



**The Yoga Place** and **Yoga Central** are registered yoga schools with Yoga Alliance. This advanced teacher training is a broad program including philosophy, anatomy, technique, alignment, sequencing and the hours of practice to help create an effective and compassionate teacher. This application is for the 300-level yoga teacher training—for dedicated students who wish to expand their yoga experience. This is a 2- to 3-year course generally meeting once-a-month. Please be in contact with us about the next best time to start. Download the PDF available on the website for more information.

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Number of years practicing Yoga \_\_\_\_\_

Style \_\_\_\_\_

Other forms of exercise \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Health concerns \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Previous surgeries \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Statement of interest and intent:**

On a separate sheet, please write a little more about yourself, your yoga practice and why you are interested in taking this course.

Signature \_\_\_\_\_

We're sure you have questions. Please be in contact with us so we can respond and help you with any details. Pre-registration will need to be complete before you begin. Please send this form, your statement of intent, and your deposit (\$500), or full payment (\$3,200), to **The Yoga Place**. If paid in full before December 31, the cost is \$3,000.