



APPLICATION INSTRUCTIONS

Application Deadlines

Applications are accepted throughout the year. We strongly encourage you to apply at least 2-4 weeks before you would like to begin your first module.

Application Instructions

Complete all required information in the application below. Submit the application, required materials and the non-refundable \$500 application fee/deposit. The application fee/deposit is included in the total investment of the Advanced Yoga Training.

Submit the completed application by emailing it to mindy@yogamaitricenter.com with the subject: Application for 300 Hour Yoga Teacher Training or mailing it to:

Maitri Yoga
Attention: Teacher Training Department
9000 W 88th Ave
Westminster, CO 80005

300 Hour Advanced Yoga Teacher Training application requirements

- 300 hour Advanced Yoga Teacher Training Application
- Payment Information & Program Participation Agreement
- Copy of your 200 hour Certificate of Completion

Once your application and deposit are received your package will be closely reviewed. The director of the School, Mindy Arbuckle, will contact you for an in-person or telephone interview before full acceptance to the program.

This page is a checklist included to help you with the application process and DOES NOT need to be submitted along with your application.

Thank you!



ADVANCED YOGA TEACHER TRAINING APPLICATION

Personal Information

Name _____ Today's Date _____

Address _____

Home Phone _____ Cell Phone _____
Email Address _____ Occupation _____

Emergency Contact

Name _____ Relationship _____
Phone _____

What Module and Start Date do you prefer? _____

How did you first learn about the Maitri Yoga Advanced Teacher Training Program?

- I practice at Maitri Yoga Internet search
 My yoga teacher recommended it. Friend _____
 Teacher's Name _____
 Other: _____

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

1. How would you evaluate your current health?

- Excellent
 Good
 Fair
 Some challenges (briefly describe) _____



2. Please list any medical conditions you are currently dealing with below?

3. Please list medications prescribed by a health care professional you are taking and the condition for which you taking them.

4. Please list any injuries you are currently working with.

5. Is there anything else we should know about your medical history?

Your Teacher Training History

Please note: to be accepted into the Advanced Teacher Training Program, applicants are required to have completed a 200 hour Yoga Alliance approved Teacher Training Program.

1. Did you complete your 200 hour Teacher Training program with Maitri Yoga or Green Mountain School of Yoga?

- Yes (please proceed to question #3)
 No

2. If you did not complete your 200 hour Teacher Training program with Maitri Yoga or GMSY:

Where did you complete your training?

Who were your instructors in the training?

When did you complete your training?
(month/year)

Please submit the following to Maitri Yoga along with your application:

- A copy of your certificate of completion
- A copy of your current RYT Yoga Alliance Card (if you have one)

3. Are you currently teaching yoga?

- Yes
 No *(You do not have to be actively teaching yoga to take this training.)*



If yes, where?

What type of classes?

How many classes per week?

4. Are you ready and committed to pursue the practice of yoga beyond the physical postures?

- Yes
 No

5. Because yoga is ultimately a journey of learning about yourself and understanding we are all one, are you open to accept what you may learn about yourself?

- Yes
 No

Comments on the last two questions and what you feel is your largest obstacle at this time on your path of yoga.

Comments



6. Briefly describe your current and past yoga practice.

- Do you have a home practice? What does it look like?
- Meditation and pranayama practice?
- Why do you practice yoga?

Personal Practice

Please write a one page essay addressing the following:

- Please describe yourself and the impact that yoga and teaching have made on your life.
- Why do you teach yoga?
- Why do you want to continue your yoga teacher training?
- What do you hope to gain from furthering your education?



Essay



REGISTRATION INFORMATION

A \$500 non-refundable application fee/deposit is due with your application for the 300 hour Advanced Training.

Full payment is required of your program at the start. Payment plans are available upon request. You will agree make all future payments during the program, which will be outlined in the enrollment form signed upon acceptance into the program.

Are you committed to taking the entire 300 hour course?

- Yes No

PAYMENT INFORMATION

I am paying by check. Please mail the check with your application to the address listed on the Application Instruction page.

I am paying by credit card. MasterCard Visa American Express Discover

Credit Card Number _____

Expiration _____ CVV # _____

Name as it appears on the card: _____

Is your billing information the same as your mailing address?

Yes

No. My billing address is:

I hereby authorize the above payment of \$ _____ . Please initial: _____



PROGRAM PARTICIPATION AGREEMENT

I understand that if I fulfill all the requirements of the Maitri Yoga Advanced Teacher Training program, including in-class hours, homework, etc. I will receive a certificate of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 300 hour professional yoga teacher training program.

I have reviewed the most recent Maitri Course Catalog and understand the commitment I am making. I agree to follow the guidelines and requirements established for the program.

I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future Advanced Teacher Training Module and will be refunded my remaining balance. If I cancel within 14 days of the training, I will forfeit my \$500 deposit but my remaining balance will be refunded. Once the program begins, the tuition is refundable according to the portion of the training completed.

I understand that all Maitri Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements: Yes No

Signature

Date