



# Yoga Teacher Training: A Journey to Discovery

## Application Form

Please fill out this form and return it with your \$600 USD deposit to Yoga Vallarta.  
Your application is due by July 17th.

You will be notified by e-mail or phone regarding an entrance interview.  
If space does not permit or the course is cancelled for any reason, your money will be refunded. If possible, all fees must be received before the start of the program.  
Payment plans are available. The price of this training is \$2600 USD.

For payment arrangements please contact:  
Alma Aguilar: [info@yogavallarta.com](mailto:info@yogavallarta.com)

The information you provide below will help us refine the program to meet the needs and experience levels of the people who attend.

1. Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
E-mail \_\_\_\_\_
2. How many years have you been practicing Hatha yoga? \_\_\_\_\_
3. What was your introduction to yoga? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What motivated you to try it?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What styles have you practiced, and for how long in each? \_\_\_\_\_  
\_\_\_\_\_
6. On average, how many public yoga classes do you take per week? \_\_\_\_\_

7. Do you practice pranayama/meditation? \_\_\_\_\_
8. Do you have knowledge of Anatomy and Physiology?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Do you presently hold or lead yoga classes? If so, where? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What do you hope to achieve from this training? \_\_\_\_\_  
\_\_\_\_\_
11. Do you intend to pursue the 200-hour Yoga Alliance<sup>SM</sup> Teacher Registration? \_\_\_\_\_
12. Are you currently or have you taught another subject?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did you hear about us ?

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

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