



APPLICATION

2019 Teacher Training

Name: _____ Date of Birth: _____

E-mail address: _____ Phone Number: _____

Mailing Address: _____

City, State, ZIP: _____

Emergency Contact (Name & Number): _____

1. Tell us about yourself! Suggestions: Your goals, what you do in your spare time, your favorite class style, educational background (etc.)

2. Describe your physical health and fitness background. Do you have any medical conditions or injuries that would affect your ability to complete the training? Safety is very important to us at MI Hot Yoga. At any time, your trainer(s) may ask you to leave if you are not at the physical and/or health level to fully and safely participate, or if you are affecting the safety and learning of others.

3. Describe your yoga practice. What is your favorite style?

I practice:

- Never
- A few times in my life
- 1-2 times per month
- 1-2 times each week
- 3-5 times each week
- Every day
- Multiple times a day

I like to:

- Move slow
- Move fast
- Practice with heat
- Practice without heat
- Feel like I get a work out
- Practice deep stretching
- Practice balancing and inversions
- Breath deep breaths
- Meditate
- Chant
- Practice breathing technique

My practice most resembles a:

- Hatha Style - Slow flow with focus on breath
- Iyengar Style - Slow flow with focus on alignment
- Kundalini Style - Fast invigorating flow with focus on core and breath work involving chanting, mantra, and meditation
- Ashtanga Style - Powerful vinyasa flow linking breath and movement
- Vinyasa Style - Creative and athletic flows linking breath and movement but with no set sequence
- Bikram Style - Sweaty practice with 26 sequenced postures
- Yin/Restorative Style - Slow paced practice with mostly seated postures
- Meditative Practice
- Breathing techniques/chanting practice

4. How did you hear about our teacher training program?

- Friends/Family/Coworker
- Facebook
- Instagram
- I hear about it at a studio
- I saw a poster or flyer
- Other: _____

Please Note:

- In person interview will be conducted after application is received.
- Please submit a refundable \$100 deposit to us with this application.

Provided by MI Hot Yoga Teacher Training:

- 200 Hours of training exceeding Yoga Alliance requirements
- One year of unlimited yoga at our FFamELLHHY of studios
- All required textbooks
- A Northern Michigan retreat toward the close of our session to celebrate, rest, complete some coursework and to have some cohort bonding!
- MI Hot Yoga Certificate of completion upon finishing all related coursework and requirements and payment of program fees in full.

Required of MI Hot Yoga Teacher Trainee Applicant:

Payment Options:

Option 1:

- \$100 deposit, \$2650 due by day 1 of class
- \$100 deposit, \$1000 due by day 1 of class, \$145/month for 12 months (\$2840)
- \$100 deposit, \$500 due by day 1, \$200/month for 12 months (\$3000)

What's Included:

- Your 200hr certification that will allow you to register with Yoga Alliance as a RYT-200, what studios, gyms, corporations, etc require.
- MI Hot Yoga 200hr YTT manual.

Option 2:

- \$100 deposit, \$3400 due by day 1 of class
- \$100 deposit, \$1000 due by day 1 of class, \$220/month for 12 months (\$3740)
- \$100 deposit, \$500 due by day 1, \$280/month for 12 months (\$3960)

What's Included:

- Your 200hr certification that will allow you to register with Yoga Alliance as a RYT-200, what studios, gyms, corporations, etc require.
- A year of free unlimited yoga at all of our MI Hot Yoga studios (East Lansing Hot Yoga, Firefly Hot Yoga, Haslett Hot Yoga & Lansing Hot Yoga).
- All required textbooks & MI Hot Yoga 200hr YTT manual.

- A weekend yoga retreat in Northern Michigan at Yoga North.
- Workshops taken as a group during training

Attendance Policy:

Attendance at all sessions. We will be very firm on this. It is very challenging to schedule make up time. Please discuss any conflicts with dates ahead of time with Samantha or Maggie.

Timeliness with homework & assignments. The work is designed to help you grow personally. We do not “grade” most of the work, but you will only get out of this program the effort that you put in.

Punctuality at sessions. Please arrive **early** or *at least on time*.

Please turn in application to front desk staff at any studio, with your deposit. For any other questions or arrangements, please email elhotyogatt@gmail.com

Signature

Date

MI Hot Yoga Staff use only:

Received: _____
Name

Date

Accepted: _____ Interview Date: _____
Date