

Vidya Yoga Teacher Training

Application Form, 200-Hour Program

Welcome and Thank you so much for your application to Vidya Teacher Training. This program consists of 10 months of study in a weekend immersion format designed to support your busy life as well as help you deepen your practice. At Vidya we support each students unique situation and recognize that although we will develop a community together, every student is on his or her own path of Self knowledge and realization, or Vidya. We invite you to continue your journey with us, where your true Self will be revealed with each step you take on your path.

We will study Hatha Yoga as well as Vinyasa Flow. Our intention is to demonstrate that every movement we make is inspired by breath, the vehicle of our life force, Prana. In addition to Pranayama (breathing) and Asana (postures), we will study Human Anatomy and Physiology as it pertains to our asana practice, the subtle body (chakras, bandhas, nadis, etc), yogic philosophy, yogic lifestyle, and ethics.

First Name: _____ **Last Name:** _____

Date of Application: _____ **Date Received**(office use only): _____

Mailing Address: _____

Home Phone: _____ **Cell Phone:** _____

Email Address: _____

Date of Birth: ____/____/____ **Gender:** _____ **Marital Status:** _____

Education: (Please include name of school, majors, degrees, and years attended)

High School: _____

College/University: _____

Graduate School: _____

Other Certifications/Trainings: _____

Current Occupation: _____ (if you are a yoga teacher, please add where you teach, what style of yoga, where you were certified, how often you teach, and average number of students you teach per week.)

How long have you been practicing Yoga? _____ **How often?** _____

Do you practice inversions? _____ **If so, which ones do you practice:** _____

Are there any postures you choose not to practice? _____ **If yes, please explain why:** _____

Do you practice meditation? _____ **a) if yes, how often?** _____ **how long?** _____

Feel free to share your experiences here: _____

Do you practice any other healing profession? If yes, which one? _____

Do you have any physical injuries or medical conditions (pregnancy, arthritis, high blood pressure, injury)? Please explain: _____

Do you have any physical challenges that may limit your ability to participate? Please explain. (Note: injuries and limitations are not impediments to your being a successful yoga teacher, nor will such limitations reduce your chances of acceptance to the Vidya Vinyasa YTT).

Please list treatments or medications for all the above conditions: _____

Please answer the following questions as thoughtfully and with as much detail as needed on a separate sheet of paper. The application is read in strict confidence. Your honest and thorough responses will help to gather needed information as well as to consider how the program will best serve you as a student.

- 1) Please explain your experience with yoga: classes attended, DVDs, types of yoga practices, etc.
- 2) Why do you practice yoga, and what effect does it have on your overall well-being?
- 3) What do you hope to learn from this training?
- 4) Which topics of study are you particularly interested in?
- 5) Is it your intention to teach, or is your primary interest in deepening your practice?
- 6) What do you think makes a good yoga teacher?
- 7) Feel free to share any other information you like, including hobbies, family situation, spiritual beliefs, etc.

Application Checklist – Please make sure to include the following with your application:

- 1) \$25.00 non-refundable application fee made out to Satya Yoga Studio OR White Swan Yoga Studio.
- 2) One Recent Photo – headshot, full body, or casual photo is fine
- 3) \$500 deposit is required once accepted into the Vidya Program. This deposit holds your space.

Once your application is received, we may call or email to ask follow-up questions and/or indicate your acceptance to the Training. Upon acceptance you will need to consider the payment options and confirm your admission with the appropriate amount.

* All checks payable to: **Satya Yoga Studio or White Swan Yoga**

* Send your application and all fees to: Satya Yoga Studio
c/o Melissa Scagliarini
5 Buckland Ave Plymouth, NH 03264
OR
White Swan Yoga Studio
c/o Roseann Latona
34 North Adams St
Manchester, NH 03104

* If you have any questions about this application, please contact Melissa at (603)677-2934 or Rosie at (603) 626-9642

Feel free to email at Vidyaytt@gmail.com and put in subject line YTT 2018/19.

Thank You!
Namaste