



[www.hotyogawellness.com](http://www.hotyogawellness.com)

# HOT YOGA WELLNESS™

WELLNESS YOGA TEACHER TRAINING

Application Form

Please answer ALL questions - incomplete applications will not be considered

## TELL US ABOUT YOU

Full Name and other nicknames (please specify):

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Address:

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Home phone:

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Cell phone:

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E-mail address:

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Date of Birth:

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Sex:  F  M

Allergies (if any):

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Medical issues (if any)

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Emergency contact:

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**TELL US ABOUT YOUR PRACTICE:**

In your own words, what does the practice of Yoga mean to you?

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How long have you been practicing Hatha Yoga (i.e. yoga of asanas)?

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How long have you been practicing Hot Yoga (if applicable)?

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Why did you start practicing yoga?

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What kept you going through your practice of Yoga?

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Where have you practiced Hot Yoga?

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What do you like about your practice?

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If you were to pick one thing, what would you improve about your practice?

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What is your most favorite asana and why?

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What is your least favorite asana and why?

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If you had to pick one, what is the most important thing that Yoga has taught you?

**TELL US ABOUT YOUR VISION**

What made you fill this application for teacher training?

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Are you planning to teach Yoga?

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Do you have any teaching experience?

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Have you taken any Yoga teacher workshops and if YES, provide details and what you liked / disliked about them?

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Are you planning to open a studio one day?

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### **ADMINISTRATION**

- Please include a \$50 non-refundable application fee payable by cheque
- Please include a cheque for \$500 non-refundable deposit (will only be cashed if your application is approved) payable by cheque only
- Remainder of the fees due upon approval of your applications

Please complete the application form and mail it together with two cheques (application fee and non-refundable deposit) payable to HOT YOGA WELLNESS INTERNATIONAL INC to:

ATTN: Teacher Training  
Hot Yoga Wellness  
1750 Steeles Avenue West, Unit 9  
Concord, ON L4K 2L7

### **FOR OFFICE USE ONLY**

- Application review date: \_\_\_\_\_
- Application Approved?  YES  NO
- Approval letter sent date: \_\_\_\_\_
- Final payment received:
- Student ID number assigned: