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**200-HOUR TEACHER TRAINING APPLICATION - CONFIDENTIAL INFORMATION**

WELCOME! Sacred Studios desires to make your yoga experience as effective and enjoyable as possible.

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact (name, #): \_\_\_\_\_

**TEACHER TRAINING APPLICATION** (attach additional pages if necessary):

How did you hear about our Teacher Training?: \_\_\_\_\_

What is your yoga background/experience?: \_\_\_\_\_

Style(s) of yoga experienced: (check all that apply, if known):

- Hatha
- Iyengar
- Bikram/Hot
- Gentle
- Ashtanga
- Power
- Forrest
- Restorative
- Vinyasa/Flow
- Anusara
- Kundalini

Other: \_\_\_\_\_

Please tell us about your health: injuries, conditions, illnesses or anything else that may impact you, your practice, participation and/or ability to teach.: \_\_\_\_\_

Please review this list and check those conditions that have affected your health and/or practice either recently or in the past.

- broken/dislocated bones
- disc problems
- osteoporosis
- insomnia
- numbness, tingling anywhere
- surgery
- heart conditions, chest pain
- muscle strain/sprain
- scoliosis
- diabetes type 1 or 2
- anxiety/depression
- cancer (explain below)
- seizures
- auto-immune condition\*
- arthritis, bursitis
- back problems
- high/low blood pressure
- asthma, short breath
- pregnancy
- stroke

(\*AIDS, fibromyalgia, chronic fatigue, lupus, etc.)

Other/ Explain: \_\_\_\_\_

Why do you want to do this training?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What has yoga taught you about yourself?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are some of the qualities you admire in your favorite teachers?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What has been the greatest obstacle in your yoga practice? What has been the greatest reward? Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Anything else you'd like to share about yourself:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PAYMENT INFORMATION:**

Application Fee: **\$100**

**Please visit <http://www.sacredbrooklyn.com/teacher-training> and/or our front desk to complete your application fee payment.**

Refund Policy: A non-refundable deposit of \$100.00 is required with your application. If accepted and enrolled, this fee will be deducted from your final tuition.

Credit Card Number: \_\_\_\_\_

Card Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_