

Yoga Teacher Training



***Yoga for Your Life* Teacher Training Program**

Application for Admission

Tuition: One-time payment of \$3,995 on day one (includes required \$500 deposit) OR \$500 deposit by August 28, \$1,000 on day one, 2 additional payments of \$1,500 each, due on Dec 2 and April 28.

Please fill out the following application and make a copy for your records.

This **300 hour** teacher training program is offered through the *Yoga for Your Life* Teacher Training program, as registered with Yoga Alliance. It will be led by Kim Sellers along with other faculty, and will meet at Sacred Waters Center in Mishawaka, Indiana.

Please complete this form in full to begin the admission process, and include a \$10 application fee. Checks should be made payable to *Sagewater Yoga LLC*.

In support of the practice of Karma Yoga, a portion of your tuition will be donated to the local food bank.

Personal Information: (all information disclosed by you will be considered strictly confidential.)

Full Name: _____ DOB: _____

Mailing Address: _____

Telephone: H= _____ C= _____ W= _____

Email: _____ Website: _____

Occupation: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Telephone: H= _____ C= _____ W= _____

Health Information:

Please describe any physical or mental health conditions that might affect your participation in this course. List any medications you are currently taking. Please note any recent surgeries, chronic pain, joint and/or muscle discomfort, or any other physical issues that you feel throughout your day. Let us know if you have given birth within the last 18 months or are currently pregnant. To provide accurate and complete information, please attach additional sheets if necessary and add anything else you would like us to know.

Yoga Background And Your Ideas About Yoga: Please feel free to add more pages, and type or neatly write out your complete answers.

1. How long have you consistently been practicing Yoga?
2. Are you currently teaching Yoga? For how long?
3. How often and where do you practice (classes, home, with friends, etc?)
4. What style of Yoga are you trained in?
5. Have you taken any other Yoga trainings or workshops in the last 3 years? Please give approximate date, venue, teacher, and type of instruction.
6. What first attracted you to Yoga?
7. Why is this a good time for you to be participating in a Yoga teacher training?

8. What has Yoga taught you about you, so far?

9. In your opinion, what qualities does a good Yoga teacher possess? What makes a good student?

10. What are your goals for this program?

Declaration

The facts set forth in this document are, to the best of my knowledge, complete and true.

Signature _____ Date: _____

Please send your completed Application for Admission along with your \$10 application fee to:

Sagewater Yoga

PO Box 942

South Bend, IN 46624

You will be notified once your application has been received and accepted, and provided with the book list and any other items you'll need for this training.

Please call with any questions you may have!

Kim Sellers 574.360.1401 or kim@sagewateryoga.com

www.yogaforyourlife.org