



**Mind Body Life 200 Hour Yoga Teacher Training  
Registration Form (return by Dec 15th, 2018)**

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

Phone/ Text: \_\_\_\_\_

Reasons for seeking YTT: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you want to get out of your training experience? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any concerns about seeking a teacher training? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The training will run from Jan-May of 2019. 180 of the 200 hours are completed face to face. We plan to complete most hours Tues, Wed, & Thurs mornings from 9-1 or 9-2 and then have a few all day Saturday sessions (8am-6pm). Depending on how many hours we complete per week the training will run for 12-16 weeks, not during spring break, and completed by the 3rd week in May (before school gets out).

Do these times work for you? \_\_\_\_\_

Out of these hours- what schedule would work best? \_\_\_\_\_

We also have options for electives - the 20 hours not required face to face...what are you most curious about from yoga?

\_\_\_\_\_  
\_\_\_\_\_

Anything you would like us to know about you as a trainee? (injuries, challenges?) \_\_\_\_\_

\_\_\_\_\_