



Application from: FW / MC / B / K (Please circle)



200-HOUR TEACHER TRAINING APPLICATION

Please indicate the training you are applying for.

Fall Hatha

Dates: October 1st- November 21st, 8 Weekends

Location: Bellevue Studio

Winter Power

Dates: January 28th-March 20th, 8 Weekends

Location: Covington Training Facility

Spring Hatha Intensive

Dates: April 8th-10th, 15th-17th, and 10-day intensive April 26th- May 4th

Location: TBD (Mexico, Costa Rica, or Covington)

Summer Power Intensive

Dates: August 6th-8th, and 10-day intensive 13th-22nd, and 28-29th

Location: Covington



Registered Yoga School

Hurry, SPACE IS LIMITED!

The cost for each teacher training is: Early-bird \$2,888 and \$3,288 after early-bird date.

In addition, 80 hours of tandem teaching, apprenticeship, observation, and group study are required.

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

You will learn:

- Asana/Postures & Proper Adjustments/Alignment
- Philosophy/Ethics/Lifestyle
- Anatomy
- Meditation

Hot Yoga Inc.
31839 Gateway Center Blvd S. Federal Way, WA 98003-5616
www.hotyogainc.com
Federal Way 253.528.0880 / Kirkland 425.039.0880



- 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.

Reading List (not included in tuition)

- Yoga Sutras of Patanjali, BKS Iyengar edition
- Light on Yoga/Light on Pranayama, BKS Iyengar
- Hatha Yoga Pradipika, Swami Swatrama
- Anatomy of Movement, Blandine Calais-Germain
- Yoga Anatomy, Leslie Kaminoff
- Autobiography of a Yogi, Yogananda
- Optional: Bhagavad Gita, Siva Samhita

Application Process

Acceptance is on a first come basis upon review. You may submit your deposit by check, cash, or credit card. Please make checks payable to: Hot Yoga Inc. Deposits are NONREFUNDABLE if accepted into the program, and processed upon acceptance into the training.

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



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: 2010/2011 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's name _____ 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.)*