

The Yoga and Meditation Center of
Montclair

A YOGA ALLIANCE REGISTERED SCHOOL
292 Bloomfield Ave., Montclair, NJ 07042 (973) 746-6707

www.yogainmontclair.com

200-HOUR TEACHER TRAINING APPLICATION
(Pre-requisite - 2 YEARS YOGA STUDY AND PRACTICE)

Name_____

Address_____

Phone (Home)_____ (Work)_____ (Cell)_____

E-mail Address_____

Date of Birth_____ Gender_____ Occupation_____

How long have you been practicing yoga?_____

How often do you practice? Classes per week_____ Home practice_____

Please attach a separate page about your background in yoga. Be specific with regard to classes, workshops, retreats attended, teachers you have studied with, length of study, style(s) of yoga you have practiced. List your most influential yoga teachers and style(s), how often and how long you have studied with them. Also, indicate if you have had any previous yoga teaching experience. Please include your reasons for wanting to become a yoga teacher and relevant experience in any connected area (massage or other bodywork, medical or anatomical study or training, teaching, degrees, etc.)

Do you meditate?_____ If so, how often?_____ for how many years?_____

Do you have any pre-existing injuries or medical conditions that will effect your ability to participate in this program?_____

Please mail in your application with your \$25 non-refundable application fee. Space is limited to **15 students** and applications will be processed in the order they are received.

Make your check payable to Yoga and Meditation Center of Montclair and send it to 292 Bloomfield Ave., Montclair, NJ 07042