

Yoga Teacher Training of Central Florida

Application for Teacher Training Certification Program

Please complete and submit application for approval before submitting your non-refundable \$500 deposit, to reserve your space.

Personal Information:

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Occupation _____

Date of Birth _____

Program Information:

When would you like to begin training? 200-Hour Certification – January-April 2011
300-Hour Certification – June-December 2011

How did you hear about the Red Sun Yoga teacher training program?

Prerequisite Information:

What is your previous experience with yoga?

How long have you been practicing yoga? _____

Do you have a daily personal practice? _____

What style of yoga do you practice? _____

Have you taken classes at Red Sun Yoga? _____

Have you taken classes from a certified yoga teacher for at least 6 months? _____

Yoga Teaching Experience:

Are you currently teaching yoga? _____

How long have you been teaching? _____

What tradition/style do you teach? _____

Health Information:

Do you have any physical limitations, injuries, or other conditions that may prevent you from participating fully in the program? If yes, please describe.

Have you had any recent surgery that might prevent you from participating?

Please answer the following questions in detail and submit with application.

1. Please describe your daily yoga practice. Which postures do you typically do? Do you have a mediation practice? Do you read the sutras?
2. What does yoga mean to you? How have your feelings about yoga developed over time?
3. What do you enjoy most about yoga?
4. Why do you want to become a certified yoga teacher?

I understand that the process of teacher training is rigorous and demanding of my time and effort. I understand the practice of yoga is about exploring new boundaries and limits. The study of yoga may involve exploring and discussing different belief systems, which may be different from my own. I understand that this is simply a presentation, not an expectation of any belief system. I understand that there will be time during each session to speak relevant thoughts, questions, feelings and insights. There will be co-listening and conscious communication which provides an opportunity for bonding with other students, non-judgmental listening, and learning to develop rapport with others. A yoga practice is part of the curriculum for growth. I will monitor what is safe and right for me, and I will commit myself, to the best of my ability, to the teacher training program.

Candidate's Signature

Date

Red Sun Yoga Teacher Training Program
5965 Red Bug Lake Road, Suite 201
Winter Springs, FL 32708
321-438-0771