
200 HOUR INTENSIVE TRAINING

APPLICATION CHECKLIST

Please place a checkmark next to each item to confirm that it is included with your application.

- Documentation of yoga experience (written referral from a current instructor)
 - Application checklist & current resume or bio
 - Answers to required questions on a separate sheet of paper
 - \$100, non refundable application fee (made out to YogaSport)
 - Current headshot (4x6)
 - Completed Liability Waiver (we must have an updated form)
 - A list of good times & days for a 30 minute phone interview
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SEND COMPLETED APPLICATION AND MATERIALS TO:

*YSYS Training
4140 Lemmon Ave
Ste 280 LB 102
Dallas, TX 75219*

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ON A SEPARATE SHEET OF PAPER, PLEASE TYPE THE ANSWERS TO THE FOLLOWING QUESTIONS.

1. Describe your yoga practice...
 - a. How long have you been practicing?
 - b. Who have you been your most influential teachers and why?
 - c. List any training, intensives or retreats you have attended and why?
 - d. What style(s) of yoga do you practice?
 - e. How many times per week and for what length of time do you practice?
2. Why do you want to train with the YogaSport Yoga School?
3. Have you practiced at YogaSport and if so, for how long?
4. What does yoga mean to you personally? Share with us how it has affected your life.
5. What do you hope to learn in this training? What are your expectations for it?
6. Do you have any prior or current mental or physical limitations that may affect your ability to fully participate in the program?
7. Tell us about your hobbies, interests, other exercise practices, community service, etc.
8. How did you hear about our training?
9. How committed are you to this training & the process?
Please describe, in detail, why this training is important to you and your life.