



Dear Aspiring Yoga Teacher:

I'm so pleased that you are interested in The Florida Yoga Institute's (FYI) Yoga Teacher Training. All of us at FYI are delighted you are embarking on this yoga teacher training journey with us. You are making a great choice, here's why: the FYI was the very first yoga teacher training in our region and we continue to be the only Yoga Alliance registered, 250+ hour, interdisciplinary teacher training program in the state of Florida. Our program teaches you to teach **everybody** – whether they are strong and flexible or whether they have limited range of motion or are coping with pre-existing health conditions.

We want to ensure your journey is a smooth one from the moment you consider our training to graduation day. Here's an information packet and an application for your review. Once we receive your application, it will be reviewed. Once approved you will be registered for the training. Please send your application at least one month prior to the start date of the program you would like to attend.

We are happy to support you in the application process, and if any questions come up, please call us at 239.498.0222; or send an email at director@flayogainstitute.com.

Please follow the instructions below and return your application to:
The Florida Yoga Institute
9480 Corkscrew Palms Circle, Suite 6,
Estero, FL 33928.

Here is a list of items we'll need, so check off each item as you complete it.

- Review the entire document and study our website www.flayogainstitute.com.
- Make sure that you meet the prerequisite requirements (see website or attached documents).
- Fill out the application completely. If you change your mind about when you would like to come or are unsure at this time, *your acceptance will be valid for one year.*
- Attach a clear, recent photo of your face to the application (it's for our records and not part of the screening process).
- Sign the application. Your signature indicates acceptance of the terms in these documents.
- Enclose a non-refundable \$500.00 application fee. Once you are accepted, the amount will be subtracted from the total tuition due. If you are not accepted into the program your funds will be returned. Make checks, money orders, international orders payable to The Florida Yoga Institute. Checks must be drawn on a US bank and you may also pay the fee via Visa/Master card.
- Wait for an email or call confirming your acceptance. Upon acceptance, you will receive an acceptance letter with great information about the training including: the book list, hints on getting ready for the training and our code of ethics.
- Please pay the balance in full 30 days before the training starts. If your application is received and approved within the thirty day window, both the registration fee and remaining tuition will be due.

Thank you, and Peace, Francesca

yoga teacher training 250+ hour program application

Thank you for your interest in the Florida Yoga Institute's (FYI) Yoga Teacher Training 250+ hour certification program. Know that we rely on the answers you provide in this application to make an informed decisions about your ability to fully participate in and benefit from our program. Please answer the questions honestly and completely. Inaccurate or incomplete information may result in non-acceptance or removal from the program.

1) General requirements

You must be at least 18 years of age and must demonstrate English-language competency.

2) Physical, mental, and emotional preparedness

To be admitted you must demonstrate medical and mental-health readiness to fully participate in the program. Additionally, an applicant may be denied if it is determined that his/her participation would in any way jeopardize a safe and cohesive learning environment.

3) Yoga experience

You'll participate in at least two hours of yoga practice each day. In general, we seek students who have been practicing yoga consistently for two years and have had a regular yoga practice for at least six months. This practice should involve ongoing yoga classes rather than studying only with books, videos, or workshops.

4) FYI experience

We prefer that students have some personal experience with our studio and our classes prior to taking this training. Classes and workshops with an FYI Yoga teacher provide this experiential background.

Other Guidance

- ✓ Should your application be approved, you will receive information about the training including course objectives, supportive practices, code of ethics, program and certification guidelines, curriculum information, reading list, list of group members, and other helpful information to guide you through this wonderful journey that awaits you.

yoga teacher training 250+-hour program application

Date of application _____
Date received (FYI use only) _____

about you

First name _____ Last name _____

Date of birth _____ / _____ / _____ Age _____ Gender _____

Current street address _____

City _____ State _____ Zip code _____

Permanent street address _____

City _____ State _____ Zip code _____

Day phone (_____) _____

Evening phone (_____) _____

Cell phone (_____) _____

E-mail _____

The Florida Yoga Institute does not discriminate in its admissions process based on race or ethnicity. FYI does make efforts to promote its professional training programs to diverse populations.

emergency contact

First name _____ Last name _____

Relationship to you _____

Street address _____

City _____ State _____ Zip code _____

Day phone _____ Evening phone _____

Cell phone _____ E-mail _____

We'd love to have a photo of you before you arrive.
It is not considered in the screening process
Please attach here to the right
Or mail to address below as part of your completed application.



How did you learn about us and our FYI Yoga Teacher Training?

*If you are referred by a FYI Yoga teacher or graduate please indicate the teacher/graduate's name:

criminal background

Have you ever been charged with or convicted of a felony or a lesser crime? Yes No

Have you ever been incarcerated? Yes No

If yes, please explain:

yoga teacher training 250+-hour program application

education

Have you received a high school diploma or GED? Yes No

Please circle the highest level of college education (number of years): 1 2 3 4

Advanced degree (please describe): _____

work

Current occupation(s) _____ Number of years _____

Past occupation(s) _____ Number of years _____

fluency

Are you fluent in English? Yes No

If no, please describe your level of proficiency:

program dates

Circle date or dates you would like to attend the training

Summer 2010

Spring 2011

Summer 2011

Spring 2012

yoga experience

How long have you been practicing yoga? < 6 months 6 months–1 year 1–2 years 2+ years

How long have you had a daily practice? < 6 months 6 months–1 year 1–2 years 2+ years

How long is your daily practice? < 1/2 hour 1/2 hour–1 hour 1+ hours

What style(s) of yoga do you primarily practice?

Have you practiced yoga at the FYI studio? Yes No

Teacher's name _____

health information

Are you under medical treatment for any physical or psychological condition? Yes No

Are you currently pregnant or trying to get pregnant? Yes No

Have you ever been hospitalized for a psychiatric condition? Yes No

Do you have any chronic pain, physical limitations, or disabilities? Yes No

Have you had a serious illness or major surgery within the last five years? Yes No

Do you have a communicable disease? Yes No

Are you in recovery from an addiction? Yes No

Have you ever been in a treatment program for alcohol or substance abuse? Yes No

Check any of the following you currently have or have had in your lifetime:

Respiratory conditions ____

Heart conditions ____

Diagnosed mental-health conditions ____

Environmental or food allergies ____

Seizures or strokes ____

Chemical sensitivities ____

Diabetes ____

High blood pressure ____

Liver conditions ____

If you answered yes to any of the above questions, please describe fully:

List any prescription medications you are currently taking, indicating dosage and frequency of intake, and what symptoms/conditions require the medication. We do not need to know about birth control or cosmetic prescriptions.

brief questions

Please provide the answers to these questions on a separate sheet of paper, preferably typed.

1. Tell us about your daily yoga practice, what postures do you enjoy practicing, and what is a typical session like in terms of postures?
2. Why do you want to be certified as a yoga teacher at this time in your life?
3. What do you know about FYI interdisciplinary program and why have you chosen to be trained by us?
4. How do you plan to apply your yoga teaching skills in your life and work?
5. Should you be accepted, what gifts will you bring to the training and your peer group?
6. What support will you need from us during your six month journey?
8. Is there anything else you'd like to tell us about yourself?

I acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in non-acceptance or dismissal from the program.

Signature _____ Date _____

Print name
