



**ADVANCED STUDY AND YOGA TEACHER TRAINING PROGRAM APPLICATION
300 hr PROGRAM**

Please complete the following application. Use additional pages if needed.

Name: _____

Phone: _____

Email: _____

Address: _____

1. When and where did you complete your 200 Hr teacher training? Briefly describe the program.

2. Briefly describe the extend of coverage in your 200 hr program of the following.

Class sequencing:

Injury Prevention:

Ayurveda:

Yoga Philosophy:

Anatomy & Physiology:

Teaching a class:

3. How long have you been practicing yoga?
4. Describe your yoga practice- practice on own, group classes (who is/are your primary teacher/s), how often, what intensity, etc?
5. What are the challenges in your own yoga practice?
6. What prompted you to practice yoga and why do you do it today?
7. How long have you been teaching yoga? What style(s) and level(s)?
8. Where do you currently teach and what is your typical weekly teaching schedule?
9. What is your motivation for taking this training?
10. What has inspired you to want to teach yoga?
11. What do you hope to get out of this program?
12. Do you have any injuries or physical conditions?
13. How were you referred to the Yoga Shakti teacher training and advanced studies program (studio, friend, other-please state)?