



200 Hour Yoga Alliance Teacher Training Application

Applicant Name: _____

(Please Print Clearly)

Thank you for your interest in our Teacher Training Program!

Upon completion of the Elan Yoga Teacher Training you will be a 200 Hour Certified Yoga Instructor. The EYTT will focus on the postures and series from the primary Vida Yoga class taught at Elan Yoga and Fitness. The Vida Yoga series consists of 36 common yoga postures completed in a specific sequence. The EYTT program also includes studies of Vinyasa yoga, Hot yoga, Yin yoga, Ashtanga, subtle energy, charkas, breathing, nutrition, anatomy, silent and music class techniques, posture adjustments and theory, advanced postures, philosophy, ethics, history of yoga, and couples/partner yoga.

During the Teacher Training program you will have 24 hour access to the yoga studios and gym. You will receive an Access Card and complementary Unlimited Membership during the EYTT program. After the program you receive 30% discount for the first three months on any membership and then 10% off any membership there after.

Elan Yoga Teacher Training Policies:

- Please arrive on time, rested and ready for class. Bring water, snacks, yoga mat, towel, layered clothing, and positive attitude!
- Certificate of Completion: To obtain your Elan Yoga and Yoga Alliance Certificate of Completion, you are required to instruct a final class to your peers and the public at a satisfactory level of

competency. You must also attend 90% of our scheduled class time.

- Refund Policy: Included in the registration fee is a non-refundable \$100 processing fee. The \$100 non-refundable processing fee can be used toward your tuition for EYTT. No refunds will be issued if cancellation is 15 days or less prior to training.
- Cost of Teacher Training: \$2500, early bird price \$2250, deposit is \$400, holds your spot

Personal Information:

First Name: _____

Last Name: _____

Email Address: _____

Phone: _____

Birth day: _____

Current Employment:

Education:

How long have you been practicing yoga?

Primarily what style of yoga? What your favorite?

Are you currently a fitness or yoga instructor? If so, where? And how long have you been teaching?

What are your goals for after Teacher Training?

Review and Acceptance:

I, _____, have reviewed the curriculum as set forth by Elan Yoga and Fitness and Yoga Alliance, and herewith accept the curriculum plan.

Signature

Date