



Application

Thank you for taking the time to apply for our 200 Hour Yoga Teacher Training program. The purpose of this application is for us to get to know you and your background, to help you clarify your intentions and goals and to see how participation in this program can best serve you.

The goal of our 200 Hour Yoga Teacher Training is to produce great teachers that are educated in the full scope of Yoga so they safely and positively affect future Yoga students. It is also to identify areas where greater clarity and joy can enter your life, familiarize you with a personal practice so that you can fully utilize Yoga's tools and to connect you with a community that supports your highest good. Understanding Yoga's role in all aspects of our life not only contributes to our personal evolution but also to the well-being of the world. This is the key to greater understanding, compassion, joy and the spreading of peace and this is the mission and purpose of this program.

Please take your time to fully consider each question and answer them honestly. Please also submit a digital or physical photograph. Thank you. I'm thrilled for this opportunity to work with you and to start this ripple of awareness and support throughout our community.

Date:	Name:		
Address:			
City:	State:	Zip:	Country:
Home Phone:	Cell Phone:		
Email Address:			Date of birth:

1. How did you hear about our 200 Hour Yoga Teacher Training program?
2. What were the details around how and when you began practicing Yoga?
3. What is your background experience, training and practice with Yoga?
4. What type of Yoga do you practice?



5. Do you have a daily practice & are you willing to commit to one?
6. Do you meditate? How often? Describe your practice:
7. What teachers and teachings have influenced you and why are you drawn to them?
8. Why have you chosen this program?
9. What do you intend to get out of the program? In other words, what are your goals on a physical, mental, emotional and spiritual level for this program?
10. What challenges in life have you moved through only to gain more wisdom and clarity?
11. What challenges are you facing now? How do you think this program or Yoga in general can help with that?
12. What will you bring to this program and to the group you will go through this journey with?
13. What are your short-term goals (life and Yoga)?
14. What are some long-term goals (life and Yoga)?
15. What type of student are you interested in teaching?