

**APPLICATION FOR HANUMAN'S TALE 200-HR TEACHER TRAINING 2019**

Thank you for your interest in our yoga teacher training program.

Step 1.

Please take a moment to complete this application form and send to [victoria@the-yoga-room.com](mailto:victoria@the-yoga-room.com). You can also leave your application form at the front desk at either studio (Astoria or LIC) for the attention of Victoria Greene (Program Manager).

Step 2. Schedule a meeting with Victoria Greene to discuss the program and your intentions.

Step 3. Once accepted into the program a non-refundable deposit of \$500 is due to confirm your placement. The full tuition is in most cases is due two weeks prior to the start of the program.

By mail please use the address as follows:

The Yoga Room  
C/o Victoria Greene  
38-01 35<sup>th</sup> Avenue,  
Astoria, NY 11101

Date:	
Name:	
Address:	
City:	
State:	
Zip:	
Phone:	
Email:	

Are you currently a student at The Yoga Room?

- Please answer the following questions as thoughtfully as you can, use more space if needed for your responses.

1) What is yoga to you and what impact has it had on your life?

2) How many years have you been practicing yoga?

3) What styles of yoga are you most drawn to?

4) What past trainings or schooling have you had that would provide a useful background or would be an asset to you in your teacher training? (e.g. Massage therapy/ bodywork, movement training, anatomy/ medical study or training.)

5) Do you have any teaching experience in yoga or otherwise?

6) Is your intention to become a yoga teacher or to deepen your personal practice?

7) In what environments/ populations would you envision yourself teaching in the future?

8) What qualities do you believe are necessary to qualify you as a yoga teacher?

9) Do you foresee any limitations that would prevent you from participating in the training fully, including scheduling, religious practices, conflicts, injuries etc.

Please include a letter of reference from a yoga teacher who knows you with this application.