

200 Hour Yoga Teacher Training (YTT) Application



STUDENT INFORMATION

Full Name	
Address	
City, State, Zip Code	
Email	
Phone	

Emergency Contact	
Phone	
Relationship	

QUESTIONS

- How did you hear about Unplug & Be Mindful Yoga's Teacher Training Program?

- What is the primary reason you are interested in Yoga Teacher Training? (**check all that apply**)
 - Occupation: To Teach Yoga
 - Personal Growth
 - Both
 - Not Sure

- How long have you been practicing yoga?

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- How often do you practice yoga asana (postures) currently?
- Do you practice pranayama (breathing)?
- Do you practice meditation?
- What style(s) of yoga do you practice?
- Please describe how you found yoga (or yoga found you):
- Is this your first YTT? Have you taken any other yoga certification programs?
- How is your physical body? Do you have any medical conditions or have had a recent injury that we need to be aware of?
- Is there anything else that you would like us to know about you?
- Please indicate which day/time you would to attend the trainings? In addition to the weekly class, there will be 6 (possibly 7) weekend intensives. This program will take seven months to complete

In Studio Options

- 2020/2021 September 30th thru April 28th (Evening Program)
 - Wednesday Evenings 6:30pm-9pm
 - 7 Weekend Intensives
- 2020/2021 September 28th thru April 25th (Daytime Program)
 - Monday 10:30am-1:30pm
- Private Instruction (go at your own pace). Weekend intensives are required.

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Thank you for your interest in our 200 Hour Yoga Teacher Training Program and taking the courageous steps to improve your life and the lives of others. Namaste.