



**Evolution Power Yoga, LLC
200-Hour Teacher Training Program
Application for Enrollment**



Thank you for your interest in the 200-Hour Teacher Training Program. In an effort to ensure that participants are well prepared for the rigors of our program, we require each applicant to submit a completed application form. Please complete the application form honestly and in its entirety. If needed, you may attach additional pages with your responses to the essay questions below. Providing inaccurate or incomplete information may result in non-acceptance or removal from the program.

Please submit your completed application form, photo, and \$50 non-refundable application-processing fee to:

Evolution Power Yoga
200-Hour Teacher Training Program #250
398 Harrisburg Avenue
Lancaster PA 17603

email:
workshops@evolutionpoweryoga.com

phone:
717.391.1060

This training IS for you. If not now, when?



**Evolution Power Yoga, LLC
200 Hour RYT Teacher Training Application**



Personal Information

Full Name: _____

Name you prefer to be called: _____

Date of Birth: _____ Gender: _____

Email: _____

Phone: (cell) _____ (other) _____

Current Address: _____

Permanent Address: _____

Emergency Contact

Name: _____

Relationship: _____

Address: _____

Email: _____

Phone: (cell) _____ (other) _____

Health Information

- Are there any challenges to participating in any physical activities? Yes No
- Are you under medical treatment for any physical condition? Yes No
- Are you under medical treatment for any psychological condition? Yes No
- Are you currently pregnant or trying to get pregnant? Yes No
- Have you ever been hospitalized for a psychiatric condition? Yes No
- Do you have any chronic pain, physical limitations, or disabilities? Yes No
- Have you had any major surgery within the last 5 years? Yes No
- Do you have a communicable disease? Yes No
- Are you in recovery from an addiction? Yes No
- Ever been in a treatment program for alcohol or substance abuse? Yes No
- Ever been treated for an eating or exercise disorder? Yes No

If you answered yes to any of the above, please explain fully:

List any prescription medications you are currently taking, indicating dosage and frequency of intake, and what symptoms/conditions require the medication. We do not need to know about birth control or cosmetic prescriptions.



Background

What is your current occupation? _____

Number of years in current occupation? _____

What is your highest level of education? _____

What type(s) of yoga have you practiced, and for how long? (e.g. "Power Yoga, 3 years, twice weekly")

When, where, and how often do you practice yoga?

Do you have experience teaching yoga or any other fitness activity? If so, what and for how long? (e.g. Group and Private Pilates instructor, 4.5 years)

Are you certified to teach yoga or any other fitness activity? If so, please list your certification, school/organization, teacher(s), and date(s) of completion

What is your experience, if any, with Evolution Power Yoga?



Essay Questions

Why are you interested in this Teacher Training Program?

What are your expectations for this Program? What do you hope to gain from the experience?

Please explain your willingness to be fully committed to this Training Program and why you believe it is important to attend 100% of the training meetings

Is there any other information you think we should know or that you would like to share regarding your application?



I have received, read, and meet the EPY's application requirements

Initial to agree _____

I have received, read, and will adhere to EPY's Code of Ethics

Initial to agree _____

I hereby declare the information in this application to be true and complete. I understand that providing false information is grounds for rejection of this application, expulsion from the program, or revocation of certification.

Signature & Date

How did you learn about the Training Program to which you are applying?

- ___ Studio
- ___ Facebook
- ___ An email we sent you
- ___ Referral, Who? _____
- ___ Our Website
- ___ Other _____
- ___ Yoga Journal
- ___ Other Publication _____

Code of Ethics

It is my duty, as a teacher or teacher trainee, to hold a sacred space for my students.

- Any information revealed by or about my students is confidential.
- I represent the studio even when I am not teaching or at the studio. I will strive to be my authentic self everywhere, with everyone, all the time.

I believe that everyone is welcome, able, and should be encouraged to find their path to their success through yoga.

- I will acknowledge students when they enter, letting them know they belong.
- I will teach to the ability of the class and offer modifications or props when needed.

No student should feel threatened or unwelcome based upon my attention or intention.

- My touch and words transfer energy. I will only assist and teach when I am absolutely clear exactly what I am doing and why.

I will hold myself to the highest standards of cleanliness, modesty, and professionalism.

- I will arrive 30 minutes before any class I teach or assist, or 10 minutes before any training session I attend so that class can begin and end on time.
- My skin, hair, breath, nails, and clothes will be clean and fresh for class.
- I will wear clothing that fits and is appropriate for yoga. My clothing will not be revealing or distracting to my students or peers.

As an ever-evolving individual, I will continue to seek growth and learning through practice and further education.

- I will maintain a current CPR certification and continue my study of yoga. I will follow Yoga Alliance's guidelines of continuing education if I choose to teach in the future.

The tree of yoga is broad, and all limbs deserve my respect.

- I will teach with integrity, with attention to appropriate sequencing and the needs of my students.