



300-hour Foundational Yoga Teacher Training

APPLICATION

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DATE OF BIRTH: _____

Please answer the following:

- Why do you want to be a yoga teacher?
- What are your most significant yoga learning experiences (classes, workshops, retreats, etc.)?
- Write your own definition of yoga.
- Please share with us your own practice of yoga and where you hope it will lead you?
- Please include how long you have studied; whom you have studied with and what led you to the study of yoga (if applicable).
- If you have received a certification, please list this as well as the number of hours of the certification (if applicable)?
- Are you currently teaching Yoga? If so, where?
- What is your current occupation?
- What are your interests and activities?
- Do you have any physical limitations, disabilities or a chronic injury/illness?
- What are your expectations of this teacher-training program?
- If you are applying for the 4 week intensive program, do you have one year or more experience with a regular yoga practice (3-6 days a week)?

Please send in with your deposit.

Signature: _____

Date: _____