



## 200 Hour Basic Yoga Teacher Training Application

For the Training Offered: January – June 2019

Thank you for your interest in our teacher training program! This 200-hour basic yoga teacher training offers its participants an intimate, personalized learning experience with ample time to explore your interests as you learn to teach yoga. This training offers its participants the tools to skillfully and confidently teach yoga classes to people of all ages and abilities. This training is heavily rooted in the ancient wisdom of yoga asana and yoga philosophy, and is based on a mentorship-style approach to learning, with a maximum number of 8 participants. If you are accepted to the program and if you choose to participate, we hope that our work together will be fruitful and rich!

### Application Process:

- We work very closely with each of our students to help achieve their personal best in the field of yoga. In order to maintain this high standard, we limit this program to a maximum of 8 participants. Therefore:
  - We review applications on a first come, first served basis, and we do expect the program to fill.
  - Once you have received a notice of acceptance to the program, we ask that you pay the registration fee within 10 days of your notification of program acceptance and the deposit for the first training meeting, the intensive, within 30 days of program acceptance, or by 12/15/2018, whichever comes first.
- Applications must be received by Lotus Yoga no later than January 1<sup>st</sup>, 2019.
- You will be notified by Lotus Yoga of program acceptance status within 10 days of Lotus receiving your application.
- If you are not accepted into our program, we will return your application fee.
- If you are accepted and you decide not to take part in our training, we will retain the application fee for the work we do in processing your application.

### Application Checklist:

- 200-hour application form.
- \$50 non-refundable application fee (please check the appropriate payment method)
  - Paid by check, attached to the application or in an envelope.
  - Paid by credit card or debit card in person or via the Lotus Yoga web site.
- We recommend that you take at least 3 classes at Lotus Yoga. We highly recommend at least 2 of these classes are with Megan. This will help to ensure that you have a good experience in our program.

### Deliver or mail your application to:

Lotus Yoga  
Attn: 200 Hour Basic Teacher Training  
4860 Rainier Ave. South – Upstairs  
Seattle, WA 98118

Questions? Contact Us! [maia@lotusyoga.biz](mailto:maia@lotusyoga.biz) 206-760-1917

Lotus Yoga | 4860 Rainier Ave. South Seattle, WA 98118 | [maia@lotusyoga.biz](mailto:maia@lotusyoga.biz) | 206-760-1917



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Applicant Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please answer the following questions, attach separate sheets as needed. Please make sure to number the answer to each question. Thank you! Your answers are completely confidential and will ONLY be read by the Lotus Yoga Teacher Training Staff.

1. What motivates you to teach yoga?
2. How long have you been practicing yoga? What style(s) do you practice? Which teachers have inspired you the most?
3. How many public yoga classes do you attend, on average, per month?
4. Do you ever practice yoga at home? If so, what is your home practice like?
5. Do you currently teach yoga? If so, please tell us what style(s) you teach and how long you have been teaching.
6. Do you have any experience teaching in areas other than yoga? If so, please tell us what areas and how long you have taught in them.
7. Do you have any mental or physical challenges that affect your yoga practice? If so, tell us how you are handling them.
8. Why have you chosen this training and what do you want to get out of it?
9. Is there anything else that you'd like us to know?

Applicant Signature: \_\_\_\_\_

Date of Application: \_\_\_\_\_

**Application Checklist – Lotus Yoga Only Please:**

- Date application packet received: \_\_\_\_\_
- 200 Hour application form complete.
- \$50 application fee:
  - Paid by check, attached to the application or in an envelope.
  - Paid by credit card or debit card
- Recommended 3 classes at Lotus Yoga (2 of these classes with Megan) taken?