



200 Hour Vinyasa Yoga Teacher Training Application

Full name: _____

Address: _____

Email: _____

Home Phone #: _____ Cell phone #: _____

Emergency contact name and #: _____

How did you hear about this teacher training program?

Please tell us about your yoga practice by answering the following:

What drew you to practice yoga?

How long have you been practicing?

What styles of yoga have you practiced?

How would you describe your practice?

What is the most rewarding aspect of your practice?

What is the most challenging aspect of your practice?

Who have been your teachers? What would you characterize as their strengths? What if anything, would you change about their teaching?

What draws you to a vinyasa yoga teacher training? What makes you want to enroll in Yogawood's yoga teacher training?

What are you hoping to understand or to be able to do upon completion of this program?

Please refer to the specific dates and times scheduled for this training and list any schedule conflicts that may impact your participation in this teacher training program.

Yoga is a practice of transformation, and this teacher training is an intensive, extended practice. It's going to require your full attention and a lot of time. Describe another experience you have had that required a similar measure of presence. How did you manage your time? Your relationships and commitments?

If there are any special physical/mental health concerns we should know about, please let us know with this application. Also, please describe any medical concerns you may have.

Thank you so much for your interest in our Teacher Training program! We'll contact you shortly!