



## 200-Hour Yoga Teacher Training Application

### Personal Information:

1. Full Name:
2. Email Address:
3. Phone Number:
4. Address:

### Yoga Practice Experience:

1. How long have you been practicing yoga?
2. What styles of yoga have you practiced (e.g., Vinyasa, Hatha, Ashtanga, Yin, etc.)?
3. How many times per week do you currently practice yoga?
4. Have you attended any other yoga teacher training or workshops? If yes, please provide details.

### Motivation and Goals:

1. Why do you want to become a certified yoga teacher?
2. Do you plan to teach?      If yes, what specific goals or aspirations do you have for your teaching career?
3. How do you plan to use your yoga teacher certification after completing the course?

**Knowledge and Preparation: (these questions mainly apply to a person who has already taken a yoga course, but feel free to answer them if you haven't had training. And no worries if you are not familiar with the terms, that's what a training will teach you.)**

1. Describe your understanding of the basic principles of yoga philosophy (e.g., the Eight Limbs of Yoga, the Yamas and Niyamas).

2. Have you read any books or resources related to yoga philosophy, anatomy, or teaching methods? If so, please list them.
3. What is your experience with meditation and pranayama (breathwork)?

**Physical and Emotional Readiness:**

1. Are you currently dealing with any physical injuries or health conditions that might affect your ability to practice yoga? If yes, please describe.
2. How do you handle stress or challenging situations in your personal life?
3. Yoga teaching often involves working with diverse groups of people. How do you approach working with individuals from different backgrounds and skill levels?

**Commitment and Availability:**

1. Are you available to commit to the entire duration of the 200-hour training course, including any scheduled assignments or practice sessions outside of class?
2. How do you plan to manage your time to accommodate the demands of the training program?

**Community and Teaching Philosophy:**

1. What qualities do you believe are essential for an effective yoga teacher?
2. How do you envision contributing to the yoga community and supporting fellow practitioners?

**Additional Information:**

1. Is there anything else you would like us to know about you or your yoga journey?

2. Do you have any questions or concerns about the course that you would like to discuss?

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Thank you for taking the time to complete this application. Your responses will help us ensure that you are well-prepared and aligned with the goals of our training program. We look forward to reviewing your application and supporting you on your journey to becoming a yoga teacher.

Warm regards,

Living Beyond Yoga

livingbeyonyoga@gmail.com