

Maine Yoga School

300 Hour Advanced Yoga Teacher Training Application

Personal Information

Name:

Email:

Phone:

Address:

Current occupation:

Emergency Contact:

Name:

Email:

Phone:

Relationship:

About You

Please describe your “edge” in the practice of yoga, teaching yoga and life. Where do you get stuck?

Describe your inner strengths.

What do you hope to learn and experience in this program? Please describe your expectations.

Is there an aspect of yoga practice/teaching that is particularly fascinating to you?

About Your Yoga

What is your yoga background? How long, what types and with whom have you practiced?

What does your current yoga practice look like?

Do you currently teach yoga? Do you intend to teach in the future?

How long have you been teaching? Describe styles, places and frequency of your teaching practice?

How would you describe your orientation to the teachings of yoga? How is this expressed in your classes and your life?

About Your Goals

Why do you want to pursue your 300 hour advanced level training?

What are some additional goals that you have for yourself and your path?

About Your Previous Training

List previous yoga training in which you have participated (ie. 200 hour, workshops, continuing education classes, etc.)

Anything Else?

What else would you like to share with us?

Please submit a letter of recommendation from the lead trainer of the 200 Hour Yoga Teacher Training that provided your certificate of completion.
Send to: hello@maineyogaschool.com