

# Application for innerglow yoga 300 hour teacher training

Name

Email

Phone Number

Address

## Background & Experience - Practice

Tell us a little about your yoga background and experience. How long have you been practicing, what benefits/challenges do you face, do you have a home practice, do you have meditation practice, etc?

## Background & Experience – Teaching

How long have you been teaching? What have you experienced in your classes that has led you to learning more?

## Why Yoga?

What motivates you to practice yoga? Are there any teachers/mentors that influence your practice and why?

Where do you practice?

Where do you currently practice yoga, with whom do you practice, what styles?

Why are you interested in this teacher training program? Why join innerglow yoga's YTT specifically?

What qualities do you think makes a great yoga teacher and why?

Health Conditions/Injuries

Do you have any conditions and/or injuries we should know about?

Commitment

Are you able to fully commit and participate in innerglow yoga's YTT program? Please review the program schedule prior to submitting this application.

Please remit a \$500 NON-REFUNDABLE deposit with this application. If you have any questions, please contact Michelle 508-477-9642 or [michelle@innerglowyogacapecod.com](mailto:michelle@innerglowyogacapecod.com)

Namaste ☺

innerglow yoga

