**Please submit the following information**

Name:

Email:

Phone:

Address:

1. How long have you practiced Yoga? Describe your experience with Yoga so far.
2. Why are you interested in Yoga Teacher Training?
3. Explain why you would like to train with AYTT.
4. Describe other forms of spiritual or mind-body practices you engage in (e.g., meditation, Tai Chi, Qi Gong, chanting, Reiki, etc.)
5. Describe other ways you are physically active.
6. Please describe your current state of health and provide details about any injuries or chronic conditions.
7. Please offer any additional information about yourself that you feel would be helpful for us to know.

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All information will remain confidential.

Please email your application to Jody Myers at info@aytt.ca

Once accepted, you will be contacted and asked to submit a $500 deposit to hold your spot.

If you have any questions, please contact Jody at info@aytt.ca.

Thank you! We look forward to having you join us.