



200-Hour Teacher Training Application

First Name _____ Last Name _____
Street Address _____
City _____ State _____ Zip _____
Phone (cell) _____ (work) _____ (home) _____
Email _____ Date of Birth _____
Emergency Contact Name _____ Emergency Contact Phone _____

Which Yoga on High 200-Hour Yoga Alliance Certified Teacher Training Program are you interested in attending?
_____ 9-Month Weekend _____ 9-Month Evening _____ Personal Enrichment _____ Undecided

What type of yoga are you interested in learning to teach?
_____ Hatha _____ Ashtanga _____ Vinyasa _____ Other (please list) _____

What is your anticipated start date? _____

On another sheet of paper or using our online application please answer the following questions:

1. Describe your experience with yoga. How long have you practiced, with whom have you studied and for how long, and what style do you usually practice?

2. Describe your current yoga practice. Is it daily? Do you attend classes regularly? Do you have a home practice? Of what does your practice consist?

3. Describe any injuries, disabilities or illnesses of which we should be aware. How are you addressing these? (Illness, disability or injury will not prevent your acceptance into this program.)

4. Briefly describe any body/mind, energetic, or spiritual practices with which you are or have been involved (including but not limited to meditation, Buddhism, Rosen method, dance, theater, Feldenkrais, massage, polarity therapy, Reiki).

5. Do you practice pranayama and/or meditation?

6. Are you currently teaching yoga or another discipline (Pilates, martial art, meditation, etc.)? For how many years?

7. How did you learn about the Yoga on High teacher training program?

_____ Internet Search _____ Friend (name) _____ Yoga Teacher (name) _____
_____ Other (list) _____

8. Why are you interested in this program? Are you considering others?

9. Are you interested in teaching yoga or are you considering this training for your own self-exploration?

AN ONLINE VERSION OF THIS APPLICATION IS AVAILABLE AT <http://www.yogaonhigh.com/training/to-apply/>

Thank you for applying to Yoga on High's Teacher Training Program. Once we have received this application we will be contacting you to set up a time for an interview. If you are filling out a paper version of this application you may mail, email, or drop-off to studio at your convenience. Namaste.