



The Essence of Yoga Center

300 Hour Advanced Teacher Training Program Application

Name: _____

Email: _____

Phone: _____

Mailing Address: _____

How did you hear about our program?

- Facebook
- Internet search
- Friend, Relative or Word of Mouth
- Yoga Studio or Yoga teacher
- Previous student

Do you plan to attend in person or virtually via Zoom?

- In Person
- Via Zoom!
- Not sure
- Combination of both, space allowing

What was most useful/relevant/important that you learned from your 200 hour training? And least important? How do you use what you learned in your 200 hour training in your personal yoga or teaching practice?

Think about a teacher you enjoy taking classes with...what is their teaching like, and how does it inform your personal practice?

How do you define yoga? What role does yoga play in your life?

Describe any physical challenges you experience. Has yoga practice improved or exacerbated them?

Why do you wish to pursue a 300 hour yoga teacher training? What are your personal and professional intentions? (Be as specific as possible.)

Please share any special interest or experience you have or anything about yourself that you would like us to know.

Please submit your application and deposit of \$500 by mail to:

The Essence of Yoga Center, LLC
154 Redwood Dr.
Richmond, KY 40475

*Deposit is nonrefundable, but may be used toward future training.