

# Glenmore Yoga & Wellness Center

## 200 Hour Teachers Training Program Application Form

Please complete the following form and return it with your \$325 deposit to  
Glenmore Yoga & Wellness Center

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

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

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

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

2. How long have you been studying and practicing yoga? Other supportive practices such as meditation, yoga philosophy, breathwork?

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3. Which teachers have you studied with or gotten your inspiration from? Where?

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4. What types of yoga (lineage such as Hatha/Iyengar) have you studied?

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5. Describe your regular yoga practice in terms of frequency and length of practice.

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6. What is your knowledge of anatomy? Do you have background in other similar modalities such as Physical Therapy, Nurse, EMT, Personal Training, Pilates?

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

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8. What are your interests/hobbies?

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9. Please write a paragraph on why you wish to participate in our 200 hour teachers training program and what you might do with your training. Attach separate page if needed.

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Signature of Applicant

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Date

