



# Application for 500 hr Yoga Teacher Training



Admission to the 500 hr YTT program is determined on a rolling basis due to the modularized nature of the program. To apply to the 500 hr Yoga Teacher Training Certification program, please do the following:

1. Review information on program dates, costs, and general information on the website ([www.monawarner.com/ttc500.html](http://www.monawarner.com/ttc500.html)).
2. Complete the attached program application in its entirety, including the short-answer questions. Be sure to indicate preferred program dates. Incomplete applications will not be reviewed.
3. Wait for an email clarifying the admissions decision. This letter should arrive by e-mail within two weeks of the date of receipt of your application. If you do not have an e-mail address, we will send it by regular mail and will also call you to inform you of your status. We reserve the right to also require a phone interview if deemed necessary to arrive at an admissions decision.

## Admission Criteria

1. You must be at least **18 years of age** and must demonstrate **English-language competency** as the courses and materials are all in English.
2. **Physical, mental, and emotional preparedness:** The nature of the program is physically, mentally, and emotionally demanding. To be admitted to the 500-hour certification program, you must demonstrate medical and mental-health readiness to fully participate in the demands of the curriculum. Additionally, an applicant may be denied if it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment.
3. **Yoga experience:** In this training you will be expected to participate in daily yoga practices in addition to in-class posture instruction. In general, we seek students who have been practicing yoga for at least two years and have had a regular yoga practice for at least six months. We highly suggest that this practice involve ongoing yoga classes as opposed to studying only with books, videos, or workshops.

## Completion Criteria

In order to receive the **500 hr YTT Certification**, the following must be completed and/or submitted to the satisfaction of the program facilitator:

- a. Complete the seven (7) Foundations & Philosophy (FP) modules (98 contact hrs)
- b. Complete six (6) Teaching Methodology (TM ) modules (84 contact hrs)
- c. Complete three (3) Refine your Teaching Skills (RTS) modules (42 contact hrs)
- d. Complete two (2) Deepen your Inquiry (DYI) modules (28 contact hrs)
- e. Complete two (2) Practicum modules (28 contact hrs)
- f. Submit the “post module homework” for each module completed once you have finished your final module (all homework submitted in one complete package please)



# Application for 500 hr Yoga Teacher Training



## Participant Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Alt. Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Application Date \_\_\_\_\_

## Yoga Experience

- ▶ How long have you been practicing yoga? \_\_\_\_\_
- ▶ How long have you had a daily practice? \_\_\_\_\_
- ▶ How long is your daily practice? \_\_\_\_\_
- ▶ What style(s) of yoga do you primarily practice?

## Teaching Experience

- ▶ How many years have you been teaching Yoga? \_\_\_\_\_
- ▶ Are you currently teaching Yoga? Yes / No
- ▶ If yes, how many classes per week? \_\_\_\_\_
- ▶ If yes, what style(s):
  
- ▶ Total Yoga "career" teaching hours (approx is fine): \_\_\_\_\_
- ▶ What elements are included in the classes you teach?
  
- ▶ Are you currently registered with the Yoga Alliance? Yes / No



# Application for 500 hr Yoga Teacher Training



**In a separate document(s), please answer the following questions**

- Describe your interest in completing a 500 hr Yoga Teacher Training?
- Do you have a particular area of interest in teaching Yoga? If so, please explain.
- List the 500 hr modules you have completed, and the completion dates of the modules.
- List the remaining modules you plan to take, and when you plan to take them.
- Please include a copy of your 200 hr YTT certificate with the completed application.
- How do you plan to apply your Yoga teaching skills in your life and work?

I acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in non-acceptance or dismissal from the program.

Signature \_\_\_\_\_ Date \_\_\_\_\_