

# GLENMORE YOGA & WELLNESS CENTER

## Glenmore's Therapeutically Focused Yoga 300 Hour Program Application

Please complete the following form and return it with your deposit to  
Glenmore Yoga & Wellness Center

1. Name \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

2. Outline your yoga studies and training, specifying areas of particular interest.

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\_\_\_\_\_

3. Please provide the name of the 200-hour yoga certification program you attended. Attach a copy of your certificate of completion and program syllabus (not necessary if you completed Glenmore Yoga's 200 hour program).

\_\_\_\_\_  
\_\_\_\_\_ Date graduated \_\_\_\_\_

4. What is your understanding of therapeutically focused yoga?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Please describe your personal yoga practice in terms of frequency and length of practice.

\_\_\_\_\_  
\_\_\_\_\_

6. What is your knowledge of anatomy? Do you have a background in related modalities, ie. Physical Therapy, Nursing, etc.?

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\_\_\_\_\_  
\_\_\_\_\_

7. Are you currently teaching yoga? If so, where? What styles do you teach? How long have you been teaching?

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8. What are some of the ways that you assist your students in carrying what they learn from formal yoga classes into their lives?

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9. Please write a paragraph on why you wish to participate in Glenmore's Therapeutically Focused Yoga Program. What attracts you to this program? What do you hope to receive?

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Signature of Applicant

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Date

