



exhale yoga 300 hour teacher training application

Thank you for your interest in our teacher training program. This 300-hour yoga teacher training offers its participants the deepening of knowledge amassed in the 200-hour training. 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 5 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?

Where did you take your 200-hour training?

How long have you been teaching yoga? What styles? Are any of these set sequences?

Are you a member of Yoga Alliance? How long?

Do you know what purposeful sequencing is?

Signature: _____ Date: _____

