



300- Hour Advanced Yoga Teacher Training Application

Name _____

Address _____

Phone _____ email _____

Date of birth _____

Emergency contact information: Name _____ Phone _____

Before beginning this program you need to:

- Have or establish a daily asana practice (preferably for at least 2 years).
- Complete the application and Submit to Shelli Carpenter in person or email: info@eternalhealthyoga.com
- Submit full payment (through Auto-debit or pay in full).
- Respond to the following questions **on a separate piece of paper** (see below).
- Complete and submit the Teacher's Code of Ethics

Questions:

1. What is your definition of Yoga? Write one paragraph (approx. 250 words), as if it were to be given as a teaching in a yoga class you would teach.
2. What does the term, Yogic Living, mean? Write one paragraph (approx. 250 words), as if it were to be given as a teaching in a yoga class you would teach.
3. How many years have you been practicing yoga?
4. How many days per week do you practice yoga?
5. What style of yoga do you usually practice?
6. Do you practice meditation or pranayama?
7. Who have been your primary yoga teachers?
8. Where did you complete your 200-hour Teacher Training?
9. What other Yoga Teacher Training programs have you participated in?
10. Are you currently teaching yoga?
If yes, please answer the following questions:
For how many years have you been teaching?
Where do you teach?
What style do you teach?
11. What are your current interests, activities, and/or hobbies?
12. Do you have any physical limitations or chronic injuries / illnesses?
13. What are your expectations for this training?
14. Why are you interested in this particular Teacher Training program?