



**[Yoga High 2011 200-hour  
Teacher Training Application](#)**

Welcome and thank you for your interest in Yoga High and our Teacher Training. This training is for students interested in gaining a more complete understanding of the philosophical, physical and energetic system of Yoga, as well as those who want to become Yoga teachers. Do not worry at all if you are not planning to become a teacher. If you are, then there are a few questions below that you should start thinking about.

The questions below are to help us get a better understanding of you as yogis, students and for some, potential teachers. Whether you become a teacher or not, everyone will find that their practice has been deepened and that their relationship to Yoga has changed.

All the information you provide will be confidential; so please be candid if you have any health issues that we need to know about to better serve you.

Although we firmly believe you don't have to be a super advanced yogi to participate in our Teacher Training, we would like to point out that you will be practicing a lot and diving more deeply into your practice than ever before. We teach challenging vinyasa classes and you may not be able to do all the postures called out in a class and that's OK. You should still be fit and have a coherent understanding of basic poses. Our goal is to help you bring your mind, body and soul to a deeper place and we hope that you are open physically, mentally and spiritually to embrace all the wonderful things that lie ahead.

To help us get a better understanding of where you're coming from, please answer the following questions.

In order to stay as green as possible we ask that you please save this document on your computer, fill it out and attach it in an email to us at

19 Clinton Street 2<sup>nd</sup> Floor NYC 10002 212-792-5776  
[info@yogahighnyc.com](mailto:info@yogahighnyc.com) [www.yogahighnyc.com](http://www.yogahighnyc.com)

info@Yogahighnyc.com with the subject "YH TT APPLICATION". Of course, if this is a problem, you can print it out and bring it to the studio or mail it to us via snail mail. Yoga High 19 Clinton St, #205 New York, NY 10002

We look forward to getting to know you through your application and in this Teacher Training!

Peace & love,  
Mel & Liz

## **PERSONAL INFORMATION:**

Name \_\_\_\_\_

Email \_\_\_\_\_

Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

### **Emergency Contact:**

Name \_\_\_\_\_

Number \_\_\_\_\_

Relationship \_\_\_\_\_

## **APPLICATION QUESTIONS:**

**1)** How long have you been practicing Yoga? What styles of Yoga have you practiced?

**2)** This question may not apply to all. a) Have you participated in any previous Teacher Trainings and if so, where and when? b) Are you teaching Yoga at this time and if so, where? How long have you been teaching Yoga?

**3)** Where do you practice and about how often do you practice?

**4)** Please describe a "Yoga High" class. How does it differ from other classes you have taken?

**5)** Why do you want to participate in the Teacher Training at Yoga High? If you are doing it to become a teacher, why do you want to teach Yoga?

**6)** What do you want to get out of this Teacher Training?

**7)** This question is for everyone: In your opinion what makes a good teacher (e.g. qualities, approach, specific types of knowledge)?

**8)** If you plan to become a teacher, what kind of teacher do you see yourself being? Please list specific qualities and goals.

**9)** Do you have any injuries or issues that we should know about and are you taking any medication that we should know about?

## **APPLICATION DEADLINE AND FEE:**

The application deadline is **March 1, 2011**. To ensure the highest quality of training we are only enrolling 10 students, so the earlier you get the application to us, the better. Your non-refundable \$500 deposit (which will be deducted from your tuition) is due within 2 weeks of being accepted into the Teacher Training.

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