



Yoga Teacher Training Course Application

Congratulations on making an important first step! To support you in preparation for this experience, and to help us get to know you better, please respond to the following questions. The more thoughtful the better as this helps us get a sense of your commitment but please feel no pressure to answer in a certain way. Authenticity is key both in the training and as a “teacher”!

1. How would you describe yourself at this point of your life?
2. How long have you been practicing yoga? What has yoga taught you about yourself?
3. Answer the following three questions:
 - a. Why Yoga Teacher Training now?
 - b. What are your goals relative to teaching? It's ok not to know or to not have a desire to jump into teaching. But understanding your goals helps us mold an experience that fits our group.
 - c. What is the essence of what you want to learn, experience, accomplish and let go of during this course?
4. What is it that makes you a candidate to participate fully for yourself and with others in this rite of passage?
5. What special gifts, talents and attributes do you feel you bring to this course and to your goals?
6. The best teachers are the best students. How willing are you to be a student?
7. Are you willing and able to commit to a minimum of one hour of personal yoga practice twice a week during YTT?

8. At points during this training we will require a daily mantra practice (40 days) and a daily yoga practice (mixture of home practice and studio practice for 30 days) - while these do not require a huge amount of time describe your willingness (and why) to commit to something of this nature.
9. Do you think Yoga Teachers need to possess certain qualities? What are they?
10. Outside of the physical practice, what is your favorite aspect of your yoga practice?

Please make sure that you provide us with your contact information:
Full Name, Mailing Address, Cell Phone, & Email

Submit your application via email to yogi@sacredthreadyoga.com. Upon acceptance we ask that deposits are paid within ten days. This is a small group environment so we cannot hold spaces for long periods of time due to limited supply.

“There is a community of spirit. Join in and feel its delight” –Rumi