***200-Hour Flow Yoga Teacher Training***

***A Journey Inward with Erica Stanzione***

**January 2023 – May 2023 Application**

Please email completed application to [rachel@flowyoganj.com](mailto:rachel@flowyoganj.com) or drop it off at the studio ATTN “TEACHER TRAINING”:

Flow Yoga Studio – 22 Hollywood Avenue, Suite 4, HoHoKus, NJ 07423

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

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

City/State/Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation: ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How long have you been practicing yoga and what brought you to the mat initially?
2. Please provide a brief description of your current practice, studios/teachers that you study with?
3. What do you hope to gain from your teacher training experience?
4. What are the biggest challenges that you’re currently working through on the mat?
5. What are the biggest challenges that you’re currently working through off of the mat?
6. What qualities do you think are crucial to be a good teacher? What kind of teacher would you like to be if you decide to teach after graduation ?
7. Are you currently working with any injuries that we should be aware of?
8. Any questions/concerns or schedule conflicts that we should know about?