

## 250-hour Teacher Training Application Form

Please send completed application form via email to: [info@queenstreetyoga.com](mailto:info@queenstreetyoga.com) with "YTT Application 2021" as the subject line.

### APPLICANT INFORMATION

Name:	Email:
Phone:	Birthday (MM/DD/YYYY):

### Program Format, *circle one*:

Online-Only      Hybrid (In-Person and Online)      Either      Undecided

### Please take as much space as you need to thoughtfully answer the following questions:

1. How many months or years have you been practicing yoga? Please describe previous yoga experience by style, teachers, and approx. length of time with each. List any other yoga training programs that you have taken.
2. Describe your educational and professional background outside of yoga, including any other training that would be relevant for this program.
3. Describe your experience, if any, with facilitated group processes/learning either in formal educational settings or in more informal community groups.
4. Please describe how you came to be interested in studying at Queen Street Yoga. Explain your relationship, if any, to our community and/or vision statement and what you hope to contribute and gain from the broader QSY community beyond just the YTT.
5. Describe your reasons for pursuing a Yoga Teacher Training Program.
6. How has yoga benefited your life? Have you been influenced/inspired by a yoga teacher/teachers? Who are they, and how have they affected you?
7. Describe your health: injuries, medical conditions, or concerns. Note: This question is included so that we can respond to trainees needs, not to evaluate "fitness."

8. What do you perceive to be your greatest **gifts** as an unfolding teacher? And, what do you perceive to be your greatest **challenges** as an unfolding teacher?

9. Are you able to fully commit to the schedule of the training, which include ten weekends, and two weeknights per month, as well as drop-in classes with our teachers?

10. Have you completed the requirement of attending a minimum of 5 classes with our instructors (online or in person, at least 2 with Leena, Emma and/or Leslie)? If you have not completed this requirement, please indicate when you intend to complete this requirement by.

11. Is there anything else you want us to know about you?

12. Did someone refer you to our YTT program? Did one of our teachers or past graduates help you make your decision to apply to our program?

*Thank you for taking the time to complete this application form.*

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## **Widening the Canopy - YTT Scholarships**

*1 in 5 of our YTT spots will be offered at a 50% off scholarship for folks who identify as BIPOC, trans, disabled, or low-income. If you identify with one or more of those groups and would like to apply for a scholarship spot, please complete the section below.*

*Completion of this section does not guarantee a scholarship spot - we will be in touch with you to discuss your application.*

### **BIPOC or Trans or Disabled Individuals**

1. Do you identify as BIPOC, Trans, Disabled? What would you like us to know about that part of your identity? Are there other parts of your identity you'd like to share?
2. Are you interested in teaching yoga to members of your BIPOC, trans or disabled community/communities? Do you have a vision for this after your teacher training? Would you be interested in support from QSY to share yoga with your community?
3. What is a good time to reach you by telephone for a discussion of your application?

## Low Income Individuals

1. Does the following definition reflect your income level?
  - *your individual adjusted net income for the year is below \$25 000*
  - *and/or your family adjusted net income for the year is below \$50 000*

Please answer yes or no and provide additional details if you would like.

2. What difference would it make for you to receive a scholarship for our program?
3. What is a good time to reach you by telephone for a discussion of your application?