



# THE YOGA SCHOOL NY

## 200-Hour Teacher Training Course Application

### Application Requirements:

1. Complete your application and essays (see below).
2. Submit your application and essays, together with your \$500 deposit (non-refundable - this is part your tuition and will be deducted from the rest of your tuition payment).
3. Schedule interview by contacting director Guta Hedewig at [theyogaschoolny@gmail.com](mailto:theyogaschoolny@gmail.com)

Application and essays should be submitted to Guta Hedewig at [theyogaschoolny@gmail.com](mailto:theyogaschoolny@gmail.com)

Deposits can be sent via PayPal or Zelle to: [theyogaschoolny@gmail.com](mailto:theyogaschoolny@gmail.com)

Name:	Phone:
Address:	Email:
City/State:	DOB:
Zip Code:	Occupation:

**What is your yoga background (Asana, Pranayama, Meditation, Chanting, etc.)  
Please list teachers, schools, and length of study:**

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**What is your educational background?**

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**Do you have any illnesses or injuries? Are you on any medications?**

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**Emergency Contact Information:**

Name:

Address:

Phone:

Email:

**Teacher Training Application Essays:**

**Please prepare thoroughly each of the following essays (about half a page per essay)**

- 1. What does yoga mean to you?**
- 2. Write a brief history of you and yoga.**
- 3. What do you hope to accomplish with this course?**
- 4. What do you plan to do with this training, once you are finished.**