



Yoga Teacher Training Application

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
cityyogaindy@gmail.com

Name: _____ Date of birth: _____

Address: _____

Phone: Home _____ Work _____ Cell: _____

Email: _____

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

- Continuing study for the serious yoga student and/or
- Instruction in teaching methodologies for the individual desiring the credentials to teach yoga classes

1. How long have you been a yoga student?

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

3. Have you ever "taught" a yoga class?

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

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

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

7. 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?

8. 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.

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

10. This class requires 30 hours of student directed elective study. What other areas of study do you envision?

11. This course requires 10 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 in yoga, your experience, or your reservations?

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.cityyoga.biz / email cityyogaindy@gmail.com