



## 200-Hour Modular Teacher Training Application

### Introduction

Thank you for your interest in The Yoga House 200-Hour Teacher Training. This program is meant to deepen your yoga practice and to help prepare you to become a confident, knowledgeable yoga instructor. Self-discipline is the foundation on which a yogic path is carved; as such, it will be expected that you spend time outside of the regularly scheduled meetings on readings, assignments, studying and asana practice. We strongly recommend that applicants have at least one year of consistent asana practice.

The journey as a yogi and yoga instructor is one of constant learning. At The Yoga House Teacher Training, we create an open environment in which there will be many discussions on all facets of yoga. As you prepare to stand before a class with the knowledge you acquire here, know that your teacher trainers are also learning from you. Please be prepared to share your insights, questions, and discoveries. Our aim is to create a *satsang*, a community of yogis who support and learn from one another.

We look forward to meeting you. *~Namaste~*

### How to Apply and Payment Information

Full tuition for the teacher training is \$3,150. In order to reserve your spot in the teacher training, please send in the completed application along with the non-refundable \$350 deposit to The Yoga House by the registration date listed on the website. In order to receive the discounted tuition of \$2,950, pay in full by check or cash. If you are taking an a la carte approach, each of the eight modules will cost \$350. **Checks should be made out to The Yoga House and mailed with the application to 57B Crown Street, Kingston, NY, 12401.** See our website for more information about what your tuition payment includes. Books, supplies and yoga equipment are not included in the tuition.

## **Applicant Information**

To better serve you through this experience, we require some basic information about you and your yoga history. Please answer the questions below as clearly as possible. Thank you.

<b>Name</b>		
<b>Address</b>		
<b>City, State</b>		<b>Zip</b>
<b>Home#</b>	<b>Cell#</b>	<b>Work#</b>
<b>Email Address</b>		
<b>DOB</b>		

**Please list medical history, including impairments, injuries & surgeries.**

**For how long have you practiced yoga?**

**What was your first introduction to yoga and how has your path developed since that initial introduction?**

**Have you ever taught yoga before? If yes, what has been your experience?**

**Have you ever taught any other discipline before? If yes, what have you taught?**

**How did you hear about The Yoga House Teacher Training?**

**Why are you interested in teacher training?**

**What are your expectations for this training? What do you hope to gain, learn or work on?**

**Can you commit yourself to full participation in this program? \_\_\_ Yes \_\_\_ No**

**Please provide any final questions, concerns or special circumstances about commitment to the training.**

### **Agreement**

I recognize the commitment required to enter The Yoga House Teacher Training. I have read and understand the payment information listed above. I agree and understand that I must fulfill and complete all required assignments as well as attend and participate in all required training sessions and mandatory classes to receive certification through The Yoga House.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

