

enLIGHTen's Inner Alignment 200 hour Yoga & Meditation Teacher Training (YMTT)
APPLICATION

WHO are you?

NAME: _____ DOB: _____ AGE: _____

ADDRESS: _____

CELL NBR: _____ EMAIL: _____

YOGA EXPERINCE:

How many years have you practiced yoga? _____ How frequently? _____

What do you love about yoga? _____

Where do you struggle in yoga? _____

<input type="checkbox"/> Developing your personal yoga practice	<input type="checkbox"/> Learning Meditation
<input type="checkbox"/> Developing your personal meditation practice	<input type="checkbox"/> Sharing Meditation Practices with others
<input type="checkbox"/> Learning Asana posture flow	<input type="checkbox"/> Finding your own "teaching voice"
<input type="checkbox"/> Learning Asana posture alignment	<input type="checkbox"/> Presenting spiritual themes to others
<input type="checkbox"/> Energetics (chakras, energy channels)	<input type="checkbox"/> Other: _____

Why might you want to teach yoga? _____

MEDITATION EXPERIENCE:

How frequently do you practice meditation? _____

What do you love about meditation? _____

Where do you struggle in meditation? _____

Why might you want to teach meditation? _____

Which aspects of Yoga are you most interested in learning?

What are your intentions in becoming a yoga and meditation teacher? Where would you like this training to take you? What is your vision for what could come out of this experience for you?

Are you willing to incorporate focused pranayama breathwork and a 5 minute meditation into your yoga classes/workshops when you teach? Yes / No

Are you willing to dedicate a portion of your work toward community service (seva)? Yes / No

Are you willing to share your inner spiritual journey with people you teach? Yes / No

Anything else you want to share? Any fears or worries about the commitment?

TIME COMMITMENT

A 200-hr Yoga and Meditation Teacher Training is a big commitment. If you think about it, it's the equivalent of five 40-hr work weeks. No small endeavor. Do you think you have the ability to protect your schedule for the following dates (plus an additional 20 hours of study at home)?

FINANCIAL CONTRIBUTION

The fee for the **200hr Yoga Alliance Certified Training** is \$2950.

50% non-refundable payment is required to hold your space.

Remaining 50% is due by 7/1/2018.

Cancellations can be applied toward a future YMTT.

In the case that the class does not reach the minimum 10 participants required, a full refund will be issued.