**Sol Yoga 2019 Advanced Teacher Training Application**

**Application & Deposit *Deadline September 15, 2019* or until program fills**

**Program Requirements**

Daily practice of some sort (meditation, asana, pranayama, devotional, Ayurveda, etc.) for at least **1 year**

Regular yoga practice (at least 2x per week on average) for at least **5 years**

Full participation in **all** sessions & completion of **all** assignments

Complete application, satisfactory interview and deposit by deadline

**COST**

The full 300hr program is $3,600.  Payment plans & scholarships may be available.

Members receive a $200 discount if paying in full.

Other programs are priced at $20/hr. If registering for 100+ hours, a 20% discount is available and if registering for 300+ hours, a 40% discount is available.

*Books and required classes not included in above pricing*

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check the program you are applying for:

Full 300hr Part A 100hr Part B 100hr

PLEASE ANSWER THE FOLLOWING QUESTIONS ON THIS OR ATTACHED PAPER.

1. What is the nature of your daily practice? What practices of yoga or Ayurveda help to keep you in balance on a regular basis?
2. Describe your background in Yoga as Therapy. Include any workshops, trainings, research/reading, consultations received, and personal practice.
3. Where did you complete your 200hr YTT? Do you have any additional certifications in yoga teaching? (prenatal, children’s yoga, yoga therapy, aerial, etc.)
4. Do you currently teach yoga? How often? What styles?
5. Why do you want to take this teacher training?
6. How will you use this training to serve your students and community once you have completed the course?
7. Do you have any medical concerns?

**REFUND**

Deposit is refundable up to 45 days prior to start date. After that, the deposit is non-refundable.

If you find during the course of the training that you are unable to continue due to medical reasons, your balance will be transferred to your Sol account to be held for the following training cycle.  No other refunds are available.

**Signature**

I have reviewed this application and all requirements and policies.

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