



Yoga Teacher Training: A Journey to Discovery

Application Form

Please fill out this form and return it with your \$200 deposit to Yoga at the Village.

Your application is due by January 15th. 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.

Please make check payable to Elyse Briggs.

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 AllianceSM Teacher Registration? _____
12. Are you currently or have you taught another subject?

How did you hear about us ?

Please return this completed form, along with
a \$200 (non-refundable) deposit,
by January 15 to:
Elyse Briggs,
c/o Yoga at the Village, 649 Tupper St,
Santa Rosa, CA 95404

Please make check payable to Elyse Briggs.