

Shakti

Yoga & living arts



Yoga Teacher Training Application

Name _____

Address _____

Cell Phone _____ Home Phone _____

E-mail _____

Date of Birth _____

How long have you been practicing yoga?

What brought you to the practice of yoga?

What style(s) of yoga have you been practicing and where do you practice? Do you have a home practice? How often? What does it consist of?

Do you have a meditation practice? Are you familiar with pranayama?

Briefly describe your knowledge of the depth and breadth of yoga (the different aspects, philosophies, etc.). What have you studied or practiced other than the asanas?

How would you describe yoga?

Why are you interested in Yoga Teacher Training? What do you hope to gain? How do you intend to use the skills you acquire during the training?

How has yoga changed you/helped you/inspired you?

What do you consider your strengths in your yoga practice? Why? Favorite pose(s)?

What are you challenged by in your practice? Why? Least favorite pose(s), etc.?

What unique skills will you bring to this learning situation and to your teaching?
What aspects of your personality do you feel will aid you in your teaching practice?

What parts of yourself do you see as perhaps being a challenge in your learning and teaching?

How would you describe the relationship between learning and teaching?

Do you have any injuries or medical conditions that may hinder the practice in any way? If so what are they?

How did you find out about our training? Are you interested in Shakti's training in particular? Why?

Please include 2 reference letters. Mail or e-mail your application with your payment to Shakti Yoga.

Program Requirements

To receive your teaching certificate you must attend the entire program of 181 contact hours. You can miss up to 12 hours of this, but anything more than that must be made up in a private session (1 hour private tutoring per 3 hours missed) at a rate of \$95/hour. If you miss more than 19 contact hours, you cannot make it up in private sessions and you will not receive a teaching certificate, even though you have paid in full for the training.

You must complete all homework assignments and the final exam.

You must also teach a minimum of two full classes, observe a minimum of two full classes and assist a minimum of two full classes (for a total of 6 classes), as well as participate in giving and receiving feedback to and from your fellow trainers during practice teaching times.

Yoga Alliance Certification

You will need your teaching certificate from Shakti (or any other Yoga Alliance certified school whose training you have completed).

Go to www.yogaalliance.org and follow the directions there.