

# 2025 APPLICATION

## 200 Hour In Person Yoga Teacher Training

These programs are open to all students who demonstrate honest interest, self-discipline, and commitment. There are no prerequisites, other than enthusiasm and a willingness to learn and grow. Students of all levels of physical fitness are welcome.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

### MEDICAL CONDITIONS:

Do you have any medical conditions or injuries that may influence your ability to perform yogic exercises?  
YES \_\_\_\_ NO \_\_\_\_ If you are uncertain, please consult your physician for proper medical advice.

List below any injuries or medical conditions:

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### YOGA EXPERIENCE:

Please briefly list your experience with yoga or any related physical exercise system, and/or spiritual or contemplative practice (martial arts, dance, mediation, etc.):

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**PERSONAL INTENTIONS:** *Please answer the following questions honestly and to the point:*

1. Why are you interested to deepen your study of yoga?

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2. What are the top three things you hope to gain from completing the program?

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3. Are you interested in teaching yoga, or simply in deepening your own knowledge and practice? (It's fine either way).

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4. How do you feel yoga fits into your “greater vision” or “life purpose”?

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5. Please feel free to share any other information you feel is relevant.

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## TUITION:

### 200 HOUR IN PERSON YOGA TEACHER TRAINING:

#### **Pay full amount of \$2900**

- \* Non - Refundable \$200 application & administration fee due with application. Upon acceptance into the program the \$200 fee will be your deposit towards payment amount.
- \* Upon acceptance into the program, a \$500 deposit must be submitted within 30 days to hold a place in the training.
- \* The remaining balance of \$2200 is due November 17, 2024
- \* **Total payment \$2900 – No refund after January 10, 2025**

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## TRAINING INFORMATION:

### REQUIRED TEXTS:

Bhagavad Gita – Stephen Mitchell  
Living Your Yoga – Judith Lasater  
Light on Yoga – B.K.S. Iyengar  
Hatha Yoga Illustrated – Martin Kirk and Brooke Boon  
Key Muscles of yoga Volume 1 – Ray Long  
The Secret Power of the Yoga Sutras – Nischala Devi Joy

### RECOMMENDED TEXTS:

The Upanishads – Penguin Classics  
The Yoga Sutras of Patanjali – Alistair Shearer  
Yoga Anatomy – Leslie Kaminoff  
Yoga for depression – Amy Weintraub  
Waking – Mathew Sanford  
The Healing path of Yoga –Nischala Joy Devi  
Meditation for the love of it – Sally Kempton  
Autobiography of a Yogi – Paramahansa Yogananda

## 2025 PROGRAM SCHEDULE:

**Start Date:** January 17, 2025

**Ending Date:** July 20, 2025

## 2025 PROGRAM DATES: Dates of 9 weekends

January 17 - 19

January 31 - February 2

February 28 - March 2

April 11 - 13

April 25 - 27th

May 2 - 4

May 16 - 18

June 6 - 8

July 18 - 20 Graduation Celebration

## PROGRAM HOURS: Hours for the 9 weekends

Friday: 4:00 – 8:00pm

Saturday: 8:30 – 5:00pm

Sunday: 8:30 – 4:30pm

\*Make-up classes and assignments can be arranged for students who have to miss some scheduled contact hours. Additional fees for contact hours may apply.

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***Feel free to call with questions or concerns:***

Cheryl: (928) 499-1553 or [cwlotusbloom@gmail.com](mailto:cwlotusbloom@gmail.com)

I look forward to being a part of your transformational journey.

Namaste!

*Cheryl Walters*

**Please email completed application:**

**Cheryl: [cwlotusbloom@gmail.com](mailto:cwlotusbloom@gmail.com)**

