



300 Hour Yoga Teacher Training Application*

*Please complete the application and email to YogaGemLLC@gmail.com or mail to:

Yoga Gem

1963 Mulberry Street

Montgomery Alabama 36106

Participants in the program are expected to attend all 12 weekends (Fri 2 – 7, Sat 8 – 5:30, & Sun 8 – 3:30). Payment of \$350 is due for each weekend.

Missed session can be “made up” the following class year with instructor permission and for an additional fee. Program requirements include a home asana practice, reading assignments, written homework assignments, and practice-teaching hours.

Below, you are acknowledging your commitment to these requirements.

Name:		
Street Address:		
City, State, Zip Code		
Home Phone	Mobile Phone	Work Phone
EMAIL		Birthdate

Name _____

Signature _____

Please type your answers to the following questions. Please stay within the allotted word count.

1. Why do you wish to continue formal yoga education? (200 words or less, double spaced please)

2. How has your teaching practice changed your own yoga practice? (120 words or less, double spaced please)

3. What are your teaching strengths and weaknesses? (120 words or less double spaced)

4. List the last three yoga related workshops you attended;

5. List any physical injuries or other limitations that may affect your practice or teaching practice:

6. What impediments to your commitment with this program do you foresee?