



# The Essence of Yoga Center

## 200 Hour Yoga Immersion Teacher Training Program Application

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

How did you hear about our program?

- Facebook
- Internet search
- Friend, Relative or Word of Mouth
- Yoga Studio or Yoga teacher

Which "Track" are you interested in?

- RYT Teacher Education Track - Receive a certificate of completion, which will allow you to become a "Registered Yoga Teacher" through Yoga Alliance
- Non-RYT Practitioner Enrichment Track - This track is for those who don't necessarily want to teach yoga. Complete a personal enrichment project instead of a teaching practicum.
- Not sure

Do you plan to attend in person or virtually via Zoom?

- In Person
- Via Zoom exclusively
- Primarily via Zoom, but I'd like to come in person if space is available on a given weekend

Tell us about your experience of yoga. What kinds of classes have you attended (studio, community, private, workshop, etc)? What style(s) of yoga have you practiced?

Think about a teacher you enjoy taking classes with...what is their teaching like, and how does it inform your personal practice?

How do you define yoga? What role does yoga play in your life?

Describe any physical challenges you experience. Has yoga practice improved or exacerbated them?

Describe your experience of being in a community. How do you feel about this experience?

Please share any special interest or experience you have, or anything about yourself that you would like us to know.

Please submit your application and deposit of \$500 by mail to:

The Essence of Yoga Center, LLC  
154 Redwood Dr.  
Richmond, KY 40475

\*Deposit is nonrefundable, but may be used toward future training.