



*\$500 deposit due with this application*



# Dew & Sala Tree Yoga Teacher Training Application

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

1. What is your background and experience with Yoga? How many years and what styles of yoga? What teachers have you studied with on a regular basis (more than one off)?
2. In at least a few sentences please tell us your *why*? What led you to want to take this training? What are your motivations and inspirations to embark on Yoga Teacher Training? Use another page if needed.
3. Describe any Yoga trainings or workshops you have taken in the last 5 years? Did you complete the training(s)?

4. Do you plan to teach Yoga or are you taking this course to deepen your knowledge and practice of Yoga?
5. Describe any skills, education or experiences that would support work as a Yoga teacher.
6. Are there any physical, mental or emotional health conditions that might influence your participation in this training? Would you like to discuss this with a lead teacher?
7. Are you committed to practicing yoga at Dew Yoga or Sala Tree Yoga or with teachers approved by Lead Teachers at least 2x/week in addition to the teacher training hours?
8. Describe any other movement or meditation practices you engage in on a weekly basis.
9. May we contact you with questions or for further clarification to the answers you have provided here?

I acknowledge that all information submitted in this application is true and accurate to the best of my knowledge. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I understand the certification criteria and, should I be accepted to attend the teacher training, I understand I will be evaluated using these criteria.

Signature:\_\_\_\_\_ Date:\_\_\_\_\_

### Dew Yoga & Sala Tree Yoga House 200-hr YTT Certification Requirements:

Yoga Practice in studio or virtually with a Dew Yoga or Sala Tree Yoga (or approved) Instructor minimum 2x/week in addition to training hours

Attendance in all training sessions or make up sessions

In the event of illness and only for illness, virtual attendance will be considered and is at the discretion of the teacher leading the session

Completion of all homework assignments and open book assessments

Maintaining logs of required hours; classes, electives, practice teaching and observations

One absence for emergent needs must be made up in the make up/review session that is included in the schedule

The make up/review session can be attended by any trainee needing to review or reinforce lessons

If more than one weekend is missed then make up sessions are at the additional expense of the student and must be scheduled with a lead teacher in the training on their own time and prior to certification

An attitude of benevolence that includes and accepts all individuals as they are

I understand the requirements above are expected of trainees to receive certification.

Signature:\_\_\_\_\_ Date:\_\_\_\_\_