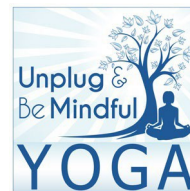


200 Hour Yoga Teacher Training (YTT) Application



STUDENT INFORMATION

Full Name	
Address	
City, State, Zip Code	
Email	
Phone	

Emergency Contact	
Phone	
Relationship	

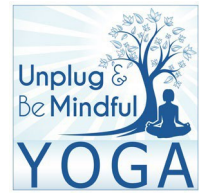
QUESTIONS

- 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?
- 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 want to attend the trainings? In addition to the weekly class, there will be 7 weekend intensives. This program will take 6-7 months to complete.

In Studio Options

- 2022 Fall/Winter/Early Spring (Evening Program)
 - Tuesdays 6:00pm-9:30pm
 - or
 - Thursday Evenings 6:00pm-9:30pm
 - 7 Weekend Intensives
- 2023 January-June (Evening Program)
 - Tuesday Evenings 6:00pm-9:30pm
 - 7 Weekend Intensives
- 2022/2023 Day Time Option September-April

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- Monday's 9:00am-12pm
7 Weekend Intensives

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.