



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

Please complete the following application and email to [Diana@yogashaktistudio.com](mailto:Diana@yogashaktistudio.com). You may use additional pages if needed.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

I am enrolling in this program for:

- Yoga Shakti 200 Hr Yoga Alliance Teacher Training Certification.
- The enhancement of my own personal yoga practice only and am not pursuing a certificate.

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