



APPLICATION INSTRUCTIONS:

The Primary Yoga Teacher Training consists of 10- 20 hour weekends. Beginning with a pre-requisite anatomy weekend open to the public followed by Track 1 and Track 2. We recommend applicants have a practice of 2 times a week for a minimum of 1 year. If you do not meet this requirement and are still interested in the Primary Yoga Teacher Training please submit an explanation on a separate piece of paper with your application.

In order to be fully accepted into the Primary Yoga Teacher Training **you must submit your completed application via postal service or delivery in a 9 x 12 manila envelope with deposit no later than 4 weeks prior to start date.** Fuller Yoga is committed to certifying high quality confident instructors. Therefore, acceptance into both Track 1 and 2 is limited. It is recommended to submit your application as early as possible.

To reserve your space you must submit the following checklist information with a minimum \$500 non-refundable deposit. Acceptable forms of payment cash, money order, and personal check made out to Fuller Movement L.L.C. and credit card.

CHECKLIST:

- Completed Application
- Completed Agreement/Waiver
- 2 Recommendation Forms
- Payment Information Form
- \$500 Deposit

If mailing, send to Fuller Yoga, Attn: Teacher Training Director, 39 New London Turnpike, Glen Lochen., Glastonbury, CT 06033.

For further inquiry or questions please call 860-430-9642 or hello@fulleryoga.com



fuller yogaTM

Live Simply & WiselyTM

200HR PRIMARY YOGA TEACHER TRAINING APPLICATION

NAME: _____ TODAY'S DATE: _____

ADDRESS: _____

EMAIL: _____

PHONE: (home) _____ (cell) _____

DATE OF BIRTH: _____

OCCUPATION: _____

HOBBIES: _____

EMERGENCY CONTACT: _____

Please circle which one you are more interested in

- A. Becoming a yoga instructor
- B. Learning more about yoga

HOW DID YOU HEAR ABOUT THE FULLER YOGA PRIMARY YOGA TEACHER TRAINING?

Please explain any medical conditions you now currently suffer or have suffered in the past. i.e. surgeries, injuries, disease, heart condition, and any other health related issues that you feel are necessary for us to know.



How long have you been practicing yoga?

How many days per week do you practice?

What style of yoga do you usually practice?

Which yoga studios have you or do you currently practice at?

Do you have a home practice?

Who have been your most influential teachers?

What area of yoga challenges you the most?

What was the reason you started a yoga practice?

Which specific populations would you like to teach to?

Is this your first training? If not which others have you attended?

Are you currently teaching yoga? If so how many years and where?

What qualities would a good yoga teacher possess and why?



Why are you interested in taking the Fuller Yoga Primary Teacher Training?

What are your expectations for the Primary Yoga Teacher Training and what do you hope to achieve at the completion of the training?

Please also include:

1. A recent **photo**
2. A list of **books that you have read** that relate to Yoga, Meditation, eastern philosophy, etc. Include **magazines** that you read regularly (e.g. *Yoga Journal* or *Yoga International*).