



200 Hour Vinyasa Yoga Teacher Training Application

Thank you for your interest in BeYoga's 200 hour yoga teacher training program!

The vision at BEYOGA is to provide an educational, in-depth and fulfilling yoga teacher training experience to teacher trainees. With steady practice, devotion and study you will become a loving and proficient yoga teacher. In this training, you will learn the skills to take your personal practice to a deeper level. You will also learn how to effectively teach a yoga class for students at all levels. At the completion of your training you will have transformed your practice and have gained all of the skills necessary to lead others to do the same. I am looking forward to witnessing your transformation as you begin this life changing journey.

Michelle Petersen, E-RYT

Dates for the training: January 23, 2015 through May 3rd 2015

Trainees are allowed to miss a maximum of 2 days of training, anything more is allowed but they will have to schedule a private with me for a separate fee. There are a few weekends off in between the duration of training, these weekends off are highlighted by the spaces.

These times for the first weekend are the times for all weekends.

1. Jan 23 6 - 9pm

Jan 24 11 - 6pm

Jan 25 12:30 - 5pm

2. Jan. 30 - Feb. 1

3. Feb. 6 - Feb. 8

4. Feb. 20 - Feb. 22

5. Feb. 27 - Mar. 1

6. Mar. 13 - Mar. 15

7. Mar. 20 - Mar. 22

8. Mar. 27 - Mar. 29

9. Apr. 3 - Apr. 5

10. Apr. 17 - Apr. 19

11. Apr. 25 - Apr. 26

12. May 2 - May 3 (Silent Retreat and Closing Ceremony)

Please complete the following section and submit through e-mail to beyoga@spa23.com or drop it off in a sealed envelope at the studio addressed to Michelle Petersen. If you are submitting through e-mail, copy and paste this section of the application into a document and then add your answers to your document that you will email.

Name:
Phone:
Address:

Email Address:

Emergency Contact Name:
Emergency Contact Phone:

Do you have any health conditions/restrictions? Yes / No (please circle)
If yes, please describe:

Yoga Experience

Have you practiced yoga before? Yes / no (please circle)

How many days a week do you practice and for how long?

What is your favorite part of the yoga practice?

Are you a BEYOGA member? Yes / No (please circle)

Why do you want to become a Certified Yoga Teacher?

How has yoga changed your life?

Personal Experience

List 3 books that have inspired your life

List 5 of your favorite quotes

Describe yourself in 5 sentences or less.