

**Application for RYT 200-Hour Teacher Training Course  
InsideOut Yoga**

**Welcome! We are very pleased that you are applying to our  
Teacher Training Course.**

**Full Name** \_\_\_\_\_ **DOB**

\_\_\_\_\_

**Mailing Address**

\_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip**

\_\_\_\_\_

**E-mail Address**

\_\_\_\_\_

**Education (highest level completed and coursework focus)**

\_\_\_\_\_

\_\_\_\_\_

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**Disability**      **Yes**              **No**      **If yes, please describe:**

**About You: Include as many additional pages as you need to respond completely.\***

1. What brought you to the practice of yoga?

What is it that keeps you practicing?

2. How long have you studied yoga? List styles and main teachers.

3. What is your current self-care program - include medical care, nutritional choices, exercise, and any other wellness practices you currently pursue.

4. What are your current yoga and/or spiritual practices? Include any rituals, traditions and practices of faith.
5. Do you currently teach yoga? If so, what level do you teach? How often do you teach?
6. List any training and/or experience you have that might be relevant to yoga and/or teaching.
7. Describe any injuries or illnesses and how they manifest in your life currently.
8. List any prescription medications you are taking.
9. What structures personally and professionally do you have in place to support you in succeeding in this training?
10. What is motivating you to pursue a Yoga Teacher Training certificate?
  
11. What are your goals for this training?

**I certify all above information to be true and correct to the best of my knowledge**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_

**Instructions for submitting your application:**

Please submit a typed copy of both questions and answers along

with your name, address, telephone number, email address, and a current photo/headshot. A \$100 application fee is due with your application. Applications will be reviewed as they are received until the training is filled.

**\*All applications are strictly confidential and will be read only by Kim Trimmer, Director of Teacher Training program. Send to:**  
InsideOut Yoga Teacher Training  
8016 Dayton Ave N., Seattle, WA 98103

**Questions? Please call 206.992.4808.**

\*You will be notified within 10 days of your acceptance into the program. The training will be filled on a first come-first served basis. Training is limited to 8 participants so return your application as soon as possible.