



## 200-HOUR TEACHER TRAINING APPLICATION

Summer 2010

10 Days

July 30<sup>th</sup> – August 8<sup>th</sup>

Hurry, SPACE IS LIMITED!



### Teacher Training Details

Weekend training hours:

**July 30<sup>th</sup>:** 4:30pm to 9:30pm orientation

**July 31<sup>st</sup> – August 8<sup>th</sup>:** 8am to 8pm

*and 80 hours of tandem teaching, apprenticeship, observation, and group study*

Hot Yoga Inc. Yoga Training program covers all of the requirements listed by Yoga Alliance for a 200-hour Power Vinyasa certification program.

#### You will learn:

- Asana/Postures & Proper Adjustments/Alignment
- Philosophy/Ethics/Lifestyle
- Anatomy
- Meditation
- To Teach & Sequence a Power yoga Class
- Nutrition
- CPR & First Aid

In addition to the work done in Teacher Training at Hot Yoga Inc., participants will be required to:

- Take a minimum of 3 additional Hot Yoga Inc. classes per week.
- Be fully present and participate actively in the training.
- Practice teach with other participants in the group.
- Observe at minimum 3 classes throughout the training.
- Tandem teach a minimum of 2 classes with a Senior Teacher.
- 1:1 work with Teacher mentor with two classes to give and receive adjustments & feedback
- Complete all written observations.
- Demonstrate the ability to teach a complete class.
- Pass all homework assignments, as well as written/verbal exams
- Maintain a healthy diet and stay well hydrated.



**Application Process**

Acceptance is on a first come basis upon review. You may submit your \$500 *non-refundable* deposit by check, cash, or credit card. Please make checks payable to: Hot Yoga Inc. Applications reviewed upon deposit.

**Acceptance Notification**

Applicants who have been accepted into the Hot Yoga Inc. Teacher Training program will be notified via e-mail within one week of receipt of their application. All accepted applicants must confirm their registration via e-mail. If an applicant fails to confirm, his/her spot may be offered to another applicant.

Please email completed applications to: [teachertraining@hotyogainc.com](mailto:teachertraining@hotyogainc.com)

**If you are not making deposit via credit card, please deliver cash or check deposit to any Hot Yoga Inc. studio, in a sealed envelope - ATTN: Summer 2010 Teacher Training.** Applications will not be reviewed until deposit is received.

**PART I - Personal Information:**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender:  Female  Male

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Current Occupation \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_ Relationship \_\_\_\_\_

How did you hear about our program?

In Class Announcement, teacher \_\_\_\_\_  Hot Yoga Inc. Website

Friend  Teacher \_\_\_\_\_, where? \_\_\_\_\_

Other \_\_\_\_\_



**PART II – Questionnaire:**

Please respond to the following questions. Use additional space as needed.

1. How long have you been practicing hot yoga?
2. What styles of yoga do you practice or have you explored?
3. What aspects of yoga do you practice?     Asana         Pranayama  
 Meditation         Chanting         Restorative     Other \_\_\_\_\_
4. How often do you practice? How many times a week do you practice at Hot Yoga Inc.?
5. What effects has yoga had on your life?
6. Are you currently teaching yoga? If so, where? How often?
7. Why are you interested in a yoga teacher training?
8. What aspects or styles of yoga are you most interested in learning more about?
9. Do you have any pre-existing injuries that may affect your ability to participate in this course?
10. Are you healthy and physically able to participate in this course? *(All students are required to sign a medical waiver.)*