

**MINDFUL TURTLE 200-HOUR YOGA TEACHER TRAINING APPLICATION FORM**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Are there any physical or psychological conditions that we should be aware of to support you in this training? \_\_\_\_\_

How did you find out about this training (if referred by someone, who?): \_\_\_\_\_

How long have you been practicing yoga and how regularly (times per week)? \_\_\_\_\_

What style of practice are you accustomed to? \_\_\_\_\_

Limbs or aspects of yoga that you currently practice/experience with yoga postures, breathing, meditation, philosophy \_\_\_\_\_

Who or what has influenced your yoga practice most? \_\_\_\_\_

What inspires you to take this training at this time in your life? How do you intend to apply your advanced knowledge and training in yoga to your life? Are you interested in taking the training to enrich your own practice? If so, please explain more. Are you interested in teaching? If so, in what environments/what populations do you envision teaching? If applicable, any teaching/leadership skills/experience you have that complements teaching yoga? \_\_\_\_\_

Why are you interested in *this* yoga teacher training specifically? \_\_\_\_\_

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Please include some preferred days/times to have an interview, and whether you prefer to meet in person at Mindful Turtle or through video call\_\_\_\_\_

Please include a reference from a yoga teacher.

**PREREQUISITES/TRAINEE SELECTION PROCESS**

- Applicant must be 16 years of age or older (if under 18, parent signature is required).
- Applicant must have at least one year of regular yoga practice (at least twice weekly).
- Applicant must be proficient in English.
- Exceptions may be made to the above at the lead teacher’s discretion, but applicants are expected to demonstrate their commitment to the program.