

**Application for  
PRANANDA Yoga 200+ hour  
4 Month Teacher Training 2015**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (cell/work) \_\_\_\_\_  
(home) \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Birthdate/Astrological Sign: \_\_\_\_\_

How many years of yoga training have you had and what styles?

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

What did you like about each style? Dislike?

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

Injuries?

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

How have these deepened your practice? Limited it?

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

Describe in a paragraph what has moved you to pursue training in teaching yoga?

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

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Where do you see yourself teaching yoga in 6 months? One year? 5 years?

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

What would you like to get out of this training?

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Are you willing to commit to the full 4 months of the training (see below) along with assisting in 4 of Joy's on-going classes, attending the required 45 classes (with Joy Wolfe), participating in the six classes outside of the studio and the due dates for deposits and full payment (see Ethical Conduct and Commitment Clause)?

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Do you see any obstacles in the foreseeable future to this commitment?

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Describe your basic dietary intake and any allergies (food or otherwise).

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Any questions you'd like answered regarding the training?

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***Looking forward to seeing you in the training!***

-Namaste-

Joy Wolfe, Director 772-267-8214 / [www.prananda.com](http://www.prananda.com)

### **TRAINING ITINERARY**

- Saturdays 12:00-5:30pm, for the 4 month duration.
- Sundays 12:00-4:30pm, for the 4 month duration.
- The second and fourth Sunday of each month will be off, along with any major holiday weekends.
- An additional Friday evening (3 hours) may need to be added. The pace of the training varies with the different trainees.

Assist one on-going class of Joy's for a month (to be completed within 3 months from graduation)

Certificate of Achievement will only be signed when the full training, above assisting internship and the 6 classes outside of PRANANDA with 4 reports are all completed. The certificate is needed to apply and register with Yoga Alliance.