

# 300 Hour Advanced 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 300 Hour Teacher Training Program?
- What is the primary reason you are interested in Yoga Teacher Training? (**check all that apply**)
  - Occupation: Teacher Growth
  - Personal Growth
  - Both
- Name of the Yoga Alliance approved 200 hour YTT (s) you attended or other 300 Hour YTT:
  - Date of the program
  - Focus of the program
- How long have you been practicing yoga?

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- How long have you been teaching yoga?
  - Group Classes
  - Privates
  - Workshops
  - Retreats
  
- Do you have a daily yoga practice?
  - What does it look like at this time? Be specific
  
- Do you have a daily meditation practice?
  
- Please describe how you found yoga (or yoga found you):
  
- 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?

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This is an advanced teacher training program and will take 15 months to complete. A small portion (40 hours) of this program will be completed online. There will be reading and assignments between classes. Each student will be expected to attend each class. Please know as a mom of three, I am flexible and understand that life happens. If something comes up and you can't make a class, you can make it up or Zoom in.

***Thank you for your interest in our 300 Hour Yoga Teacher Training Program and taking the courageous steps to improve your life and the lives of others. Namaste.***