

ASAP FITNESS PROGRAM APPLICATION FORM
ASAP LEVEL ONE, ASAP LEVEL TWO AND/OR
ASAP LEVEL THREE- A CHAKRA STUDY

ADMISSION REQUIREMENTS

1. Please write a short essay (typed and double spaced) 2 to 3 pages long describing:
 - *your age: state if you are between 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 or over
 - *your history of fitness training and experience
 - *your current fitness training program and how long you have been on it, how frequently you workout
 - *any past teaching experience
 - *your reasons for wanting to take the ASAP Fitness Program
 - *any relevant or related experience.

2. For anyone with a medical condition or anyone over 35 years old may be required to submit doctor's permission to enroll and practice this course material. Anyone over 59, please include a doctors appraisal of your current fitness levels and Doctor approval to practice this course material.

3. Outline your current daily or weekly fitness training program and how long you have been on it, how frequently you work out.

3. Are you presently teaching fitness or yoga? If so, please indicate the number and type of classes you teach and include a sample plan of the number of classes you teach each week.

LEVEL ONE

For One Person

7 sessions \$296.80 (\$280.00+ GST) per person

Bring a friend

7 sessions \$267.50 (\$250.00 + GST) per person

LEVEL TWO

For One Person

7 sessions \$374.50 (\$350.00 + GST) per person

Bring a friend

7 sessions \$342.40.50 (\$320.00 + GST) per person

LEVEL THREE – CHAKRA STUDY

For One Person

7 sessions \$214.80 (\$200.00 + GST) per person

Bring a friend

7 sessions \$181.90 (\$170.00 + GST) per person

LEVEL ONE & LEVEL TWO SIMULTANEOUS REGISTRATION

\$572.45 (\$535+GST) A \$95.00 savings

LEVEL ONE & LEVEL THREE SIMULTANEOUS REGISTRATION

\$411.95 (\$385+GST) A \$95.00 savings

Please add \$16.05 for Shipping and Handling

5. Include the appropriate payment and include \$16.05 for shipping and handling if appropriate. Certificates of completion are granted at the end of the course. Please make payment cheques payable to "Axxess".

Please Print Clearly:

Name (First & Last): _____ e-mail _____

HomePhone: _____ WorkPhone/fax _____

MailingAddress: _____

Street address

City

Province

Country

Zip Code

I wish to register for the following course:

ASAP Level One: _____

ASAP Level Two: _____

ASAP Level Three: _____

Total of money order enclosed \$ _____ (to "Axxess")

Signature _____ Date: _____

Student Responsibility: The information on this form will be considered accurate. Students must advise the Visions Hatha Yoga Axxess Registration Department of any changes to addresses or phone numbers and must use proper registration procedures to register (completion of registration and application form). Mail your registration form with the fee enclosed to Box 515, Parksville, B.C. CANADA V9P 2G6 Phone: (250) 390-9223 Fax (250) 390-3595. You will receive a receipt. Please retain it for your records.

Refunds: Refunds are not issued unless under extreme and extenuating circumstances and a \$50.00 processing fee is retained. In the event of course cancellation by Axxess, full refunds will be issued as quickly as possible. A charge of CDN \$16.05 or US\$20.00 is levied for any NSF cheque received. GST #86839 5872 RT0001.