

Shakti

Yoga & living arts



Yoga Teacher Training Application

Name_____

Address_____

Cell Phone _____ Home Phone_____

E-mail_____

Date of Birth_____

Do you have any injuries or limitations that I should know about for the training?

Please consult your physician before committing to the training, if you are unsure about your physical or mental health for the duration of the training.

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?

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?

How did you find out about our training? Why are you interested in this training?

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.