

Empowered Change

200-Hour Yoga Teacher Training Journey

Training Application

Thank you for your interest in the 200-Hour Empowered Change Yoga Teacher Training Journey. Please fill out the information below to begin your process of registration. All applications must be approved by trainer(s) prior to registration and (1) studio class must be taken with each trainer (Jessica Boginski & M. Gatlin) prior to approval. Applicants must also have either a phone or in-person interview with a lead trainer prior to acceptance.

All personal information will remain confidential and will only be viewed and discussed by the trainers.

Please fill out as completely as possible:

NAME		NICKNAME	
Street Address			
City, State, Zip		DOB	
Phone		Email	
Do you text?			

Why do you want to enter yoga teacher training? (Explain & Check all that apply)
<input type="checkbox"/> To deepen my practice <input type="checkbox"/> To have a transformational experience <input type="checkbox"/> To become a teacher
Have you been practicing yoga <u>consistently</u> for at least one year?
How many times a week do you currently practice asana?
What style of yoga do you practice most?

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Have you been practicing with a teacher and/or in a studio? (Please list teacher/studio)
Do you currently have an established home practice?
Does your home practice include meditation and pranayama? If so, how often do you practice these?
If you do not already have a personal home practice are you willing to create one and commit to include yoga asana, pranayama, meditation, self-study, etc.?
Have you completed any other yoga trainings? If so, please list and include the teacher and/or studio where taken.
Are you committed to scheduling time for weekly homework, reading, study, personal practice, studio practice and observation, as well as monthly immersions? (Approximately 10+ hours per week)
Do you have a support system around you that encourages you and also supports your desire to enter training?
Are you currently under the care of a psychiatrist, psychologist, counselor, or other mental health professional?
If so, will this mental health professional provide a note stating you are cleared to enter yoga teacher training and practice the physical postures, meditation, pranayama, and personal growth work?
Will any health condition, pre-existing injury, or physical limitation prevent you from attending and participating in the entire training sessions you are completing?

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Are you currently under the care of a medical physician for any health condition, pre-existing injury, or physical limitation?

If so, will this physician provide a note stating you are cleared to enter yoga teacher training and practice the physical postures, meditation, pranayama, and personal growth work?

Do you believe you are physically, mentally, and emotionally capable of committing to and completing the assignments, hours, and physical practice required for yoga teacher training?

Admission Requirements Overview:

- Completed Application
- Interview with a Lead Trainer
- In-studio class with each Lead Trainer, Jessica Boginski & M. Gatlin
 - *Please introduce yourself and let the trainer know you're completing application requirements*
- Payment in Full or Paid Deposit + Payment Plan Signed

I understand the information in this training admission application and I state that all information I have provided is true and complete. By signing, I state that I agree to the requirements of admission. I also understand that if I choose to sign electronically that I my electronic signature represents my physical signature.

Printed Name & Signature: *(To sign electronically please type your full name and add the last four of your social)*

Date: