



200 Hour Yoga Teacher Training Application Form

Personal Information:

| | |
|----------------------------|------------------|
| Name: | |
| Mailing Address: | |
| City: | Province/State: |
| Country: | Postal Code/Zip: |
| Phone #: | |
| Date of Birth: | |
| Email: | |
| Emergency Contact: | |
| Emergency Contact Phone #: | |

Thank you for your interest in our 200 Hour Yoga Teacher Training Program. Please take the time to answer the following questions as best you can so that we can learn some more about you.

Background Information:

1. How long have you been practicing yoga?

2. What styles of yoga have you practiced?

3. How often do you practice yoga?

4. What level of practitioner would you rate yourself as
 Excellent Good Poor

5. Which areas of practice do you find most rewarding?

6. Which areas of practice do you find most challenging?

7. Do you have experience with meditation?

8. What are your primary expectations for this training?

9. What is it that inspires you to want to teach yoga?

10. Why do you want to attend this program? In which ways do you feel this program will help you meet your goals in regards to Yoga Teacher Training?

Each day of the training will include a 90-120 minute full spectrum yoga practice. All participants must be physically fit and able to practice yoga at an intermediate level with any necessary modifications. Please answer the following questions pertaining to your health as honestly as possible.

Medical Information:

1. How would you rate your level of health?
 Excellent Good Poor

2. Are you under the care of a physician or other health care provider for any reason? Yes No

3. Are you pregnant? Yes No

4. Do you have diabetes? Yes No

5. Do you have epilepsy? Yes No

6. Are you required to take any medications? Yes No

7. Do you have any physical injuries, medical, or psychological conditions that may affect your ability to participate in this program? Yes No

If yes please list in the space below.

Time Commitment & Certification Requirements:

Our 200 Hour Yoga Teacher Training Program is run over a period of four weeks. It will require you to be present and available 6 days per week for 4 weeks, in class for up to 8 hours per day. As well there will be additional homework assignments and quizzes to prepare for. Total contact hours are 192. Non- contact hours (homework) will be between 15-30 hours.

In order to receive a certificate of completion from Pacific Elements Yoga School you will be required to attend 100% of all required contact hours and complete all homework assignments and exams.

This program is meant to be fun and transformative and it will definitely require discipline and commitment on your part.

Are you willing to show up every day and participate fully, with a good attitude, for the duration of the program?

Yes

No