

The Health Advantage Yoga Center Teacher Training Program Application

East Meets West Yoga Center is hosting HAYC's 2016 - 2017 Teacher Training program. Complete and return this application to EMW or HAYC with an EMW registration form and payment.

Name _____ H: _____

Address _____ W: _____

_____ Occupation _____

zip code

Email address: _____

Please answer the following questions. Use additional paper if needed.

- I. How many years have you been practicing yoga? _____
Describe your study of yoga. Include the style, when, where, and with whom you took your yoga classes. Include any workshops or retreats. We may contact these teachers for a recommendation.

- II. A. How many days per week do you practice? _____
B. How long is each practice on average? _____
C. Describe typical poses practiced.

- III. Have you studied or practiced meditation or pranayama? Please describe.

IV. Are you currently teaching yoga classes? If so, where and what classes?

V. What role does yoga play in your life overall? How does it influence your approach to life?

VI. Why do you want to take this course? Which aspects of the course do you feel will be most valuable to you both personally and professionally as a teacher?

Agreement

I understand that successful completion of this Yoga Teacher Training Program requires my attendance at the scheduled teacher training sessions. I intend to be present at all of them. I will also continue to attend classes and maintain a home practice of a minimum of an hour a day four times per week.

Signature

Date

The Health Advantage Yoga Center
1041 Sterling Road - Suite 202
Herndon, VA 20170
(703) 435-1571

East Meets West Yoga Center
8227 Old Courthouse Road . Suite 310
Vienna, VA 22182
(703) 356-9642