



**RYS 200**

767 Madison Road, Suite 116

Culpeper, VA 22701

[www.pranapiloga.com](http://www.pranapiloga.com) 540.317.5518

## pranapiloga Yoga Teacher Training Application

See pranapiloga FAQs for detailed information. <http://pranapiloga.com/yoga-teacher-training/>

This is an application for pranapiloga's 200-RYT Yoga Teacher Training and meets all the requirements under Yoga Alliance's standards. I understand that this program consists of:

- 120 Classroom Hours
- 60 Hours of Classes – 48 Yoga, 12 Related (expense not included in tuition)
- 20 Hours of Self-Study
- Required Textbooks (expense not included in tuition)
- Discussion Group
- Research Paper
- Project
- Practicum
- Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Program Interest

Why do you want to be a yoga teacher?

Why are you interested in this program?

What other programs have you looked into?

### Fun Facts

What are 3 fun facts about you?



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### **Yoga Practice**

Have you practiced yoga before?

How long have you been practicing yoga?

What styles of yoga have you studied?

Do you have a teacher? If so, whom?

Describe your current practice.

### **Work/Life Balance**

What is your work/life balance?

Do the people in your life support your interest in yoga?

Do you foresee any issues with your commitment to this program?



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**References**

Submit at least 2 references (name, phone, email) – people that can confirm your yoga experience or personal references.

1. \_\_\_\_\_

2. \_\_\_\_\_

**Application Fee**

Check payable to pranapiloga: \$25 (non-refundable)

**Please mail your completed application and payment to:**

pranapiloga YTT Application  
767 Madison Road, Suite 116, Culpeper, VA 22701