**Teacher Trainee Application**

**To apply to Yoga Life Studio’s teacher training program fill this application out to completion. Then, submit your application by emailing it to** [**Brooke@YogaLifeSj.com**](mailto:Brooke@YogaLifeSj.com)**. You will be notified via email regarding your application status.**

**Upon, your acceptance into the program, you must pay the $500 deposit to hold your spot in the training. This deposit must be paid no later than one month prior to the start date of your program. Once this deposit is paid, it becomes non-refundable/non-transferable.**

**Your remaining tuition is due no later than the start date of your training program.**

**Before you apply, please review our tuition, fees, and refund policies at https://www.yogalifemichigan.com/training-application/**

**Name:**

**Today’s Date:**

**E-mail Address:**

**Phone Number:**

Be sure your email address is correct. This is how we will contact you with the status of your application and acceptance.

Which training are you applying for? (Check one)

## [ ] 200-Hour Training

## [ ] 300-Hour Advanced Training

1. How did you hear about our program?
2. What is your experience with Yoga? Please list types of Yoga, your teachers, and duration.
3. Explain why you would like to attend teacher training?
4. What is your experience with physical activity? (Gymnastics, swimming, Pilates, running, etc.) Duration?
5. Do you have a home practice? How many days per week? How long is each practice? What does your home practice include?
6. Do you teach or practice any other holistic modality (massage, energy work, etc.)?
7. Are you educated in anatomy and physiology? Please explain.
8. Do you have a meditation practice? What form of meditation? How long have you been meditating?
9. Do you plan on teaching yoga after training? If so, please explain why you would like to teach. If you are currently teaching, explain in detail.
10. If you do not plan on teaching, please explain why you believe this training will benefit you.
11. Describe your physical health.
12. Describe your emotional health.
13. Describe your mental health.
14. List all injuries past and present.
15. List any additional things we should know about you.
16. Did you review our tuition and application policies on our website?

**For 300-hour applicants only:**

1. When and where did you receive your 200-hour training? Did you feel capable of teaching/practicing at a 200-hour level upon completion of your training?
2. Are you currently registered with Yoga Alliance? If so, what registration do you hold?
3. Why do you wish to attend the 300-hour Advanced Yin & Yang Training at Yoga Life Studio?

**We will be contacting you soon.**

**Thank you & Namaste!**