

"Yoga Awakenings" 200 Hour Yoga Teacher Training & Mentoring Application

Please email to Suzanne Morgan – suzannemorganyoga@yahoo.com or mail to Suzanne Morgan at 2100 N. Potomac Street, Arlington, VA 22205

1. Please enter the information indicated below.

First Name:

Last Name:

Work Phone:

Home Phone:

Email Address:
emailaddress@xyz.com

Address 1:

Address 2:

City:

State/Province
(US/Canada):

Postal Code:

2. Age:

3. I am:

male

Female

4. How did you find out this program?

5. How long have you been practicing yoga?

6. Please describe your yoga and meditation practice. How often do you practice? What is the average length of your practice? Do you take classes with a teacher? If so, how often? Do you have a meditation practice? If so, briefly describe. (Please answer honestly. This helps me get a frame of reference for your starting point in the program. If you don't currently have a home practice, you will develop one as part of the training program. One of the key goals to the training program is to enhance your personal practice.)

7. What are some of the benefits that you've personally experienced from yoga and/or meditation thus far?

8. Why do you want to take this program? What are your expectations for this training?

9. Policies: Please select ALL choices to confirm that you understand & accept the policies.

- I understand that all students in this program are required to complete 180 contact hours with the primary teacher in order to receive a Yoga Alliance approved teacher training certification.
- I understand that I must make up any missed training hours to receive a Yoga Alliance approved teacher training certificate.
- I understand that any training that I miss may result in an additional cost of \$50 per hour with the primary teacher.
- I understand that no sexual harrassment, bullying, verbal or written abuse and/or exclusion of fellow teacher training students or the teacher(s) (in person, email or social media) will be tolerated.
- I will pay all program fees on time.