



**Mind Body Life 200 Hour Yoga Teacher Training
Registration Form (return by Dec 15th, 2019)**

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 2020, Tues (8:45-11:45), Wed (10:15-1:15), Thurs (10:15-2:15). There will be no training the week of March 16th- (Douglas County Spring Break) and we will be finished the first week in May (before school gets out). *hours may vary a bit with disruptions to the schedule such as snow days.

Do these times work for you? _____

We understand some time will be missed (such is life)- do you foresee any scheduling issues?

We also have options for electives - what are you most curious about related to yoga?

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