



300 Hour Yoga Teacher Training Application

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

Before completing this application, if you haven't practiced with us before, please come in and take a class and talk to Katherine to be sure this program is the right fit for you. This is your evaluation of her and the studio and not an evaluation of you. Once you have chatted or taken class, please answer the following questions in this document, a new file, or a hand write it on a hard copy.

Katherine will review applications and admission will be based on experience and a willingness to learn and 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 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 #	
E-mail	

1. How did you learn about Embrace Yoga Studio's teacher training program?
 - Current student
 - Website
 - Yoga teacher recommended it
 - Friend
 - Flyer
 - Social media
 - Yoga Alliance
 - Other:

2. How long have you been practicing yoga?
 - a. How many times a week do you currently practice?
 - b. What does your yoga practice involve?
 - c. Where do you practice yoga?

3. List any types of yoga training you have had in the past. Where? With whom? For how long?
4. What do you hope to gain from this teacher training?
5. What are your expectations?
6. Do you currently teach?
 - a. Where?
 - b. How many times a week?
 - c. What type of classes?
 - d. Have you taught workshops or teacher trainings?
7. In your opinion, what qualities embody a good yoga teacher? Why?
8. Do you have any conditions or injuries that might affect your practice?
9. Anything else you would like to share about you?
10. Questions, comments, or concerns?