



200 HR Teacher Training Application

Om bhur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah pracodayat

I offer myself to the rising sun, the giver of life, the remover of all pain and sorrows, bestower of happiness, the Creator of the Universe. I invoke that which is most luminous, adorable and radiant. I meditate upon the Light. May the Light of the Spirit inspire, enlightened and guide my intellect in the right direction.

Welcome to the adventure!

This is the spirit that we offer our first 2018 200 HR Teacher Training. We at Y4AGH wish to offer this training to those who wish to not only deepen their practice, look at social justice, establish a sustainable income but also to look at the magic of yoga for your own life. If you think this is your time, then it probably is, so we invite you to finish this application and return it to us by 1/15/20. **Only 15 applicants will be selected.** Total cost is \$2800.00

Admission Requirements

1. Be at least 18 years of age.
2. Hold a high school diploma or its equivalent or have special permission.
3. Complete application for admission. Applications to the program does not guarantee acceptance. Candidates are evaluated for academic and physical ability, personal character, motivation and ability to manage time & meet tuition obligations.
4. Have practiced yoga for at least 6 months.
5. Complete admission interview after submitting application.
6. Meet the requirements within the federal poverty guidelines. (please discuss with Y4AGH staff if you have any questions.)

PLEASE NOTE: Y4AGH reserves 75% of their slots for people of color and 90% of their slots for people in poverty.

Please submit your form in PDF format to our email at: yoga4agoodhood@gmail.com



200 HR Teacher Training Application

Applicant: _____
Address: _____
City: _____ State: _____ Zip: _____
Cell: _____
Home: _____
Email: _____

Please answer the following questions, attach separate sheets as needed. Please make sure you number the answer to each question. Thank you! Your answers are completely confidential and will be read by the Yoga 4 A Good Hood Teacher Training Staff. This doesn't have to be a lengthy response just an honest one. Trust your intuition.

1. What motivates you to go deeper into your yoga experience?
2. What motivates you to teach yoga, if applicable?
3. How many public yoga classes do you attend, on average, per month?
4. Do you ever practice yoga at home? If so, what is your home practice like?
5. Do you have any mental or physical challenges that affect your yoga practice? If so, tell us how you are handling them.
6. Why have you chosen this training and what do you want to get out of it?
7. "Why do you think other people practice yoga?"
8. Are there any right or wrong reasons to practice yoga?
9. What does Y4AGH training feel is the "best path" for yoga teaching and study?
10. When do you make the cross over from student to teacher? Explain your answer.
11. What is yoga?
12. Tell us what is YOUR journey?"

Please include a JPEG picture with your application

Application Checklist - Y4GH Only Please

Date application packet received: _____
200 Hour Application Form Complete. _____
Accepted into program: ____ Yes ____ No

Please provide a note of reason for decision:



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Fridays 6-9
Saturdays 12-6
Sundays 12-6

Mondays 6-8 p.m. 1 X a month
Wednesday 1 X a month 6-8 p.m

2/5 - 2/7 (15)
2/12 - 2/14 (15)
2/15 - Monday (3)
2/18 - Wednesday (1)
2/28 - 2/28 (15)

49

3/5 - 3/7 (15)
3/12-3/14 (15)
3/15 - Monday (3)
3/17 - Wednesday (1)
3/26-3/27 (FRI/SAT only) (9)

43

4/9 - 4/11 (15) (no Imani- Sat)
4/12 - Monday (3)
4/14 - Wednesday (1)
4/16-18 (15) (no Imani- Sat)

34

4/30- 5/2 (15) (no Imani- Sat)
5/7-5/9 (15) (no Imani- Sat)
5/17 - Monday (3)
5/19 - Wednesday (1)
5/21-5/23 (15) (no Imani- Sat)

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6/4-6/6 (15)
6/11-6/12 (10)

25

The dates listed are what is required to graduate. Please know that this will be a training that will have a majority of time via ZOOM but also some in person times. But that will be dependent upon COVID protocols.