



bCalm bInspired 200 hour Teacher Training Certification Program

2017 Teacher Training Application

APPLICATION and \$500.00 non-refundable deposit must be submitted together.

Send to:

bCalm Power Yoga
bInspired 200 Hour Teacher Training Certification
61 Wood Street
Hopkinton, MA 01748
Attn: Lesley Reilly *Mark the envelope "confidential"

Application

Name: _____

Address: _____

Home Phone: _____

Cell: _____

Work Phone: _____

Emergency Contact (Name and Phone #): _____

Your E-mail: _____

Date of Birth (include your age): _____

Please print out and answer the following questions in essay form on separate paper:

1. Describe your personal yoga practice:
 - a. How long have you practiced yoga? List styles, traditions, and most influential teachers, and why.
 - b. How many times per week do you practice yoga and where?
 - c. List the types of training you have had (including any other health, fitness or related areas).
 - d. Do you currently teach yoga? If so, where, how often, and what style?

2. What do you hope to gain from this training, in other words, in what area(s) of your life would you like to see the most improvement?
3. Why would you like to become a yoga teacher?
4. Do you have a regular meditation practice?
5. What does yoga mean to you?
6. Do you feel that you are in good physical condition and will be able to participate fully in the training?
7. Describe your daily diet, other exercise practices, hobbies, interests, community service, etc.
8. What is your profession?

OTHER PROGRAM MATERIALS:

Additional reading materials are required for full participation in the course. Upon acceptance to the program, a book list will be provided.

The approximate investment for reading materials is \$100. Your personal investment will depend on what books you may already own, or can borrow, etc.

In addition to the required reading materials, you will also need to bring your own yoga mat, writing journal, healthy snacks for energy, change of clothes, towel and personal toiletries.

All applications are held in the highest of confidentiality and will only be read by Lesley Reilly, studio owner.