

GLENMORE YOGA & WELLNESS CENTER

500-Hour Glenmore Therapeutic Yoga Teacher Training Program Application

Please complete the following form and return it with your \$500 deposit to
Glenmore Yoga & Wellness Center

1. Name _____

Address _____

City, State and Zip _____

Phone _____ E-Mail _____

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

3. Please provide the name of the 200-hour yoga certification program you attended. Attach a copy of your certificate of completion (not necessary if you completed Glenmore Yoga's 200 hour program).

_____ Date graduated _____

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?
