



200 Hour Yoga Teacher Training
Application

Dear Applicant,

Thank you for your interest in The Elevate Yoga 200 Hour Teacher Training! Please complete the following forms in order to apply for our training. In addition, we will set up an interview with you to further discuss your goals and readiness for the training and to answer any further questions you may have. If for some reason this application is not accepted, we will refund any deposit that has been made in full. For questions, please contact: joelle@elevatebyallsport.com

Please note: Two years of Yoga study are highly recommended before applying for our training. We will consider a shorter duration of study on a case by case basis.

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

1. Please tell us about your Yoga practice and why Yoga is important in your life. How long have you been practicing, what style, how many classes do you attend per week and where? (use space on back if needed)

2. Please share why you've decided to begin Yoga teacher training at this time. What do you hope to come away with from this training? (use space on back if needed)

3. Throughout this training, we will be going deep into self-study, and will inevitably meet challenges and discoveries. Please describe any physical, mental, or spiritual challenges you might encounter or bring to this process.

4. Over the course of teacher training, we will discuss and be mindful of the meaning of Sangha (community) so that we all may feel safe enough to be challenged in ways that help us grow. In addition to this, do you feel you have a support system in place outside of our group to help you through any personal challenges you might experience during the training?

I certify that all of the above information is true and accurate:

Signature: _____ Date: _____