



Yoga Teacher Training Application

Thank you for your interest in the Embrace Yoga Studio Teaching Training Program!

Before completing this application, please come in and take a class and talk to Katherine to be sure this program is the right fit for you. We will happily offer you a complimentary class and answer any questions you have about the program. This is your evaluation of the studio and not an evaluation of you. Once you have chatted or taken class, please answer the following questions in this Word document, a new file, or a printout.

Applications will be reviewed and admission will be based on experience, enthusiasm, and a willingness to teach yoga in a safe and selfless way. Please feel free to attach any additional pages to your application.

Upon acceptance, you will be asked to provide contact/emergency medical information and to sign an agreement form outlining your commitment, both financially and physically. We have one reduced-tuition scholarship available; if you are interested, please explain your need here.

Name	
Phone #	
Email	

1. How did you learn about Embrace Yoga Studio's yoga teacher training program?
 - Yoga teacher recommended it
 - Friend
 - Website
 - Facebook
 - Flyer
 - Other
2. How long have you been practicing yoga?
3. How many times a week do you currently practice?
4. What does your yoga practice involve? Ex: asana, meditation, breathing exercises...
5. What style(s) of yoga do you currently practice?
6. At which yoga studio(s) do you practice?
7. Why does Embrace resonate with you?
8. List any types of yoga training you have had in the past. Where? With whom? For how long?
9. What do you hope to gain from this teacher training?
10. What are your expectations?
11. Do you currently teach? Where? For how long?

12. Why do you want to participate in our program?
13. In your opinion, what qualities embody a good yoga teacher? Why?
14. Do you have any conditions or injuries that may affect your practice?
15. Anything else you would like to share about you?
16. Questions, comments, or concerns?