

### Lighten Up Teacher Training Institute Registration Form

Please fill out the form below and return it with your deposit in order to hold your space. Please include a non-refundable \$50 application fee along with a \$150 deposit. We are interested in training individuals who dedicate themselves to furthering the principles behind yoga and desire to teach those principles in a safe and nurturing environment. Applications are reviewed upon receipt. Feel free to attach any necessary additional pages.

Name \_\_\_\_\_

Age \_\_\_\_\_

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

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

C. Card \_\_\_\_\_

Exp.date \_\_\_\_\_ Total charge \_\_\_\_\_

How long have you been studying yoga?

Type: \_\_\_\_\_

how \_\_\_\_\_

long: \_\_\_\_\_

Type: \_\_\_\_\_

how long: \_\_\_\_\_

Type: \_\_\_\_\_

how long: \_\_\_\_\_

Teachers you have studied with:

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

Who is your regular teacher? \_\_\_\_\_

How often do you study together? \_\_\_\_\_

Please document all 12 hour weekend trainings you have completed during the past year.

Attach a separate sheet with teacher's name, studio, name and location.

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

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

List any current responsibilities in life that may affect your practice.

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

Do you have any physical injuries/stresses that compromise your practice? \_\_\_\_\_

Do you have a background in, or any knowledge of, anatomy?

\_\_\_\_\_

Do you have a background in a similar modality (i.e., Pilates, Physical Therapy, Aerobics)?

\_\_\_\_\_

Are you currently teaching yoga? If so, where do you teach and how long have you taught? How many classes do you teach per week? what styles do you teach? \_\_\_\_\_

Are you familiar with the Yoga Sutras? If so, which translations of the commentaries have you studied?

\_\_\_\_\_

Registering for: 200 hour level :

500 hour level: Both

Please write one or two paragraphs explaining why you wish to participate in our program.

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Please write a paragraph on what yoga has meant to you or done for you.

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