



## 300-Hour In-Depth Yoga Study and Advanced Teacher Training Program Application Form

Please complete all questions below and submit your application to The Yoga Loft. You may use the back of this form or additional pages if necessary. Please write legibly.

Name:

Address:

Phone(s):

Email:

1. How long have you been practicing yoga?
2. Do you have a regular yoga asana practice? If so, how many times a week?
3. Do you have any injuries or medical conditions?
4. What styles or methods of yoga have you practiced and with whom?
5. If you are currently teaching yoga, how long have you been teaching and where?
6. Do you have a current 200 Hour level of certification? If so, from what school and in what style or method of Hatha Yoga?
7. If you have a 200 Hour level of certification, was the program you completed registered with the National Yoga Alliance?
8. Have you studied yoga philosophy? If so, please describe.
9. Please tell us about any additional teacher trainings or workshops you may have attended.
10. Please tell us why you are interested in completing the 300 Hour Advanced Certification.