



# exhale yoga 200 hour teacher training application

Thank you for your interest in our teacher training program! This 200-hour basic yoga teacher training offers its participants the tools to skillfully and confidently teach yoga classes to people of all ages and abilities. This training is heavily rooted in the ancient wisdom of yoga asana and yoga philosophy and is based on a mentorship-style approach to learning, with a maximum number of 10 participants. Please mindfully answer the questions below or extra paper if necessary, to complete the application process. **This application must be returned along with the signature page of the agreement packet.**

Applicant Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How often do you practice yoga a week?

How long have you been practicing yoga? What styles?

What do you want to get out of yoga teacher training?

What is your most difficult posture? Why?

What is your favorite posture? Why?

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

