you can fill your spot with another paying student. Once training begins, no credits or refunds will be given.

Directions: Directions to the training site will be mailed or emailed upon receiving full payment. If lodging is required, or other general information is needed please contact Yoga For Moms at yoga4moms@hotmail.com or call 410-916-9450.

Certification and Continuing Education Credits: Upon completion of the training, participants will receive a certificate of completion. In addition, participants in Yoga For Moms Prenatal Yoga Teacher Training will receive 30 hours of Yoga Alliance Continuing Education Credits.

Participation Requirements:

Anyone wishing to participate in Yoga For Moms Prenatal Yoga Teacher Training must complete the registration form and should have a minimum of 12 months in a personal yoga practice. In addition, the following reading list is suggested for all participants. Titles marked with an * are required reading as a prerequisite.

Please contact Ann with any questions or concerns about requirements.

1. * The Official Lamaze Guide: Giving Birth With Confidence by Judith Lothian and Charlotte DeVries *
ISBN: 0-88166-474-X It is available through Amazon.com and also through Lamaze.org - the bookstore
2. * Preparing for Birth with Yoga, Updated Edition: Empowering and Effective Exercise for Pregnancy and Childbirth (Paperback) *
by Janet Balaskas
ISBN-10: 000716676
3. * Ina May's Guide to Childbirth by Ina May Gaskin *
ISBN:0553381156
4. The Birth Partner, Second Edition (Paperback) by Penny Simkin
ISBN-10: 1558321950