

# 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?

# 200 Hour Yoga Teacher Training (YTT) Application



- 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 like to attend the trainings? In addition to the weekly class, there will be 8 weekend intensives. This program will take seven months to complete

## In Studio Options

- 2021 September-April 2022
  - Weekly Tuesday Evenings In Studio 6:00pm-9pm
  - Or Monday Day Time Program In Studio 12pm-3pm
  - 8 Weekend Intensives
- Private Instruction (go at your own pace). Weekend intensives are required.

# 200 Hour Yoga Teacher Training (YTT) Application



*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.*