



500 Hour Advanced Teacher Training Application

500 hour Advanced Yoga Teacher Training Application Process:

1. Fill out the application below and return it with your application fee. Use additional paper as needed.

2. Call or email CITYOGA for an application interview

CITYOGA School of Yoga and Health

2442 Central Avenue Indianapolis, IN 46205

317.920.9642

www.cityyoga.biz Info@cityyoga.biz

Name: _____ Date of birth: _____

Address: _____

Phone: Home _____ Work _____ Cell: _____

Email: _____

The 500 hour Yoga teacher-training course is set up to provide:

A. In depth study for the serious yoga teacher

B. Pre-requests; teacher must have completed a Yoga Alliance 200 hour yoga teacher-training program and have been actively teaching in the past year.

1. How long have you been a yoga student?

2. Where and when did you complete your 200 hour teacher training?

3. Please list or describe your yoga teachers, courses or practice.

4. Describe your toga teaching experience?

5. Do you have any previous teaching experience in any fields? If not, don't worry, if yes please describe.

6. In this training there will be people of different races, religions and lifestyles. Do you see yourself having any difficulty with this diversity?

7. Do you currently have any physical ailments or injuries that may challenge you?

8. Are you currently under the care of a medical Doctor? Are you able and willing to get a medical release to participate to your fullest ability level?

9. Are you currently under the care of a therapist or psychiatrist? If yes, does the situation prevent you from interacting fully in the yoga-training course?

Occasionally, because of the nature of our training, memories, which may not be totally healed, may surface. We try to be particularly sensitive to this, but It is ultimately your responsibility to maintain safe boundaries and let the instructors know if or when you need assistance.

10. Have you ever been convicted or pleaded guilty to a felony or misdemeanor? If yes, explain.

11. This course requires 30 hours of practicum, or experience in teaching or assisting in the teaching of yoga classes in the community, workplace or other settings. Are there any particular areas that you would like to direct your practical experience toward?

12. Is there anything else you would like to share regarding your interest to deepen your practice, deepen your knowledge of yoga?

Please send the completed application and \$50 application fee to : CITYOGA Yoga Teacher Training Program 2442 Central Avenue Indianapolis , Indiana 46205
Application fee is refundable if application is not accepted for any reason.
Questions? Please call 317.920.9642 / www.cityoga.biz / email info@cityoga.biz