

225-hour Yoga Teacher Training Application Form

Full name: _____ Pronouns (optional): _____

Alternate name/Nick name: _____ Date of Birth: _____

Address: _____
(Street) (City) (Postal Code)

Email: _____ Phone: _____

Emergency contact (name, phone number): _____

How do you describe your race/ethnicity? (optional): _____

How do you self-identify your sexual orientation? (optional): _____

Do you identify as having different physical abilities? ☐ Yes ☐ No

If Yes please provide more information: _____

What motivates you to pursue Yoga Teacher Training at this time? (check all that apply)

- ☐ Personal development
- ☐ Professional development
- ☐ Other

Why have you chosen Union Yoga for this training program? (check all factors that apply)

- ☐ The faculty
- ☐ The curriculum
- ☐ Dates work with my schedule
- ☐ Union is my home studio
- ☐ Tuition rates
- ☐ Scholarship option
- ☐ Other: _____

Applicants are expected to have a robust yoga practice of at least 2 years. Please describe your yoga and meditation experience, including length of study/practice, and primary teachers/mentors:

Please tell us about yourself. What is your educational or occupational background? Valued hobbies or activities?

How has yoga/meditation affected your life?

How do you take care of yourself?

Are there present conditions in your life which may be placing you under stress, or which might make introspective practices like yoga and meditation difficult for you at this time (e.g., recent loss of a loved one, substance abuse/withdrawal, relationship ending, new mental health diagnosis, big life transitions).

Yoga teacher training is physically and emotionally demanding. In our experience, these programs can bring up a lot of big feelings. What kinds of supports do you have in place (family, friends, colleagues, therapy, medical care) to help you cope with overwhelm and stress?

Do you have any injuries or health conditions that may interfere with your complete participation in the training and the required attendance of 36 classes (in addition to the training dates)?

☐

Yes

☐

No

If Yes, please provide more information:

Are there any additional comments or information you would like to convey to the teachers?

Will you have to miss any of the training dates? (which dates):

How did you hear about Union Yoga's YTT ? (check all that apply)

- ☐ Facebook
- ☐ Instagram
- ☐ Web Search
- ☐ Newsletter
- ☐ Union Website
- ☐ Union Yoga Teacher: _____
- ☐ Other: _____

Today's date: _____ Signature (or type name): _____

STUDIO USE ONLY

Date processed: _____ Staff name: _____

Action taken: _____