

GLENMORE YOGA & WELLNESS CENTER

200 Hour Teacher Training Program Application Form

Please complete the following form and return it with your completed teacher recommendation form and \$100 deposit to Glenmore Yoga & Wellness Center. Applications will be reviewed within two weeks of receipt. Acceptance will be based on the applicant's sincere desire to deepen their understanding of the principles of traditional yoga. Please attach additional pages if necessary.

1. Name _____

Address _____

City, State and Zip _____

Phone _____ E-Mail _____

2. How long have you been studying and practicing yoga? _____

3. Who is your teacher? How often do you study? Please include location and phone number.

4. What types of yoga have you studied and for how long?

5. Please describe your regular yoga practice in terms of frequency and length of practice.

6. What is your knowledge of anatomy? Do you have background in other similar modalities, such as Physical Therapy, Personal Training, Pilates?

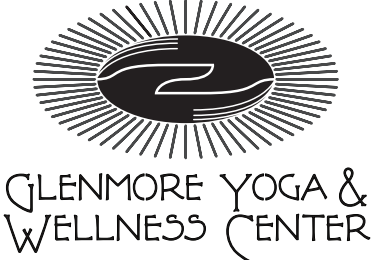
7. Are you currently teaching yoga? If so, where? What styles do you teach?

8. How long have you been teaching?

9. Please write a paragraph on why you wish to participate in our 200 hour teacher training program.

Signature of Applicant

Date



GLENMORE YOGA & WELLNESS CENTER

200 Hour Teacher Training Program Teacher Recommendation Form

A student of yours is interested in attending our Teacher Training Program. Please give us your opinion as to the student's readiness for this step. Please complete this form as fully as you can and add any additional information.

Student's Name _____

Your Name _____

Phone _____ E-Mail _____

1. How long has this student studied with you? How often does this student study with you?

2. How would you describe the student's understanding and proficiency in yoga asanas?

3. How would you describe the applicant's sincerity toward the practice of yoga?

4. Please comment on the applicants overall readiness to become a yoga teacher.

Name

Date