

# ISHTA YOGA

## 200-Hour Teacher Training Application

### CONTACT INFORMATION

Name:
Phone:
Address:
Email:
Date of birth (MM/DD/YYYY):

### EMERGENCY CONTACT

Name:
Phone:
Relationship to me:

### BILLING INFORMATION

- I have enclosed a check in the amount of \$500 made out to ISHTA Yoga.
- Upon my acceptance, please bill my credit card in the amount of \$500.

Name on card:	
Billing address:	
Credit card #:	
Expiration (MM/YY):	Security code:

### PROGRAM CYCLE

I am applying to (circle appropriate year and program):

2022 / 2023 Weekend Format	2023
Nov 10 - April 23, Select Weekends	TBA

**You will be contacted upon acceptance to confirm payment details.  
Tuition balance is due two weeks prior to the training start date.**

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### ABOUT YOU

Please answer all questions honestly and completely. You may attach additional paper if needed.

1. Please list any past or current injuries, surgeries, major illnesses, and any medications you are presently taking.

2. Describe your yoga background. How long have you been practicing yoga? What styles have you studied, and with which teachers? What "level" do you consider yourself as a practitioner? How often do you practice? Why do you practice yoga?

3. Where do you currently practice yoga?

4. Do you meditate? If so, briefly describe the method/history of your meditation practice (ie. TM, Vipassana, etc).

5. Do you currently teach or have you ever taught yoga? If so, where and for how long have you been teaching?

6. Have you previously participated in any yoga teacher training courses or intensive studies? If so, list:

7. What is your professional background? You may attach a resume if desired.

8. Have you ever taken ISHTA Yoga classes or workshops?

9. How did you find out about this training?

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10. Write a brief essay (approximately 250 words) answering the following questions:
- What led you to decide to do a yoga teacher training program?
  - Why have you chosen ISHTA Yoga teacher training?
  - What are your expectations for the ISHTA Yoga teacher training?

*I have read and understand the terms of this application and have answered all questions honestly, completely, and to the best of my abilities.*

Signature

Date

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