

September 2021-May 2022 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 like to attend the trainings? In addition to the weekly class, there will be 8 weekend intensives. This program will take eight months to complete.
 - September 2021-April 2022
 - Monday Day Program 12:00pm-3:00pm
 - 8 Weekend Intensives
 - September 2021-May 2022
 - Weekly Tuesday Evenings In Studio 6:00pm-9:00pm
 - Sept/Oct/Nov Bi-Weekly
 - 8 Weekend Intensives

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- Private Instruction (go at your own pace). Weekend intensives are required.

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.