**Training Dates And Application**

Thank you for your interest in Jupiter Yoga’s Teacher Training at the Village Yoga in Tequesta, Florida. The tentative dates for the upcoming training session are as follows.

We will meet Wednesdays and Thursdays 7-9:30 pm, and Saturdays 12:30-6:30 pm on the following weeks.

September

4, 5 & 7

11 (Off Thurs 12 and Sat. 14)

18, 19, 21

25, 26, 28

October

2, 3, 5

9,10, 12

16, OFF 17, 19

23,24, 26

30, & Nov 1

The total cost of the training is $2800.00 if paid in full and there is a payment plan option for $500/month over 5 moths (total $3000) after the deposit is made. This includes free unlimited classes at Village Yoga for the duration of the training dates below, a Paddle Board Yoga Session at Blueline Surf and Paddle co., and numerous workshops! Books are to be purchased separately from the book list attached

Payments will be due by the following dates if you’re not paying in full:

September 7

October 7

November 7

December 7

January 7

Certificates will be issued after all requirements for the course are met, as well as all completion of payment.

I am including an application to fill out. Please return this application with your $500.00 Deposit by August 23 to **Payable to Jupiter Yoga** and bring it to Village Yoga, (Cash Venmo and Zelle to Jupiter Yoga is also accepted) if you’re in!

I look forward to getting to know you and your practice better and working alongside of you on your yoga teaching journey!

* Shelby Hunzinger ERYT-500, YACEP

**Book List 200 Hour Training**

Required Books

* Yoga Sutras of Patanjali – Sri Swami Satchidananda
* Bhagavad Gita – Eknath Easwaran
* The Yamas & Niyamas – Deborah Adele
* Anatomy of Yoga – David Keil

Suggested Reading

* The Untethered Soul – Michael A. Singer
* Polishing The Mirror – Ram Das
* One Simple Thing – Eddie Stern
* Light on Life – B.K.S. Iyengar
* The Hathayogapradipika – Any Translation
* The Upanishads – Eknath Easwaran

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| **YTT APPLICATION** | | |
| STUDENT Information | | |
| Name: | | |
| Date of birth: | Cell: | Email: |
| Current address: | | |
| City: | State: | ZIP Code: |
| Emergency Contact | | |
| Name: | | |
| Address: | | Phone: |
| City: | State: | ZIP Code: |
| Relationship: | | |
| Medical History | | |
| Any injuries or illness we should be aware of? | | |
| Surgeries? | Year? |  |
| Describe Your Experience with Yoga (PLEASE ANSWER ON A seperate SHEET OF PAPER) | | |
| How Often do you Practice? | | |
| Where? | | How long? |
| 1. Describe your current yoga practice. | | |
| 2. What changes have you seen in yourself from yoga? | | |
| 3. Why are you interested in becoming a yoga teacher? | | |
| 4. What do you feel you want to bring to the yoga community? | | |
| 5. What is your educational & professional background outside of yoga? | | |
| 6. What are the places in your life that you feel you struggle with? Ex. being open to different ways, time management, boundaries etc.  Where do you feel are your strengths? | | |
| 7. Describe your most influential teachers/coaches/people & their qualities that you admire? | | |
| 8. Do you have any favorite books that have inspired your yogic journey? | | |
| 9. Have you previously participated in a yoga teacher training program? | | |
| 10. Do you currently teach? | | |
| 11. What first motivated you to practice yoga? | | |
| 12. Why do you practice now? | | |
| 13. What makes you unique? What do you feel you will bring to the group in training? | | |
| 14. What are your expectations from this training? | | |
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| Signatures | | |
| I hereby verify the above information provided on this form to be true and correct to the best of my knowledge. | | |
| Signature of Student: | | Date: |